**YIN YOGA TEACHER TRAINING**

**LEVEL 1**

**50 HOURS**

**SYLLABUS - LOWER BODY**

**FUNCTIONAL ANATOMY**

* **Anatomy – lower body bones**

Anatomical understanding of individual bones and how these affect every yin yoga poses

* **Anatomy – lower body muscles**

Anatomical understanding of lower body muscles, ligaments and fascia and tension within these tissues affect yin yoga poses

* **Yin Poses – lower body**

Teaching the basic 5 archetypal yin poses including variations

* **Six lower body meridian channels**

Understanding the meridian channels of the lower body as well as the associated organs and energetic feeling tone

* **Mindfulness meditation**

Mindfulness meditation techniques whilst in the yin yoga poses

**PRE-COURSE READING: -**

* Yin Yoga: Principles and Practice by Paul Grilley
* The 4 Foundations of Mindfulness by Bhante Henepola Gunaratana
* Insight Yoga by Sarah Powers

End of module assignment, to be completed before certification

