

Yin Yoga Teacher Training. Module 2. Wings

ONLINE WITH

Kathy Páez



YOGA ALLIANCE APPROVED

11h

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A Quote

/kwōt/

Nature does not hurry, yet everything is accomplished. - Lao Tzu



I

Introduction and poses.



The upper body is considered the most yang; as it is more mobile, lighter, and closer to the sky than the lower body (yin). As such, most of the Yin yoga poses focus on the lower body. However, there is also yin tissue in the upper body, which also happens to be where most people carry tension. As such, it can also be a focus in Yin yoga. Moreover, there are meridians that start and finish in the fingers of the hands.

I.Introduction and poses.



POSTURES

- Open wings
- Cross wings
- Rolling panda
- Heart posture
- Crocodile (series yang posture)

II

Yin yoga sutras and mandalasana.



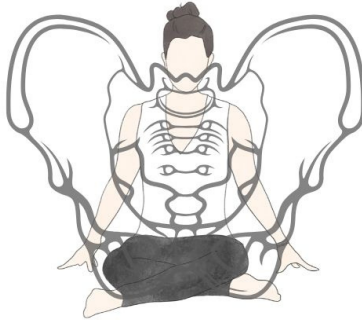
The Yin Yoga sutras are phrases created by Paul and Suzee Grilley to summarize the basics of Functional approach to Yin Yoga.

Sutra 1. The purpose of yoga asana is to bring harmony to the flow of chi in fascia channels, this is achieved by stimulating through compression and relaxation the 14 segments of movement and 10 myofascial groups of the body.

Sutra 5. The 7 archetypes of yin/yang yoga poses are: shoelace, saddle, caterpillar, dragonfly, twists, dogs and dragons.

II. Yin yoga sutras and mandalasana.

The poses according to the mandalāsana.(see attached mandalasana.pdf.)



The **SEAT** is focused on:

- 5 skeletal segments of movement: toes, ankles (talus), tibia, femur and pelvis.
- 5 myofascial groups: adductors, quadriceps, hip flexors, buttocks and Hamstrings.
- 4 archetype poses: bow, saddle, caterpillar (half butterfly) and dragonfly.

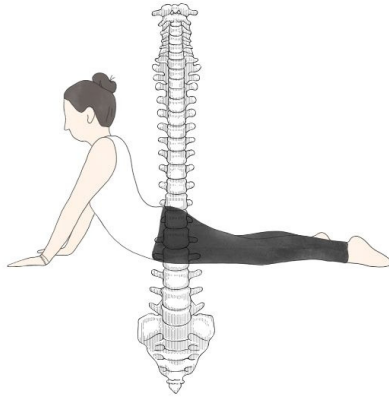
II. Yin yoga sutras and mandalasana.



The **WINGS** are focused on:

- 6 skeletal segments: fingers, wrist, radius, ulna, humerus and acromioclavicular.
- 1 myofascial group: the scapular group consists of 17 muscles.
- 2 archetypes: Dog represents the top of the body and Yang movement. Dragon although functionally can be placed in SEAT as well, the Grilley's use it as yang pose and I will also present the yin variations as taught in my book.

II. Yin yoga sutras and mandalasana.



SPINE is focused on:

- 3 skeletal segments of movement: lumbar vertebrae, chest vertebrae, vertebrae of the cervicals.
- 4 myofascial groups: thoracolumbar, cervical, rectus abdominus and oblique.
- 3 Archetype poses: twists, saddle (also in SEAT) and caterpillar (also in SEAT).

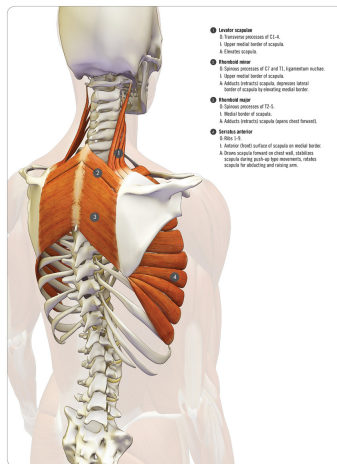
III

Upper body Muscles



There are 10 miofascial groups in the Grilley method. The scapular group is pertaining to wings (upper body) module. 17 muscles make this group up.

Serratus anterior – rhomboids – levator scapulae

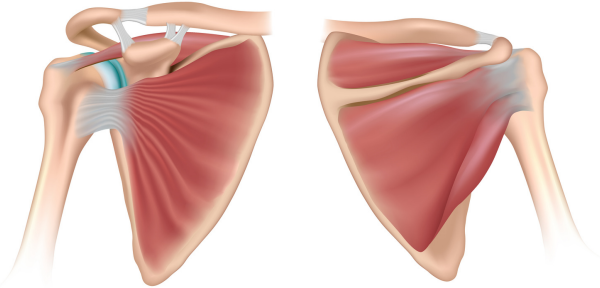


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III.Upper body muscles.

Rotator cuffs

Subscapularis – teres Minor- Infraspinatus – supraspinatus

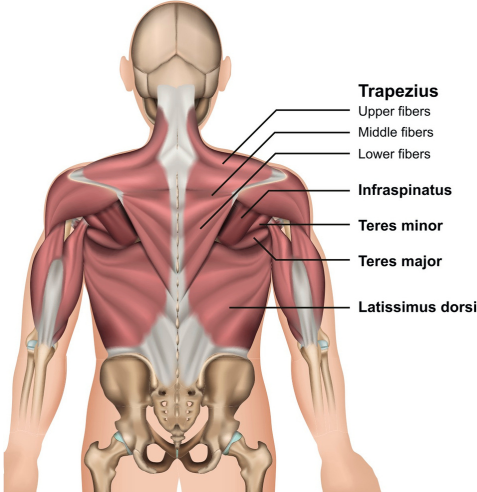


Anterior view

Posterior view

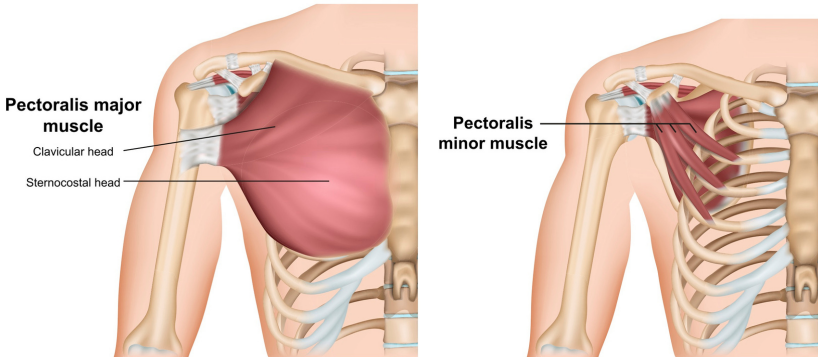
Deltoide – trapezius

Latissimus dorsi – teres major

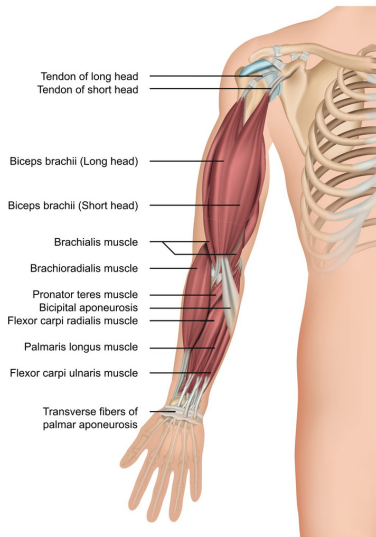


III.Upper body muscles.

Pectoralis major – pectoralis minor



Triceps (see image of latissimus dorsi for the the upper arm)) – coraco brachialis
- brachialis – biceps



IV

The Rebound



After stimulating the target area of a poses, you have to relax, feel and REBOUND. Rebound is the subjective experience of energy movement in your body. This experience is often accompanied by physical sensations of well-being, calm, emotional and mental stillness.

The energy movement is defined as chi in terms of Taoism and Chinese medicine.

Chi flows through water channels in the fascia.



Teaching Techniques



How to teach functional yoga

1. Identify target areas (TA).
2. Offer variations of archetypes.
3. Mention unwanted TA.
4. Teach how to use body limbs as passive levers to increase or decrease sensation in target areas.
5. Teach how to use the torso as a passive lever to increase or decrease
feeling in the target areas.
6. Teach how to use supports to increase or decrease sensation
in TA.
7. Always ask a student when adjusting how an adjustment feels
and if it is improving their experience.

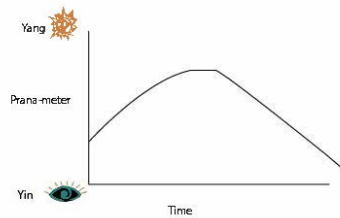
VI

The energetic curve

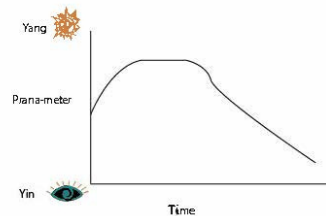
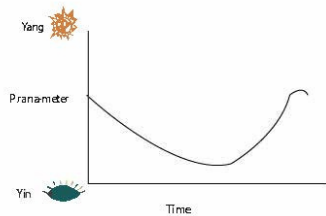


- A class can be all Yin.
- A class can be Yin and Yang.
- Keep at least 3/4 of the session yin, so that you can refer to it as that.

Classical vinyasa energy curve



Possible Yin yoga class energy curves.



VII

Classes



1. Yin Yoga for the Whole body.

Toe tingle with closed wings (2min)

Short step Dragon. (2min/2min) + Half butterfly or half shoelace. (4min/4min)

rebound.

Seiza with opened wings at the wall (2min)

Sphinx (4min)

Saddle or half saddle (4min or 2min/2min)

Rebound

Shoelace pose (4min / 4min)

Dragonfly or half dragonfly pose (6min)

star / śavasana

VII

Classes



2. The Wings of Yin Yoga.

In seiza, graceful bow. 2min x side.

1/2 heart posture. 2min x side.

Rebound

Sphinx with crossed wings. 5 min. Rebound

Wings open 2min x side. Rebound

Cat's tail. 2min x side. Rebound

Butterfly with crossed wings. 2min x side wings. Rebound

Sitting camel. 2min Rebound

Snail or dangle. Rebound

star / śavasana

VII Classes



3. Yin / Yang Yoga

Warrior advances and retreats x 3. Standing rebound.

The dangle. 3 minutes

squat. 3 minutes

On toes. 2 minutes. rebound.

Sphinx and or seal. 5 minutes. rebound.

Child looking at the sky. 2 minutes.

Happy baby. 1 minute each side.

YANG Raise and lower x 3 times. grasshopper.

Dog and bear

Caterpillar 5 minutes.

star / şavasana

VII Classes



4. The Energetic Highways of your Wings. Metal & fire.

Chi bath.

Finger stretch, 2min x side. Yin meridians.

Open wing. 2min /2min

Heart pose. A

Sphinx or seal.

Rebound

Chi bath. Metal and fire elements. Yang meridians.

pañcamukha mudrā in seiza 1 minute

Stretch for the back of the tips of your wings. Chicken wings.

2min x side.

Rebound

sitting, Hamsa mudra. 2min.

Rolling panda or gentle bow. 2min x side.

Cross-wing. 2min x side.

star / śavasana. 5 minutes. Finger fans Yang.

VII Classes



5.The chakras of the upper body. Class focused on manipura chakra, anahata chakra and visudhi chakra.

Manipura chakra.

Ksepana mudra in half squat in half seiza. 2min

Twisted Dragon 3min x side.

Rebound. 1 – 2 min. TEXT Reading. See bibliography.

Anahata chakra

Heart pose 2 minutes.

Rebound

sphinx

Rebound 1 – 2 min. TEXT Reading.

Vissudhi chakra

butterfly crossed wings. 2min x side.

Sitting camel. 3min.

Rebound 1 min. TEXT Reading.

star / şavasana. 5 minutes

VII

Bibliography



Grilley, Paul. Yin Yoga Teacher Training Manual.

Páez, Kathy. Yin yoga: Potential in Stillness. 2019. KDP printing.

Readings from Hiroshi Motoyama's Theories of the chakras. Bridge to Higher Consciousness. Page 171 – 173.

Illustrations. Yin yoga: Potential in Stillness. A visual guide through the poses of Yin yoga.

Images of muscles: Shutterstock anatomy series.