



Ashgrove Yoga,  
Kilscanlon,  
Foulksmills, Wexford,  
Y35 C596  
[www.ashgroveyoga.ie](http://www.ashgroveyoga.ie)

## Yin Yoga Course Syllabus

This course is intended to add to the knowledge and skills of an already certified Yoga Teacher or for a dedicated practitioner wanting to deepen their personal practice. Successful candidates must already hold a 200 YTT Certification or have at least 2 years regular practice & knowledge of yoga.

Total Hours	In-Person Hours	Live Streaming Hours	Hours Taught By SYT	Non-Contact Hours
50	40		40	10

Content	Description
Physical Taught Practice	Approx 21% of the course will consist of a physical practice taught by an SYT in order for the trainees to observe, feel and understand how each asana is taught and how classes can be sequenced to benefit different areas of the body.
Theory, Anatomy, Asana Workshops, Teaching Practice, Methods & Sequencing	Approx 57% of this course will consist of delving deeper into asana, using props, methods & sequencing. You will have the opportunity to practice teaching peers in break-out groups. We'll discuss adapting asanas to suit different body types or conditions, offering alternatives & we'll discuss different class themes from meridian, chakras & specific areas of the body.
Revision, Study & Assignments	The remaining 22% will consist of revision, study & assignments. You will be required to write, practice & teach your own short 20 minute sample classes.
Course Focus	Graduates will learn the benefits & techniques to incorporate Yin Yoga into their own practice and into their teachings.
Overall Aim	On completion of the course successful graduates will be able to practice, create sequences & if required teach their own Yin Yoga Classes. Graduates will leave with the knowledge of how to build and adapt sequences for their own students.
On Completion Graduates will be able to	Graduates will have a clear understanding of the benefits & contraindications. They will have the knowledge to teach, sequence & assist their own clients in this practice.
How will the Course Be Assessed	The graduates will be continually assessed during the course. Any attendees that do not meet the course requirements will be given the opportunity to improve any areas of weakness and will be encouraged to pass at a later date.

## Course Breakdown

Module	SYT Contact Hours	Non SYT Contact Hours	Non-Contact Hours	Total Hours
<b>Module 1</b> <ul style="list-style-type: none"> <li>• Introduction, Expectations, Code of Conduct, Terms &amp; Conditions</li> <li>• The History of Yin Yoga</li> <li>• The Physical Benefits &amp; Contraindications of Yin Yoga</li> <li>• Physical Practice for the Kidney &amp; Bladder Meridians</li> <li>• Physical Practice for the Liver &amp; Gallbladder Meridians</li> <li>• Understanding Meridians</li> <li>• Understanding Fascia</li> <li>• Workshopping Asana</li> <li>• How to use props to soften asana for different bodies</li> </ul>	8		2	10
<b>Module 2</b> <ul style="list-style-type: none"> <li>• Lecture on Taoist Yoga: An Ancient Path to Harmony</li> <li>• Lecture on Nadis: Life Force Energy</li> <li>• Physical Practice for the Spleen &amp; Stomach Meridians</li> <li>• Physical Practice for the Lungs, Heart &amp; Intestines</li> <li>• Discussion on the Relationship between Chakras &amp; Fascia</li> <li>• Discussion on the Connection between Nadis &amp; Meridians</li> <li>• Asana Workshop</li> </ul>	8		2	10
<b>Module 3</b> <ul style="list-style-type: none"> <li>• Yin Yoga for Muladhara Chakra</li> <li>• Delve deeper into the Root Chakra</li> <li>• Yin Yoga for Svadhisthana Chakra</li> <li>• Delve deeper into the Sacral Chakra</li> <li>• Sequencing Your Classes</li> <li>• Offering Alternative Asana When Necessary</li> <li>• Asana Workshop</li> </ul>	8		2	10
<b>Module 4</b> <ul style="list-style-type: none"> <li>• Yin Yoga for Manipura Chakra</li> </ul>	8		2	10

<ul style="list-style-type: none"> <li>• Delve deeper into the Solar Plexus Chakra</li> <li>• Yin Yoga for Anahata Chakra</li> <li>• Delve deeper into the Heart Chakra</li> <li>• Anatomy of the Spine</li> <li>• Anatomy of the Hips &amp; Pelvis</li> <li>• Anatomy of the Shoulders</li> <li>• Asana Workshop</li> </ul>				
<b>Module 5</b> <ul style="list-style-type: none"> <li>• Yin Yoga for Vishuddha &amp; Ajna Chakra</li> <li>• Delve deeper into the Throat Chakra</li> <li>• Delve deeper into the Third Eye Chakra</li> <li>• Delve Deeper into the Crown Chakra</li> <li>• Teaching, Sequencing &amp; Practice</li> <li>• Review &amp; Graduation</li> </ul>	8		2	10
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