

## Yin Anatomy Teacher Training: course outline

### Day one: Functional yoga & anatomy

- 1. Introduction and practicing yoga functionally (48 min)**  
In this video we will explore what functional practice and teaching means, and the difference between tension and compression.
- 2. How to practice Yin Yoga functionally & what Yin Yoga stimulates in the body (29 min)**  
In this video we will explore what happens inside your body when you practice Yin Yoga and look at guidelines on how to practice Yin Yoga functionally; what you want - and don't want - to feel.
- 3. How to practice Yin Yoga functionally & what Yin Yoga stimulates in the body - Q&A (13 min)**
- 4. Understanding your body: Anatomy & Physiology – Fascia (16 min)**  
In this video we will explore what and where fascia is in your body.
- 5. Understanding your body: Anatomy & Physiology – Fascia - Q&A (4 min)**
- 6. Anatomy & Physiology: Target Areas - Thigh & Skeletal Segments – Femur, Tibia (38 min)**  
In this video we will explore and learn the muscle groups of the thigh that are targeted while doing certain Yin Yoga poses. We'll look at which movements of the femur and tibia are involved to elongate the muscle groups of the thigh. You will also learn which Yin Yoga poses stimulate certain muscle groups (archetypal poses).
- 7. Skeleton: Bones & Joint Movements – Fingers & Wrist (34 min)**  
In this video we will explore the range of movement of the fingers and wrist. Then we'll examine the differences in range of movement of the fingers and wrist by comparing the students present in the training. This will enable you to see that each body is unique and help you to understand what compression is (joint restriction) and what tension is. Then we will adjust poses where painful compression or unwanted sensation is felt in one of the aforementioned joints, or we will adjust the pose in order to release tension (target area).
- 8. Yin Yoga practice - Day 1 (63 min)**  
In this class you'll learn how to practice functionally and how to adapt the following poses to your needs: Reclined Butterfly, Seal/Sphinx, Anahatasana, Dragon, Savasana. We will practice Simple Awareness throughout the class and explore its healing effects, benefits, and the possible precautions to consider when adding this pranayama to your practice.

**Day two: Day 2 - Practicing & adjusting Pranayama and Asanas**

**1. Yin yoga practice - Day 2 (82 mins)**

In this class you'll learn how to practice functionally and adapt the following poses to your needs: Caterpillar, Shoelace (or Square), Dragonfly, Bananasana, Savasana. Throughout the class we will practice Directed Breathing, which allows you to experience the healing effects, benefits and possible contraindications of adding this pranayama to your practice.

**2. Deepening your Yin practice with Pranayama: Simple Awareness & Directed Breathing (19 min)**

In this video you'll learn how to practice Simple Awareness and Directed Breathing and explore their effects. Understanding the different effects of these types of pranayama for different people can enable you - as a practitioner or teacher - to adapt them to your or your future students' needs. We also discuss precautions to consider.

**3. Anatomy & Physiology: Target Areas - Torso & Skeletal Segments – Spine (30 min)**

In this video we will playfully explore and learn the muscle groups of the torso that are targeted while doing certain Yin Yoga poses. We will look at which movements of the spine are involved to elongate the muscle groups of the torso. We will repeat the dances: Target Area Thigh and Skeletal Segments: fingers, wrist, femur, tibia, spine, and Archetypal Poses. You'll also learn which Yin Yoga poses stimulate certain muscle groups (Archetypal poses).

**4. Skeleton: Bones & Joint Movements – Elbow (radius) (19 min)**

In this video we will explore the range of movement of the radius. Then we'll examine the differences in range of movement of the radius by comparing the students present in the training. This enables you to see that each body is unique and helps you to understand what compression (joint restriction) and tension are. We will adjust poses in which painful compression or unwanted sensation is felt in one of the aforementioned joints, or in order to release tension (target area).

**5. Skeleton: Bones & Joint Movements – Elbow (ulna), Humerus (flexion) & Shoulder Girdle (53 min)**

In this video we will explore the range of movement of the ulna, humerus and the shoulder girdle. Then we will examine the differences in range of movement of the ulna and humerus flexion by comparing the students in the training. This will help you to understand that each body is unique, and the difference between compression (joint restriction) and tension. We will adjust poses in which painful compression or unwanted sensation is felt in one of the aforementioned joints, or in order to release tension (target area).

**6. Skeleton: Palpating & Analysing Bones & Exploring Differences of Joint Movements – Humerus (flexion, adduction & extension) (30 min)**

In this video we will analyse bone variations and palpate the shoulder blade and scapula. You will experience how different everyone is. We'll examine the differences in range of movement of the humerus (flexion, adduction & extension) - again, enabling you to see that each body is unique. You'll understand how to differentiate tension from compression and how to adjust the pose to avoid painful compression or unnecessary tension.

**7. Teaching Methodology & Techniques: Analysing Yin Poses: Seal, Camel, Dragon & Theory of Functional Adjusting (33 min)**

In this video we will analyse the functions of Seal, Camel & Dragon. You'll learn what you are - and aren't - supposed to feel and look at some possible verbal adjustments in order to avoid painful compression or unnecessary tension. You will also learn the five steps of functional adjustment.

**8. Teaching Methodology & Techniques: Functional Adjusting Yin Poses: Seal, Camel, Dragon (17 min)**

In this video you will see the students practice functionally adjusting the Yin poses: Seal, Camel & Dragon - avoiding painful compression or unwanted sensation and aiming to stimulate the intended target area. Please try this yourself at home too. If you have any questions, please leave a comment below.

**Day three: Understanding muscles & bones**

**1. Yin Yoga practice - Day 3 (82 min)**

In this class you'll learn how to practice functionally and to adapt the following poses to your needs: Squat, Sleeping Swan, Frog, Saddle, Savasana. We will practice Ujjayi breath throughout class in a very Yin-like way, which will allow you to experience the healing effects and benefits of this practice. We'll also explore any possible precautions of adding this to your practice.

**2. Yin Yoga practice Q&A - Day 3 (12 min)**

**3. Deepening your Yin practice with Pranayama: Ujjayi (9 min)**

In this you'll learn how to practice Ujjayi and explore its effects. Understanding how it effects different people will give you the ability - as a practitioner or teacher - to adapt the pranayama to your or your future students' needs. We also discuss possible precautions to consider.

**4. Repeating Anatomy dances: Muscle Groups Thigh & Torso, Skeletal Segments & Archetypal Poses (18 min)**

In this video you will repeat the following Anatomy dances: Muscle Groups Thigh & Torso, Skeletal Segments and Archetypal Poses. Please practice these at home to allow them sink in. The dance, 'Muscle Groups Thigh & Torso' will help you as a teacher to cue where to feel the target area in each pose, as well as how to sequence classes in order to target specific areas. The 'Skeletal Segments' dance will also help you to give personalised adjustments (understanding the movements of each joint enables you to determine which joint movement is causing restriction during a pose) and offer a doable movement for your students' bodies which will still target the required area. The 'Archetypal pose' dance, which groups the poses according to target areas, helps you to offer students a different pose - if adjusting didn't help - to target the required area more effectively.

**5. Anatomy & Physiology: Muscles of the thigh - 4 hamstrings, 4 quads, 4 hip flexors, 5 adductors & 3 glutes (43 min)**

In this video you will learn the specific muscles that are in each muscle group of the thigh. You will learn the names, origin and attachments of the: 4 hamstrings, 4 quads, 4 hip flexors, 5 adductors & 3 glutes. Knowing the origin and attachments of each muscle as a teacher enables you to determine which muscles are targeted or felt by the students in each pose. But more importantly, it helps you to encourage your students to adjust the shape that their bodies make in order to feel the effects differently or more intensely in the required target area of the pose.

**6. Skeleton: Bones & Joint Movements – Toes, Ankle (talus), Femur, Tibia & Q&A (72 min)**

In this video we will explore the range of movement of the toes, talus, femur and tibia. Then we will examine the differences in range of movement of the toes and talus by comparing the students present in the training. This enables you to see that each body is unique and helps you understand the difference between compression (joint restriction) and tension. We will adjust the poses in which painful compression or unwanted sensation is felt in one of the aforementioned joints or we'll adjust the pose in order to release tension (target area). You will also learn how the range of movement of the talus and the internal and external rotation of the femur can have an injurious effect on the knee.

**7. Skeleton: Bones & Joint Movements & assessing joint restriction – Femur external & internal rotation (29 min)**

In this video we will explore the range of movement of the internal and external rotation of the femur. We'll examine the differences in external and internal rotation of the femur by comparing the students' bodies in the training. You'll notice that everybody's body is unique and learn to differentiate tension from compression. Then we'll adjust poses where painful compression or unwanted sensation occurs in one of the aforementioned joints or we will adjust the pose in order to release tension (target area).

- 8. Q&A Skeleton: Bones & Joint Movements & assessing joint restriction – Femur external & internal rotation (5min)**
- 9. Skeleton: Bones & Joint Movements & assessing joint restriction – Tibia external & internal rotation (12 min)**  
In this video we will explore the range of movement of the internal and external rotation of the tibia. We will examine the differences in external and internal rotation of the tibia by comparing the students' bodies in the training - again enabling you to see the differences between everyone and how to tell tension from compression. We'll adjust poses in which painful compression or unwanted sensation is felt in one of the aforementioned joints or we will adjust the pose in order to release tension (target area).
- 10. Teaching Methodology & Techniques: Analysing Yin Poses & Functional Adjusting: Anahatasana, Shoelace (14 min)**  
In this video you will analyse the functions of Anahatasana & Shoelace and look at what you are supposed to feel - and what not to feel - in the poses. You will then see the students functionally adjusting Anahatasana - avoiding painful compression or unwanted sensation and aiming to stimulate the wanted target area. You can try this yourself at home as well. If any questions arise, please leave a comment below.

**Day four: Target areas of poses**

- 1. Yin Yoga practice - Day 4 (93 min)**  
In this video you'll learn how to practice functionally and adapt the following poses to your needs: Butterfly, Square, Half Butterfly, Snail, Savasana. We will practice 'Hum Sa So Ham' throughout the class, which allows you to experience the healing effects and benefits, and we'll look at possible precautions to consider when adding this pranayama to your practice.
- 2. Yin Yoga practice Q&A - Day 4 (18 min)**
- 3. Deepening your Yin practice with Pranayama: Hum Sa So Ham (15 min)**  
In this video you'll learn how to practice Hum Sa So Ham and explore its effects on different people. We'll consider how to adapt the practice for you or your future students' needs, along with possible contraindications.
- 4. Anatomy & Physiology: Repeating Anatomy Dances & Muscles of the thigh - 6 external rotators & 1 TFL (29 min)**  
In this video you will repeat the various Anatomy dances: Muscle Groups Thigh & Torso, Skeletal Segments and Archetypal Poses. Please practice these at home to allow them sink in. The dance, 'Muscle Groups Thigh & Torso' will help you as a teacher to cue where to feel the target area in each pose, as well as to sequence classes in order to target specific areas. The 'Skeletal Segments' dance will also help you to give personalised adjustments (understanding

the movements of each joint enables you to determine which joint movement is causing restriction during a pose) and offer a doable movement for your student's body which will still target the required area.

You'll also continue learning the specific muscles that are in each muscle group of the thigh. You will learn the names, origin and attachments of the: 6 external rotators & 1 TFL. Knowing the origin and attachments of each muscle enables you to determine which muscles are targeted or felt by the students in each pose. More importantly, it enables you to encourage students to 'play' with their bodies so that they feel the targeted area differently or more intensely.

**5. Q&A Anatomy & Physiology: Repeating Anatomy Dances & Muscles of the thigh - 6 external rotators & 1 TFL (3 min)**

**6. Anatomy & Physiology: Muscles of the torso - 2 obliques, 2 QLT & 1 rectus abdominis (23 min)**

In this video you will continue learning the specific muscles that are in each muscle group of the torso. You will learn the names, origin and attachments of the: 2 obliques, 2 QLT & 1 rectus abdominis. Again - understanding the origin and attachments of each muscle helps you to determine which muscles are targeted or felt by students in each pose. It allows you to guide students to play with their bodies in order to feel the targeted area more intensely - or slightly differently.

**7. Q&A Anatomy & Physiology: Muscles of the torso - 2 obliques, 2 QLT & 1 rectus abdominis (9 min)**

**8. Skeleton: Bones & Joint Movements & assessing joint restriction – Pelvis & Q&A (54 min)**

In this video we will explore the range of movement of the pelvis. Then we will examine the compression possibilities in the pelvis and how that influences the movement of the femur & the spine, and therefore impacts how you perform various Yin poses. Also, we will learn about the SI-Joint and its movements.

**9. Skeleton: Bones & Joint Movements & assessing joint restriction – Femur abduction & flexion (43 min)**

In this video we will explore the range of movement of the abduction & flexion of the femur and the effect on the pelvis. Then we will examine the differences in abduction of the femur (Frog) & flexion of the femur (Caterpillar & Dragonfly) by comparing the students present in the training. This enables you to see that each body is unique and helps you understand what compression is (joint restriction) and what tension is. Then we will adjust poses where painful compression or unwanted sensation is felt in one of the aforementioned joints or we will adjust the pose in order to release tension (target area).

### **Day five: Understanding the spine**

#### **1. Yin Yoga practice - Day 5 (95 min)**

In this video you'll learn how to practice functionally and to adapt the following poses to your needs: Toe Squat, Dangling, Deer various options, Cat Pulling Its Tail, Savasana. We will practice the Nadi Shodhana basic pattern, which allows you to experience its healing effect and benefits. We'll also look at possible contraindications of adding this pranayama to your practice.

#### **2. Yin Yoga practice Q&A - Day 5 (2 min)**

#### **3. Deepening your Yin practice with Pranayama: Nadi Shodhana (15 min)**

In this video you'll practice Nadi Shodhana and understand its effects. This will give you the opportunity - as a practitioner or teacher - to adapt the pranayama to your or your future students' needs. We also discuss possible precautions to consider.

#### **4. Anatomy & Physiology: Repeating Anatomy Dances & Complete Archetypal Poses Dance (15 min)**

In this video you will repeat the various Anatomy dances: Muscle Groups Thigh & Torso, Skeletal Segments and Archetypal Poses. It's a good idea to practice these at home to allow them to sink in. The dance, 'Muscle Groups Thigh & Torso' will help you to cue your students when feeling the target area in each pose, as well as how to sequence classes in order to target a specific area. The Skeletal Segments dance helps you give personalised adjustments in order to find the most 'doable' movement for your students. The Complete Archetypal pose dance, which groups the poses according to target areas, helps you to offer students a different pose - if adjusting didn't help - to effectively target the area required.

#### **5. Anatomy & Physiology: Muscles of the torso - 8 Thoracolumbar muscles (20 min)**

In this video you will learn the names, origin and attachments of the: 8 thoracolumbar muscles: 5 - intrinsic back muscles & 3 - erector spinae muscles. Knowing the origin and attachments of each muscle enables you to determine as a teacher which muscles are targeted or felt by the students in each pose. But more importantly, it allows you to offer students alternatives so that they can experience the pose differently or more intensely.

#### **6. Anatomy & Physiology: Repeating Muscles of the torso - 8 Thoracolumbar muscles (6 min)**

In this video you will repeat the names, origin and attachments of the: 8 thoracolumbar muscles: 5 intrinsic back muscles & 3 erector spinae muscles, and we'll take a look at the Thieme images.

#### **7. Skeleton: Bones & Compression – Palpating ASIS & discovering skeletal variations (9 min)**

In this video we will palpate and explore the skeletal variations of the ASIS of the pelvis. This will enable you to see that each body is unique and will show you why ASIS can create compression in the groin for some people.

**8. Skeleton: Situations & Adjustments to go around compression of the ASIS & Assessing joint restriction - Femur extension (24 min)**

In this video we talk about poses in which compression of the ASIS can occur. Then we discuss possible variations and adjustments for Dragon pose. In Dragon pose we will explore the range of movement in flexion and extension of the femur, and the effect on the pelvis.

**9. Skeleton: Bones & Joint Movements & assessing joint restriction – Cervical & Lumbar Spine (69 min)**

In this video we'll explore the range of movement of the spine and how the movement of the femur influences the tilt of the pelvis and the amount of compression in the spine. We will look at the differences in flexion & extension of the cervical and lumbar spine by comparing the students in the training. We'll also adjust Camel pose which can cause painful compression or unwanted sensation in one of the aforementioned joints, and we will adjust the pose in order to release tension (target area).

**Day six: Safely practicing Yin yoga**

**1. Yin Yoga practice - Day 6 (92 min)**

In this class you'll learn how to practice functionally and how to adapt the following poses to your needs: Open Wings, Twisted Roots (crossed legs & rounded spine), Twist (neutral spine), Savasana. We will also practice Nadi Shodhana throughout the class, adding an extended exhale, which allows you to experience the healing effects, benefits and possible disadvantages of adding this pranayama to your practice.

**2. Yin Yoga practice Q&A - Day 6 (25 min)**

**3. Deepening your Yin practice with Pranayama: Nadi Shodhana adding extending exhale (19 min)**

In this video you'll learn how to practice Nadi Shodhana with an extended exhale and become aware of its effects for different people. You'll also explore how to adapt the pranayama to your or your future students' needs. We also discuss possible contraindications of this practice.

**4. Anatomy & Physiology: Repeating Anatomy Dances & Complete Archetypal Poses Dance (10 min)**

In this video you will repeat the various Anatomy dances: Muscle Groups Thigh & Torso, Skeletal Segments and Archetypal Poses. When practicing at home, try turning off the volume so you can say them out loud to yourself. These 'dances' will help you to offer helpful cues to your students regarding where they should be to feeling the target area in each pose. They will also help you to sequence classes according to target areas and to offer personalised adjustments and alternate poses.



**5. Skeleton: Bones & Joint Movements & assessing joint restriction – Thoracic Spine (44 min)**

In this video we will study the spine - this time exploring the range of movement of the thoracic spine. We'll examine which parts of the spine are able to flex and which parts move as a segment. We'll also look at the differences in flexion & extension of the thoracic spine by comparing the students in the training. We will look at thoracic extension in combination with humerus extension & flexion (Camel, Anahatasana) to understand what happens in the spine and what happens in the shoulder girdle.

**6. Teaching Methodology & Techniques: Functional Adjusting Yin Poses: Camel, Seal/Sphinx & Analysing Yin Poses: Bananasana (45 min)**

In this video we will repeat adjustments for Camel, Seal and Sphinx. Then we will continue analysing the functions of Bananasana: what you are - and aren't - supposed to feel in the pose. You will then observe the students practice functional adjusting - avoiding painful compression or unwanted sensation, and aiming to stimulate the required target area in Bananasana. You can try this yourself at home too. If any questions come up, please leave a comment below.

**7. Teaching Methodology & Techniques: Analysing & Functional Adjusting Yin Poses: Dragonfly & Caterpillar (35 min)**

In this video we will analyse the functions of Dragonfly & Caterpillar and discuss what should and should not be felt in the pose. Again, you will observe the students practice functionally adjusting Dragonfly & Caterpillar and I encourage you to practice this at home too.

**Day seven: Teaching safely, creatively & responsibly**

**1. Yin Yoga practice - Day 7 (78 min)**

In this class you'll practice functionally, adapting the poses to suit your own personal needs. You'll start by choosing the pranayama that you need in this moment. José will then tell you which target areas of the thigh to stimulate and you'll choose the pose that - for your body - best targets that area. This way of practicing enables you to really feel into your body and become aware of what it needs at any given moment – in short, a functional practice!

**2. Yin Yoga practice Q&A - Day 7 (21 min)**

**3. Anatomy & Physiology: Repeating Anatomy Dances & Complete Archetypal Poses Dance (13 min)**

In this video you'll repeat the various Anatomy dances: Muscle Groups Thigh & Torso, Skeletal Segments and Archetypal Poses. As suggested previously, when practicing at home, try turning down the volume to 'test' whether you're able to say them out loud for yourself. The dance Muscle Groups Thigh & Torso will enable you to give appropriate cues and help you to sequence classes according to specific target areas. The Skeletal Segments dance will help you to give personalised adjustments and guide your students to find the pose suitable

for their body and the area they want to target. The Complete Archetypal pose dance enables you to offer students a different pose - if adjusting didn't help to target the required area - that works more effectively for the student.

**4. Teaching Methodology & Techniques: Analysing & Functional Adjusting Yin Poses: Squat & Sleeping Swan (54 min)**

In this video we will analyse the functions of Squat & Sleeping Swan and explore what you are supposed to feel (and not feel) when practicing the poses. You will then watch the students practice functional adjusting for the above poses - avoiding painful compression or unwanted sensation and aiming to stimulate the required target area. Please try this at home and let me know in the comments below if you have any questions.

**5. Teaching Methodology & Techniques: Functionally Grouping 20 Yin Poses (17 min)**

In this video we will group the 20 poses according to their target areas (functions). You will learn that there are several poses that target the same area. As we all have unique bodies - different ranges of movement of joints due to tension or compression - we can't always stimulate the required target area with a certain pose, even if we adjust it. Grouping the poses according to their target area enables you to choose a different pose from the same group that might help you to target the area you want to stimulate more effectively. This means that not all poses have to be practiced - just pick the pose that stimulates your body most effectively.

**6. Teaching Methodology & Techniques: Going over the 5 Functional Groups for 20 Yin Poses (15 min)**

In this video we will go over the 5 Functional Groups for the 20 Yin poses. Each functional group has an archetypal pose (Archetypal Poses Dance) that stimulates the main target area of that group. But there are endless variations of these 5 archetypal poses which in turn create other poses in order to stimulate the wanted target area.

**7. Teaching Methodology & Techniques: Functional Adjusting Yin Poses: Saddle, Dragon, Snail, CPT (38 min)**

In this video we will functionally adjust the Yin poses: Saddle, Dragon, Snail, CPT - avoiding painful compression or unwanted sensation and aiming to stimulate the required target area. You can try this yourself at home too - if any questions come up, please leave a comment below.

**8. Teaching Functionally & Teaching Responsibilities (30 min)**

In this video we discuss how to teach functionally and the responsibilities of a teacher.