



unit 0. The Seeds of Yin Yoga. 30h

unit 1. Yin Yoga Foundations. 50h

unit 2. Yin Yang Yoga 50h

Unit 3. Yin Yoga & Chakra meditation. 50h

Satellite trainings to complete 200h or 300h certification

- History of Yin Yoga & alignment in Yoga.
- A overview of the functional approach to Yin Yoga.
- The bones & muscles of your body.
- Three Yin Yoga sequences to teach.

- Biology of the Yin tissues & benefits of Yin Yoga.
- Bones and muscles of the hips.
- Hip-openers and variations.
- How to teach pure Yin yoga classes.

- Yang, chi building movements as taught by Paul and Suzee Grilley.
- Bones and muscles of the shoulder.
- Yin Yoga Shoulder-openers and variations.
- How to teach Yin Yang yoga classes.

- Energetics of the spine: chakras, meridians and nadis.
- Bones and muscles of the spine.
- Backbends, spine related poses and variations.
- How to teach chakra meditation and energy themed classes.

Sanskrit for Yoga Teachers. 10h

Intentional sequencing in Yin Yoga. 17h

The Art of Yogic breathing. 10h

Mudrā. 10h

The Bhagavad Gītā. 20h

Yang Yoga. 17h

All trainings can be taken as a stand alone course.

6 month membership to 2Y The Trident Pathway. 50h

The Essence of Yin Yoga. online pre-recorded. 30h

2Y Mentorship for Yoga Teachers. 30h