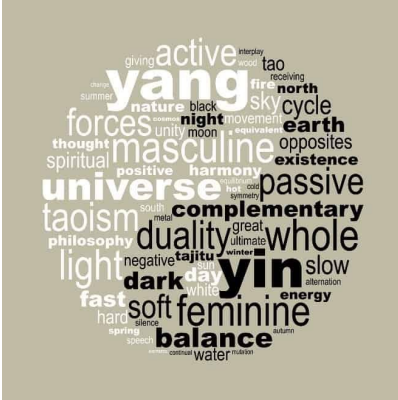




Yin Yoga

Description

The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.



History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.



Subtle Body Foundations

More 

Intention

This document is intended to make it easier to:

1. Offer a yoga teacher training or yoga immersion that supports an emphasis in Yin Yoga.
2. Consider choices in the Yoga Teacher Central library that meet your objectives.
3. Describe and promote your training.

Using this Document

1. This document is an add-on to the Foundations Curriculum and assumes that students are familiar with those foundational teachings.
2. There is also some overlap here with the Foundations Curriculum, in order to 1) emphasize the particular relevance of some subjects, and 2) prompt you to assess knowledge of particular key subject matter among students in order to guide them to deeper understanding and application of the teachings for this use.
3. First, youâ??ll find a syllabus for an at-a-glance perspective.
4. Next, youâ??ll find a summary of learning objectives.
5. And then youâ??ll see the detailed curriculum, which **offers more subjects than you may choose to cover but is intended to give you the flexibility to pick and choose material according to your particular objectives.**
6. **Each lesson topic** is covered in Yoga Teacher Central curriculum pieces. You may choose various formats for the topics from the Download Library (lesson, quiz, etc.).
7. Beneath the title of the curriculum piece is a **sample description plus learning objectives that you may copy/paste/edit** for marketing materials or other uses.

8. The scope of each lesson varies but as a general rule is quite extensive. You may budget any number of hours that you choose. For a rough estimate, you might budget one to two topics per teaching day. (Teaching poses should be budgeted separately according to your style and plan.)
9. **It isn't necessary or desirable to download every item and format available, because it would be too much to manage and too much for students.** So, for example, on topics outside your main focus, you might choose to include a lesson in the manual but not lecture on it. Or the reverse: you might exclude a topic in the manual and only speak to highlights that you obtained from an answer sheet. You can make such trade-off decisions on each topic according to your unique situation.

Part I Syllabus at a Glance

Yin Yoga: 56 Lessons

PHILOSOPHY & PRINCIPLES OF PRACTICE

1. YOGAPHILOSOPHY

1. What is Yoga and Why Do We Do It?
2. The Bhagavad Gita Intro
3. The Yoga Sutra Structure & Overview
4. The Eight-Limbed Path
5. Energy & Subtle Body Anatomy
6. Koshas / Panchamayakosha Model

2. YIN YOGA PHILOSOPHY & PRINCIPLES OF PRACTICE

1. Yin & Yang
2. Yin Yoga Overview

ANATOMY & PHYSIOLOGY

1. FOUNDATIONS

1. Musculoskeletal Intro
2. Connective Tissue / Fascia
3. Joint Movement
4. Nervous System Overview
5. Stress & Relaxation Response
6. Why Yoga Works

2. SPINAL ANATOMY

1. Spine & Back Intro
2. Functions
3. Teaching Considerations

3. LOWER BODY ANATOMY

1. Pelvis & Hips Intro



2. Hip Muscles
3. Knees, Lower Legs & Feet
4. Knees Function & Issues
5. Knees Teaching Considerations

4. STRETCHING & SENSATION

1. Anatomy & Physiology of Flexibility & Stretching
2. Stretch-Related Reflexes
3. Stretching Issues & Teaching Techniques
4. About Sensation & Pain

YIN YOGA TEACHING & PRACTICE

1. POSES & SEQUENCING

1. Asana Categories Summary
2. Class Elements
3. Sequencing Fundamentals
4. Choosing & Arranging Poses
5. Segmenting Your Class
6. Sequencing to Balance Energy
7. Yin Yoga Poses & Sequences

2. BREATHING

1. Natural Breathing
2. Basic Breath Training
3. Yogic Breathing
4. Lion Pose

3. MEDITATION & MINDFULNESS

1. Meditation & Mindfulness Intro
2. Meditation Effects
3. Teaching Meditation
4. Meditation Challenges & Issues
5. Metta / Lovingkindness
6. Breath Observation
7. Mindfulness Meditation
8. Guided Visualizations

4. THEMES

1. Presence & Present Moment Awareness
2. Inner Attention / Self-Awareness
3. Right Effort
4. Beliefs & Vikalpas
5. Why Beliefs are So Powerful
6. Allegory of the Cave
7. Subconscious & Limiting Beliefs
8. Transforming Beliefs
9. Hero's Journey

10. Dharma & Personal Uniqueness
11. Resolutions, Goals & Intention

End Part I â?? Syllabus at a Glance

Part II â?? Objectives at a Glance

PHILOSOPHY & PRINCIPLES OF PRACTICE

YOGA PHILOSOPHY

1. **What is Yoga? (Defining â??Yogaâ?)** Explore different perspectives on the definition of yoga.
2. **The Bhagavad Gita Introduction** Understand the Gitaâ??s prominent role in yoga philosophy and establish a foundation for exploring its teachings.
3. **The Yoga Sutra â?? Structure & Overview** Become familiar with the scope and content of *The Yoga Sutra*.
4. **The Eight-Limbed Path** Gain an understanding of the intention, teachings and tools of the Eight-Limbed Path of yoga.
5. **Energy & Subtle Body Anatomy** Gain an understanding of the yogic perspective on how life force energy moves and functions within the physical, mental and emotional bodies.
6. **Koshas / Panchamayakosha Model Intro & Overview** Learn the *kosha* model and explore ways to apply and teach it.

YIN YOGA PHILOSOPHY & PRINCIPLES OF PRACTICE

1. **About the Polarities of Yin & Yang** Gain a basic understanding of the polarities of â??yinâ?• and â??yang.â?•
2. **Yin Yoga Overview** Gain a foundational understanding of the theory and principles underlying the style of yoga called Yin Yoga.

ANATOMY & PHYSIOLOGY

FOUNDATIONS

1. **Musculoskeletal System** Gain an understanding of the foundational anatomy of the musculoskeletal system.
2. **Connective Tissue & Fascia** Understand the foundational anatomy of connective tissue, and gain an understanding of the significance of the myofascial meridian theory.
3. **Joint Movements & Mobility** Become familiar with foundational terminology related to joint movements, learn factors that affect joint mobility, and review the normal ranges of motion for various joints.

4. **Nervous System Overview** Gain an understanding of the foundational anatomy and physiology of the nervous system.
5. **Stress & Relaxation Response** Understand the functioning of the sympathetic and parasympathetic nervous systems, and the workings of the Stress Response, Fight or Flight Response and Relaxation Response.
6. **Why Yoga Works** Become proficient in communicating how yoga practices impact the nervous system and why this is a critical factor in the positive results from yoga practice.

SPINAL ANATOMY

1. **The Spine & Back Intro** Gain an understanding of the foundational anatomy of the spine and back.
2. **Spinal Functions** Learn the functions of the spine and the attributes of a healthy spine.
3. **Teaching Considerations** Apply knowledge of a healthy spine and compensatory movement patterns to support effective teaching of *asana*.

LOWER BODY ANATOMY

1. **Pelvis & Hips Intro** Gain an understanding of the foundational anatomy of the pelvic region.
2. **Hip Muscles** Learn the anatomical terminology and function of hip muscles.
3. **Knees, Lower Legs & Feet** Learn the anatomical terminology related to the knees, lower legs and feet.
4. **Knee Function & Issues** Learn common types of knee issues and potential causal factors.
5. **Knees Teaching Considerations** Apply knowledge of healthy knees to support effective teaching of *asana*.

STRETCHING & SENSATION

1. **Anatomy & Physiology of Flexibility & Stretching** Understand what limits flexibility (including connective tissue and the nervous system) and gain a deeper understanding of stretching.
2. **Stretch-Related Reflexes** Become knowledgeable about the Stretch Reflex, the Golgi Tendon Reflex and Reciprocal Inhibition, and explore how to apply this knowledge in teaching.
3. **Stretching Issues & Teaching Techniques** Become proficient in identifying and preventing overstretching as well as practices that do and do not improve flexibility.
4. **About Sensation & Pain** Explore the complexity of pain and understand how to use this knowledge when teaching *asana*.

YIN YOGA TEACHING & PRACTICE

POSES & SEQUENCING



1. **Asana Categories Summary** Learn the physical and energetic effects of all major pose categories and become proficient in using this knowledge to inform sequencing.
2. **Class Elements** Learn to consider a multitude of yoga techniques to create comprehensive class plans.
3. **Sequencing Fundamentals & Guidelines** Lay the foundation for sequencing poses to safely and effectively meet class objectives.
4. **Choosing & Arranging Poses** Learn how to apply anatomy, biomechanics and knowledge of poses in order to choose and arrange poses to promote a balance of strength and flexibility, prepare for a peak pose, sequence vinyasa flow, and meet other objectives.
5. **Segmenting Your Class** Become familiar with how a class can be segmented in order to assist in effective sequencing and pacing, and how to use a segmented class framework for setting and meeting intentions.
6. **Sequencing to Balance Energy** Explore how yoga affects energy and understand the guiding principles and practice effects of yogic tools (*langhana*, *brahmana*, *samana*) in order to sequence in a way that promotes energetic balance.
7. **Yin Yoga Poses & Sequences** Gain an understanding of the characteristics that distinguish the ways in which a pose is practiced in Yin Yoga and review a list of common poses and sample sequences.

BREATHING

1. **Natural Breathing** Become proficient in the hallmarks and benefits of natural breathing and ways to promote conditions for an effortless breath.
2. **Basic Breath Training** Understand the difference between unconscious and conscious breathing and techniques for guiding students in conscious breathing that slows their breathing rate and expands respiratory capacity.
3. **Yogic Breathing** Understand the differences between clavicular, thoracic and diaphragmatic breathing and become knowledgeable on expert teachings related to conscious exhalation and diaphragmatic rib cage breathing.
4. **Lion Pose** Become familiar with heart of pose, effects and benefits, and basic form for this pose which features a breathing practice and a stretch of the chest, face and throat.

MEDITATION & MINDFULNESS

1. **Meditation & Mindfulness Intro** Gain a foundational understanding of meditation from a yogic perspective, including how it relates to mindfulness.
2. **Meditation Effects** Become knowledgeable about the many potential effects of meditation and become proficient in explaining yoga philosophy related to thoughts, sensations, suffering, absorption (*samadhi*) and meditation.



3. **Teaching Meditation** Become knowledgeable in how to apply the philosophy and knowledge of meditation to practical and effective teaching.
4. **Meditation Challenges & Issues** Become familiar with common and difficult challenges faced by students of meditation, and skillful ways to respond to them.
5. **Metta Meditation/ Loving-Kindness Prayer** Be prepared to teach the meditation technique of Breath Observation and related practices.
6. **Breath Observation + Adding Phrases** Be prepared to teach the meditation technique of Breath Observation and related practices.
7. **Mindfulness Meditation** Be prepared to teach Mindfulness Meditation.
8. **Guided Visualizations** Be prepared to teach Guided Visualizations including Heart-Centered Visualizations, Turning Body to Light, Abundance Meditation, Citta Bhavana and a Guided Reflection.

THEMES

Choose from inspirational and practical themes, as desired:

1. Presence & Present Moment Awareness
2. Inner Attention / Self-Awareness
3. Right Effort
4. Beliefs & Vikalpas
5. Why Beliefs are So Powerful
6. Allegory of the Cave
7. Subconscious & Limiting Beliefs
8. Transforming Beliefs
9. Hero's Journey
10. Dharma & Personal Uniqueness
11. Resolutions, Goals & Intention

End Part II – Objectives at a Glance

Part III – Detailed Curriculum

PHILOSOPHY & PRINCIPLES OF PRACTICE

YOGA PHILOSOPHY

What is Yoga and Why Do We Do It?

In this lesson, we explore many expert definitions of yoga, and why people practice.

Objective: Be aware of the profound depth and potential scope of yoga as a philosophy and practice, and consider multiple perspectives on the purpose of practice.



Description: Note that there are many meanings of the word yoga and consider why that may be so. Define yoga according to its Sanskrit origins and explain the context from which yoga philosophy originates. Describe some of the many ways in which experts have defined and described yoga. Distinguish the definition of yoga from why we practice it, offering perspectives on the purpose of practice, both short-term and what might be considered the grander or ultimate purpose.

The Bhagavad Gita Introduction

In this lesson, we introduce the *Bhagavad Gita*.

Objective: Understand the Gita's prominent role in yoga philosophy and establish a foundation for exploring its teachings.

Description: Become familiar with this foundational text that features a dialogue between the incarnate god Krishna and the warrior-prince Arjuna. Tell how the Gita is structured. Provide an overview of its contents. Summarize Arjuna's "impossible task" and consider some of the concepts that are central to the Gita, including detachment and renunciation. Review how the Gita describes yoga.

The Yoga Sutra Structure & Overview

In this lesson, we take a high-level look at *The Yoga Sutra*.

Objective: Become familiar with the scope and content of *The Yoga Sutra*.

Description: Define *Yoga Darshana*. Describe the overall purpose, scope and subject matter of *The Yoga Sutra*. Delineate the number of *sutras* and how they are structured, including the name and key topics of each of the four books.

The Eight-Limbed Path

In this lesson, we introduce The Eight-Limbed Path of yoga.

Objective: Gain an understanding of the intention, teachings and tools of the Eight-Limbed Path of yoga.

Description: Introduce each of the Eight Limbs: *yama*, *niyama*, *asana*, *pranayama*, *pratyahara*, *dharana*, *dhyana* and *samadhi*. Explain why the last three limbs are in a different chapter than the first five. Translate and describe each of the limbs and present the reasoning behind the position that the *yamas* are the most important limb.

Energy & Subtle Body Anatomy

In this lesson, we introduce yoga's foundational perspective on energy and how it moves and functions.

Objective: Gain an understanding of the yogic perspective on how life force energy moves and functions within the physical, mental and emotional bodies.



Description: Define and describe *prana*, *prana vayus* and *nadis*. Name the three primary nadis and explain how they relate to *chakras*. Describe the *ida nadi*, the *pingala nadi* and the *sushumna nadi*. and how they are relevant to *Hatha Yoga*. Explain how *Hatha Yoga* and *prana* relate. Describe the primary techniques for working with subtle energy and explain some of the ways in which yoga practices liberate energy.

Koshas / Panchamayakosha Model Intro & Overview

In this lesson, we introduce the *kosha* model as a way of describing human beings and mapping our experience of the self.

Objective: Learn the *kosha* model and explore ways to apply and teach it.

Description: Name the originating source of the *kosha* model and describe its purpose. Define *kosha* and provide the names and meanings of each *kosha*. What is at the core of the *koshas*? Describe a way that you can teach *koshas*. What class practices might you use to teach the *kosha* model?

YIN YOGA PHILOSOPHY & PRINCIPLES OF PRACTICE

About the Polarities of Yin & Yang

In this lesson, we introduce the subject of energetic polarities described as *yin* and *yang*.

Objective: Gain a basic understanding of the polarities of *yin* and *yang*.

Description: Review the fundamental aspects described by the polarities, *yin* and *yang* and explain how the terms *yin* and *yang* are similar to *hatha*. Provide a lengthy list of qualities that are yin in nature and those that display yang qualities. Give an example of a yoga practice that is yin in nature but distinct from the style called Yin Yoga.

Yin Yoga Overview

In this lesson, we discuss the intention, effects, and primary principles of Yin Yoga practice.

Objective: Gain a foundational understanding of the theory and principles underlying the style of yoga called Yin Yoga.

Description: Explain the primary intention of Yin Yoga and how it is different from yang practice. Describe the principles of Yin Yoga practice.

ANATOMY & PHYSIOLOGY

FOUNDATIONS

Musculoskeletal System

In this lesson, we introduce the musculoskeletal system.

Objective: Gain an understanding of the foundational anatomy of the musculoskeletal system.



Description: Explain what is included in the musculoskeletal system and what it does. Define and explain the function of bones, joints and muscles. Name and describe the different types of joints and muscles.

Connective Tissue & Fascia

In this lesson, we introduce the anatomy of connective tissue.

Objective: Understand the foundational anatomy of connective tissue, and gain an understanding of the significance of the myofascial meridian theory.

Description: Define and give examples of connective tissue. Define ligament, tendon and fascia. Explain fascia using descriptive phrases that help students to get a clearer sense for this pervasive tissue. Explain functions of fascia and describe what it communicates to the brain about. Explain the meaning and significance of the term “myofascia” and how the “myofascial meridian theory” differs from the traditional anatomy model.

Joint Movements & Mobility

In this lesson, we introduce anatomical terminology for joint movement and the normal ranges of motion for various joints.

Objective: Become familiar with foundational terminology related to joint movements, learn factors that affect joint mobility, and review the normal ranges of motion for various joints.

Description: Define Range of Motion (ROM). Explain who defines ROM standards, and why. Understand how joints are affected by over-stretching and the effects of diminished ROM. Describe the importance of joint mobility in *asana* practice. Name and describe the movements of each of these joints: ankles, knees, hips, spine, wrists, elbows, shoulders, scapula and neck. Give the established normal ranges of motion for each.

Nervous System Overview

In this lesson, we introduce the anatomy (structure) and physiology (functions and relationships) of the nervous system.

Objective: Gain an understanding of the foundational anatomy and physiology of the nervous system.

Description: Define the nervous system and its functions. Explain what is included in the central nervous system (CNS), peripheral nervous system, somatic and autonomic nervous systems. Explain what is associated with the sympathetic nervous system and with the parasympathetic nervous system.

Stress & Relaxation Response

In this lesson, we introduce the physiology of sympathetic and parasympathetic nervous system activation.

Objective: Understand the functioning of the sympathetic and parasympathetic nervous systems, and the workings of the Stress Response, Fight or Flight Response and Relaxation Response.



Description: Explain how the nervous system responds when experiencing stress and give examples of positive triggers for the Stress Response. Describe what happens when stress is perceived to be excessive or threatening. Give examples of conditions that activate the Fight or Flight Response. Explain how the Fight or Flight Response is helpful and under what circumstance it's harmful. Describe the Relaxation Response and practices that have been shown to initiate it.

Why Yoga Works

In this lesson, we explore yoga's impact on the nervous system and stress.

Objective: Become proficient in communicating how yoga practices impact the nervous system and why this is a critical factor in the positive results from yoga practice.

Description: Understand why it's important to learn to regulate the nervous system and give inspirational examples of yoga's impact. Describe the primary underlying reason that yoga helps to relieve stress and give examples of yoga techniques that trigger the Relaxation Response. Describe the relationship between yoga, vagal tone, and relaxation. Explain research findings on the effect of *Ujjayi Pranayama* as it relates to stress. Define GABA and explain how it's related to stress, fear and anxiety. Describe research findings on the impact of yoga on GABA levels.

SPINAL ANATOMY

The Spine & Back Intro

In this lesson, we introduce the anatomy of the spine and back.

Objective: Gain an understanding of the foundational anatomy of the spine and back.

Description: Name the regions of the spinal column, the number of vertebrae in each region, and how vertebrae are labeled/numbered. Explain where we experience the most movement in the spine, and why. Describe the shape of each spinal curve. Understand the primary and secondary curves and why they are given those names. Describe the superficial, intermediate and deep back muscles, and what they each do. Describe vertebra and the joints related to vertebrae.

Spinal Functions

In this lesson, we introduce the functions of the spine.

Objective: Learn the functions of the spine and the attributes of a healthy spine.

Description: Describe the function of the spine and the attributes of a healthy spine. Understand the purpose of the spinal curves. Describe the function of the spinal cord and how it accomplishes its job.

Give examples of the bodily areas supplied by the nerves in various parts of the spine.

The Spine Teaching Considerations

In this lesson, we apply knowledge of spinal anatomy and movement patterns to teaching.



Objective: Apply knowledge of a healthy spine and compensatory movement patterns to support effective teaching of *asana*.

Description: Explain two primary objectives of *asana* that relate to the spine. Understand compensation as it relates to spinal curves and why it's important. Be aware of three initial teachings related to the spine that may be effective with students and how to teach students to feel their natural spinal curves. Describe a simple exercise for students to learn more about their particular body and potential compensation patterns. Name two common compensation-related issues and teachings that can help students to address the them.

LOWER BODY ANATOMY

Pelvis & Hips Intro

In this lesson, we introduce anatomical terminology for the hips and pelvic region.

Objective: Gain an understanding of the foundational anatomy of the pelvic region.

Description: Define "pelvis" and give some different names for the pelvic region. Describe physical functions of the pelvis and ways that it's related to energetic practices in yoga. Name the bones and joints of the pelvis and provide three different ways that hip muscles can be categorized. List categories of hip muscles and the muscles included in each. Explain how the female pelvis is different from the male pelvis.

Hip Muscles

In this lesson, we introduce the anatomical terminology for hip muscles.

Objective: Learn the anatomical terminology and function of hip muscles.

Description: Describe the functional categories that describe types of hip muscles. Explain the location, function and names of anterior hip muscles, posterior hip muscles, medial hip muscles and lateral hip muscles. List the muscles that make up the hamstrings and those that make up the adductors, the gluteals and the abductors. Describe a potential outcome of tight hamstrings. Explain the location, number, function and best known of the lateral rotators. Describe what strengthens lateral rotators and the potential outcome of a tight piriformis.

Knees, Lower Legs & Feet

In this lesson, we introduce the anatomy of the knee, lower leg, ankle and foot.

Objective: Learn the anatomical terminology related to the knees, lower legs and feet.

Description: Describe the knee joint, the bones that form the lower leg and the ankle joint. Tell the number of bones, joints, muscles and ligaments in each foot. Describe the arches of the foot, their location, and that the points that connect them. Name the muscles that serve as foot extensors and describe the location of the muscles that serve as foot flexors. List categories of muscles found in the lower leg and foot and name the muscles that make up the calf. Describe the attachment of the gastroc to the heel and name the lateral muscles of the lower leg.

Knees Function & Issues

In this lesson, we introduce potential issues and conditions of the knees.

Objective: Learn common types of knee issues and potential causal factors.

Description: Explain the primary function of the knee and how the knee is unlike other hinge joints. Describe some symptoms associated with knee conditions and potential causes for knee pain. Describe visible signs that can indicate an imbalanced pull of muscles on the kneecap and hip issues that can be related to knee conditions. Describe other potential reasons for knee pain and provide the name for a condition caused when the cartilage of the knee degenerates and gradually wears away. Describe knee joint hyperextension and explain why it's a concern and how you can address it. Explain how you can respond to knock knees and why bow legs are a concern.

Knees Teaching Considerations

In this lesson, we apply knowledge of anatomy and movement patterns to teaching.

Objective: Apply knowledge of healthy knees to support effective teaching of *asana*.

Description: Explain a knee position that's advisable to avoid and describe an issue of concern with weight-bearing *asanas*. Note a priority related to the feet for preventative knee care and explain a type of muscular engagement that can help to support knees. Describe what to watch out for in bent-knee poses. Explain a recommendation for such poses as *Virasana* (Hero Pose) when knee flexion is limited. Explain which muscles need balanced development to keep the knee safe. Describe why the innermost quad muscle is relevant to knee safety and how to strengthen it.

STRETCHING & SENSATION

The Anatomy & Physiology of Flexibility & Stretching

In this lesson, we explore the relatively complex perspectives related to the anatomy and physiology of flexibility and stretching.

Objective: Understand what limits flexibility (including connective tissue and the nervous system) and gain a deeper understanding of stretching.

Description: Define flexibility and factors that may limit flexibility. Explain what happens to a person's muscles when anesthetized and the significance of this. Describe what happens when personal ROM limits are reached. Define three possible muscles states. Explain what is meant by 'a tensile load' and provide the benefits of stretching. Define and give an example of the following types of stretching: passive / passive static, active / active static, dynamic, resistance and PNF.

Stretch-Related Reflexes

In this lesson, we explore the spinal reflexes related to stretching and how to apply this knowledge in teaching.

Objective: Become knowledgeable about the Stretch Reflex, the Golgi Tendon Reflex and Reciprocal Inhibition, and explore how to apply this knowledge in teaching.

Description: Explain the significance of the fact that reflexes relevant to stretching are spinal reflexes. Name the three spinal reflexes related to stretching and give other names for the Stretch Reflex. Describe the purpose and muscular effect of the Stretch Reflex, and how this knowledge can be applied to practice. Provide another name for the Golgi Tendon Reflex and explain what the Golgi tendon organs. Describe the muscular effect of the Golgi Tendon Reflex and a way to stimulate the Golgi tendon organs. Describe Reciprocal Inhibition and how knowledge of the process of Reciprocal Inhibition can be used to deepen a stretch.

Stretching Issues & Teaching Techniques

In this lesson, we apply anatomy and physiology of stretching to go deep into related teaching considerations.

Objective: Become proficient in identifying and preventing overstretching as well as practices that do and do not improve flexibility.

Description: Describe how very flexible students might redirect their focus during stretching to guard against pursuing flexibility for its own sake. • Name six signs that could indicate overstretching. Explain stretching practices that do not improve flexibility. Explain how muscles are not elastic, and why this is important. Name two safe and effective ways to improve flexibility and explain how mindfulness and visualization contribute to effective stretching. Explain why even though a *vinyasa* or short static hold of a pose can warm you up and make it easier to stretch, this isn't enough to improve flexibility. Explain why long holds are necessary for addressing postural tension and making flexibility gains. Describe progressive deepening techniques and provide other expert recommendations that will contribute to effective stretching. Provide examples of myofascial release techniques and explain when myofascial release is recommended relative to a regular practice.

About Sensation & Pain

In this lesson, we explore the complexity of pain and offer specific ways to apply this knowledge when teaching *asana*.

Objective: Explore the complexity of pain and understand how to use this knowledge when teaching *asana*.

Description: Define pain and the significance of the definition. Describe how acute and chronic pain are different. Explain negativity bias and its impact. Describe healthy sensation in *asana*. Provide a consideration related to emotional release and healthy sensation. Define compression and some considerations related to compression in *asana*. Describe signs of unhealthy sensation in yoga *asana*. Give potential reasons a student may be unable to examine her experience of sensation and/or to communicate it? Explain what can influence pain perception and why a student might seek pain.

YIN YOGA TEACHING & PRACTICE



POSES & SEQUENCING

Asana Categories Summary

In this lesson, we explore the characteristics of all major pose categories and how this informs sequencing.

Objective: Learn the physical and energetic effects of all major pose categories and become proficient in using this knowledge to inform sequencing.

Description: Describe the physical and energetic effects and sequencing considerations for Standing Poses, Forward Bending, Backbends, Twisting Poses, Balancing Poses, Inversions, Core Strengthening Poses, Side Bending Poses and Asymmetrical Poses.

Class Elements

In this lesson, we review the many yoga tools available for creating comprehensive class plans.

Objective: Learn to consider a multitude of yoga techniques to create comprehensive class plans.

Description: List a number of tools and practices and explain how this list can support teaching and preparation. Provide examples of practices and tools that may tend to be overlooked in less authentic or comprehensive yoga teaching.

Sequencing Fundamentals & Guidelines

In this lesson, we introduce the factors involved in sequencing poses.

Objective: Lay the foundation for sequencing poses to safely and effectively meet class objectives.

Description: Describe general categories of class objectives. Name aspects of an *asana* that are utilized in effective sequencing. Describe a basic principle of sequencing related to complexity of poses and describe how to guide students' attention in a way that is consistent with this sequencing principle. Explain the Desikachar approach to sequencing dynamic and static poses. Describe priorities when moving through the arc of a class. Show how sequencing takes into account the relationship between poses. Speak to the caution around artistic sequencing.

Choosing & Arranging Poses

In this lesson, we apply knowledge of physiology and pose effects to inform the choice and arrangement of poses in a sequence.

Objective: Learn how to apply anatomy, biomechanics and knowledge of poses to choose and arrange poses in order to promote a balance of strength and flexibility, prepare for a peak pose, sequence vinyasa flow, and meet other objectives.

Description: Describe considerations for choosing and sequencing poses. Describe the spinal movements found in a balanced yoga practice and how knowledge of biomechanics can inform pose sequencing. Provide techniques that can be employed to promote balance via sequencing and the

reasons why balancing strength and flexibility is of particular concern. Describe considerations when preparing for a peak pose; when sequencing vinyasa flow; and when sequencing for confined spaces such as an office or travel yoga. Define neutral poses and counterposes and how they are sequenced. Explain why it's universally recommended that *asana* practice conclude with *Savasana* and describe how long it should last.

Segmenting Your Class

In this lesson, we introduce a flexible teaching framework that can assist in ensuring a class feels balanced and effectively meets intentions.

Objective: Become familiar with how a class can be segmented in order to assist in effective sequencing and pacing, and how to use a segmented class framework for setting and meeting intentions.

Description: Explain the challenge that newer teachers face in trying to accomplish all of their intentions and the specific tasks that are required to skillfully develop and teach an effective sequence. Offer a teaching tool that can help to ensure a class feels balanced and effectively meets intentions. Provide an example of how we might think of a class being comprised of five segments and how much time might be devoted to each segment. Note a specific practice that can help to more easily notice if a class has begun to "get behind" and provide ideas and considerations for class segments to use as a flexible teaching framework.

Sequencing & Pacing to Balance Energy

In this lesson, we explore the guiding principles and yogic tools for promoting energetic balance.

Objective: Explore how yoga affects energy and understand the guiding principles and practice effects of yogic tools (*langhana*, *brahmana*, *samana*) in order to sequence in a way that promotes energetic balance.

Description: Explain how yoga practices affect energy and the fundamental goal of sequencing as it relates to energy. Describe some ways in which to approach balancing energy and factors that can help guide your choices for bringing energetic balance. Define *langhana*, *brahmana* and *samana*, and give examples of practices associated with each. Describe *prana vayus* and how they are relevant to sequencing.

Yin Yoga Poses & Sequences

In this lesson, we explain the distinguishing characteristics of a pose practiced in Yin Yoga style (vs. the *yang* version) and provide a list of poses commonly found in Yin Yoga plus sample sequences.

Objective: Gain an understanding of the characteristics that distinguish the ways in which a pose is practiced in Yin Yoga and review a list of common poses and sample sequences.

Description: Review the perspective that poses are not typically *yin* poses or *yang* poses per se, but rather that there are distinguishing characteristics for how a pose is practiced that creates the differentiation. Give examples of pose naming in Yin Yoga and provide a list of poses



commonly found in Yin Yoga.

BREATHING

Natural Breathing

In this lesson, we describe ways to encourage natural, effortless breathing.

Objective: Become proficient in the hallmarks and benefits of natural breathing and ways to promote conditions for an effortless breath.

Description: Provide up to seven more names for Natural Breathing, or the expansion and contraction of the mid-body as the diaphragm moves. Describe some of the many benefits of natural breathing and simple breathing techniques. Since natural breathing is by definition effortless, explain why it needs to be taught. Describe the hallmarks of natural breathing and some simple ways to encourage natural, effortless breathing. Describe Belly Breathing and the Three-Part Breath. Provide a perspective on whether your visualization instruction to students should be to inhale up & exhale down, or to inhale down & exhale up.

Basic Breath Training

In this lesson, we introduce the purpose and techniques for guiding students in conscious breathing and expanding respiratory capacity.

Objective: Understand the difference between unconscious and conscious breathing and techniques for guiding students in conscious breathing that slows their breathing rate and expands respiratory capacity.

Description: Be clear that the most important instruction for students learning breathing fundamentals is to relax. Become aware of the average unconscious “normal” breath rate and the effect that awareness has on this rate. Describe the primary objective and benefit of breath training for new students and the breath training basics that will prepare students for *pranayama*. Describe a number of practices for teaching breath awareness and another gentle practice you might consider for breath training.

Yogic Breathing

In this lesson, we move beyond the foundations of basic breath training and explore more technical practices.

Objective: Understand the differences between clavicular, thoracic and diaphragmatic breathing and become knowledgeable on expert teachings related to conscious exhalation and diaphragmatic rib cage breathing.

Description: Describe the reason a wise teacher may NOT teach the techniques presented here. Define clavicular breathing and the conditions under which it’s typically present. Define thoracic breathing and explain its effects. Explain what is typically meant by the term “yogic breathing.” Give signs of improper breathing. Explain the benefits of a conscious exhalation. Describe the yogic breathing technique for consciously exhaling and share how experts explain it. Describe the more

advanced technique of diaphragmatic rib cage breathing, how it is different from ineffective chest breathing and why the two might be confused.

Lion Pose

In this lesson, we teach *Simhasana* (Lion Pose).

Objective: Become knowledgeable about the pose including its effects and benefits and how to teach it.

Description: Explain the heart of the pose, the mythology behind the name, benefits and effects of the practice, and setting up and practicing the pose.

MEDITATION & MINDFULNESS

Meditation & Mindfulness Intro

In this lesson, we lay the foundations for understanding and teaching meditation and mindfulness.

Objective: Gain a foundational understanding of meditation from a yogic perspective, including how it relates to mindfulness.

Description: Define “meditation” and considerations related to this “catchall term.” Describe the relationship between yoga and meditation. Give examples to support the perspective that all yoga techniques are preparation for meditation or forms of meditation. Name ten or more styles of meditation. Explain how yoga meditation is different from other styles of meditation. Using Pema Chodron’s definition of “mindfulness”, describe how mindfulness and meditation relate. Provide up to seven resources for helping to incorporate mindfulness practices in yoga class plans, plus some daily habits that can lead to increased mindfulness.

Meditation Effects

In this lesson, we delve into the various purposes and effects of meditation.

Objective: Become knowledgeable about the many potential effects of meditation and become proficient in explaining yoga philosophy related to thoughts, sensations, suffering, absorption (*samadhi*) and meditation.

Description: List ten or more potential effects of meditation and what might be considered the primary purpose and benefit of meditation. Describe the cause of suffering according to yoga philosophy and why meditation brings happiness. Explain the vital awareness gained by disengaging from thoughts and how meditation helps in the face of strong sensations. There are many practices to reduce stress so why, according to Dr. Timothy McCall, do many dedicated yogis consider meditation “the crown jewel of the practice.” Describe Jill Bolte Taylor’s experience from a massive stroke located in the left brain hemisphere and how this powerful story can serve as a teaching tool.

Teaching Meditation

In this lesson, we explore the practical teaching of meditation.



Objective: Become knowledgeable in how to apply the philosophy and knowledge of meditation to practical and effective teaching.

Description: Describe how teachers of meditation can support students and preparatory practices to consider. Explain a crucial element of meditation to teach and a gentle reminder that teachers can provide. Describe more teaching points. Explain why teachers are advised to “not push” students who are caught in resistance and provide the next step for those who wish to advance in practice. Explain the most potent and effective times to meditate according to yoga wisdom.

Meditation Challenges & Issues

In this lesson, we dig deeper into the challenges and issues faced by students of meditation.

Objective: Become familiar with common and difficult challenges faced by students of meditation, and skillful ways to respond to them.

Description: Describe a common misunderstanding among students regarding meditation. Describe these meditation teaching metaphors: trying to lasso the wind, and pressing the lid on a boiling kettle. Explain what meditation is designed to accomplish and qualities that support an effective practice. Since forcing isn’t likely to work to overcome resistance, explain what can be done. Describe escapism as it relates to meditation and explain potential remedies. Describe an example of when meditation may not be the optimum practice. Explain Dr. Lorin Roche’s teaching regarding the importance of an individual’s constitution. Explain what you can do to support students who have given up on meditation. Describe how master teacher Pandit Rajmani Tigunait explains the reason behind meditators who still seem to display greed or overbearing egos.

Metta Meditation/ Loving-Kindness Prayer

In this lesson, we introduce the topic of *metta*, and describe Metta Meditation, also known as the Loving-Kindness Prayer.

Objective: Become knowledgeable about Metta Meditation.

Description: Explain the origins and meaning of “metta” and describe the intention of the word in a way that differentiates it from a feeling or wish that is passive in nature. Clarify how the practice of *metta* is different from trying to “be nice” and what qualities of love it’s said to develop. Define Metta Meditation, describe for whom each round of the prayer is dedicated and note the part of the body the practitioner focuses on. List the benefits said to result from Metta Meditation and describe some common issues that may arise during the practice as well as ways you might respond to them.

Breath Observation + Adding Phrases

In this lesson, we describe the meditation practice of Breath Observation plus the related practices of counting the breath and adding phrases.



Objective: Be prepared to teach the meditation technique of Breath Observation and related practices.

Description: Explain the practice of Breath Observation and provide an essential message for students to be aware of regarding this practice (and all meditation practices). Describe the addition of counting to the basic technique and give examples of phrases that you might add to this practice.

Mindfulness Meditation, Insight Meditation, Vipassana, Open Monitoring Meditation

In this lesson, we describe Mindfulness Meditation.

Objective: Be prepared to teach Mindfulness Meditation.

Description: Explain the difference between Mindfulness Meditation, Vipassana, Insight Meditation and Open Monitoring Meditation. Describe the core elements that define Mindfulness Meditation and the three categories of mindfulness meditation that Sarah Powers teaches. Explain a teaching related to commitment and remembrance and explain what can support the practice of anchoring on the breath. Describe the practice of tracking and labeling in Mindfulness Meditation and how we respond to thoughts and sensations during practice. Explain what can help to transfer the presence gained from meditation to the rest of the day.

Guided Visualizations

In this lesson, we describe a variety of guided visualizations.

Objective: Be prepared to teach Guided Visualizations including Heart-Centered Visualizations, Turning Body to Light, Abundance Meditation, Citta Bhavana and a Guided Reflection.

Description: Explain teachings, imagery and scripts for a variety of Guided Visualizations.

THEMES

Presence & Present Moment Awareness

In this lesson, we gather inspirational and valuable teachings on the fundamental practice of bringing awareness to the present moment.

Inner Attention / Self-Awareness

In this lesson, we gather beautiful and powerful teachings on the fundamental practice of bringing compassionate awareness to the inner experience and to learning to trust the â??inner guru.â??

Right Effort

In this lesson, we explore â??sthiraâ?• and â??sukhaâ?• or balancing effort and ease.

Beliefs & Vikalpas



In this lesson, we explore the topic of beliefs and why we have limiting beliefs.

Why Beliefs are So Powerful

In this lesson, we learn how and why beliefs make such a powerful impact on our lives.

Allegory of the Cave

In this lesson, we explore the philosophy and teaching of the Allegory of Cave

Subconscious & Limiting Beliefs

In this lesson, we define subconscious, the shadow and strategies for uncovering limiting beliefs.

Transforming Beliefs

In this lesson, we explore ways to transform limiting beliefs, including the use of *pratipaksha bhavana* as described in Yoga Sutra 2.33.

Hero's Journey

In this lesson, we explore how myths and archetypes relate to psychological development.

Dharma & Personal Uniqueness

In this lesson, we explore the philosophy and teachings related to *dharma*, the soul's desire for purpose, a mission of the spirit.

Resolutions, Goals & Intention In this lesson, we differentiate and define goals, resolutions, intentions and *sankalpa*, offering practical resources for bringing about real transformation.

Author

michaeljoelhall