

Where Stillness Teaches

# AYIN YOGA TEACHER TRAINING

MARCH 2026

*Radiant Heart* 



# Radiant Heart Yin Yoga Teacher Training

## 50 Hour Continuing Education Program

This training is an immersive, embodied exploration of Yin Yoga designed to support both personal depth and confident teaching. You are stepping into a practice rooted in stillness, awareness, and intelligent inquiry — one that honors the uniqueness of every body and every experience.

This training emphasizes functional understanding over fixed shapes, inviting you to explore Yin Yoga through anatomy, energy, and lived experience rather than rigid alignment or external performance. You will learn how to skillfully guide long held poses, support diverse bodies, and create classes that are intentional, accessible, and deeply transformative.

## What You Will Explore

### Foundations of Yin Yoga

- Yin philosophy, stillness, time, and sensation
- Stress, adaptation, and embodied awareness

### Functional Anatomy for Yin

- Skeletal variation and range of motion
- Compression, tension, and pose intention

### Fascia & MyoYin

- Fascia and connective tissue
- MyoYin techniques and intelligent prop use

### Traditional Chinese Medicine

- Yin and Yang, the Five Elements
- Organ systems, emotions, and meridians

### Yin Asana Lab

- Foundational Yin poses and variations
- Target areas, props, and energetic focus

### Acupressure in Yin Yoga

- Key acupressure points
- Supporting energetic flow and awareness

### The Anasa Method

- Conscious, consent based hands on support
- Integrating acupressure to enhance the pose experience

### Sequencing & Teaching Yin

- Intelligent sequencing and pacing
- Holding space through presence and language

### Practice Teaching & Integration

- Teaching Yin segments
- Feedback, reflection, and integration



## Training Includes

- 50 hours of in person training
- Guided Yin and MyoYin practices
- Hands on assisting and acupressure training
- Practice teaching opportunities
- Certificate of completion

## Certification

Upon successful completion, you will receive a 50 Hour Yin Yoga Teacher Training Certificate  
Qualifies for Yoga Alliance Continuing Education hours

## Training Includes

Dedicated students ready to deepen their practice

*A training devoted to stillness, sensation, and the intelligence of listening.*

# Radiant Heart Yin Yoga Teacher Training

## Syllabus Outline / Table of Contents

### 1. Foundations of Yin Yoga

#### Understanding the Nature of Yin

- What is Yin Yoga
- Yin and Yang principles
- Yin tissues vs Yang tissues
- Functional intent vs aesthetic form
- Stress, load, and time
- Theory of exercise as it applies to Yin Yoga
- Why Yin is essential for modern bodies and lifestyles

### 2. History of Yin Yoga

#### Roots, Influences, and Evolution

- Early influences and modern development of Yin Yoga
- Taoist philosophy and Chinese movement traditions
- The blending of yoga, martial arts, and energetic theory
- Yin Yoga as a contemporary practice

### 3. Anatomy of Yin Yoga

#### The Body in Stillness and Stress

- Skeletal variation and individual anatomy
- Functional range of motion
- Muscles vs connective tissues
- Fascia, ligaments, tendons, and joint capsules
- Collagen, hydration, elasticity, and resilience
- Compression, tension, and safety in Yin poses

### 4. Energetics of Yin Yoga

#### Subtle Body Perspectives

##### Yogic View

- The kosha model
- Pranamaya and Manomaya Koshas
- Energy flow through stillness

##### Taoist View

- Qi and vitality
- Yin Yang balance within energetic systems
- Cultivating harmony and receptivity



## 5. The Tao of Yin

### A Taoist Lens on Practice

- Wu Wei and non forcing
- Yielding vs collapsing
- Natural cycles and rhythms
- Stillness as a path to awareness

## 6. Meridian Theory & Chinese Medicine Foundations

- Overview of the meridian system
- Yin and Yang meridians
- Organ systems and emotional correspondences
- Seasonal and elemental relationships
- How Yin Yoga influences energetic pathways

## 7. Understanding the Mind

### Eastern and Western Perspectives

- Yogic understanding of mind and consciousness
- Witness awareness and self inquiry
- Western views of stress, psychology, and the nervous system
- Stillness, sensation, and emotional processing
- Yin Yoga as a contemplative practice

## 8. The Practice of Yin Yoga

### Embodied Application

- Yin yoga asanas and their functional intent
- Pose analysis and intelligent variations
- Counter pulses and rebound
- Yin flows and experiential sequencing
- Creating safe, spacious, and intentional practices

## 9. Breath and Meditation in Yin Yoga

### Inner Awareness and Regulation

- Breath as a bridge between body and mind
- Nervous system regulation
- Gentle and supportive pranayama
- Embodied meditation practices
- Working with sensation, resistance, and release
- Integrating breath and meditation into Yin classes

## 10. Introduction to Acupressure

### Energetic Foundations of Touch

- What is acupressure
- How acupressure works
- Meridian based point theory
- Common points used in Yin practice



# 11. Anasa Style Teaching

## Hands On Assists and Energetic Enhancement

- Philosophy behind Anasa style
- The role of touch in Yin Yoga
- Integrating acupressure within Yin poses
- Enhancing the energetic and embodied experience
- Holding space through intentional contact

# 12. Myofascial Yin

## Structural and Energetic Integration

- Understanding myofascia
- Fascial continuity and lines of tension
- Myofascial release principles
- Tools and techniques within Yin practice
- Integrating myofascial intelligence with Yin Yoga and Anasa style

# 13. Sequencing and Theming Yin Yoga Classes

## Designing Intelligent Experiences

- Principles of Yin sequencing
- Anatomical, energetic, and meridian based sequencing
- Counter poses and balance
- Creating cohesive class arcs
- Theming with intention, seasonality, and depth
- Adapting sequences for different bodies and populations

# 14. Teaching Yin Yoga

## Guiding, Holding, and Integrating

- Language and cueing for Yin Yoga
- Guided practice and verbal presence
- Holding space in stillness
- Trauma aware and consent based teaching
- Teaching practicums and peer feedback
- Finding your voice as a Yin teacher

# 15. Professional Integration

## Teaching Yin in the Real World

- Teaching Yin Yoga ethically and responsibly
- Class structure and time management
- Professional boundaries and scope of practice
- Integrating Yin Yoga into studio and private settings
- Sustaining yourself as a Yin teacher



# Book Recommendations

