

*SEAT .Online. study manual.*

# *Yin Yoga Teacher Training*



YOGA ALLIANCE ACCREDITED

11h

WITH

*Kathy Páez*

## TABLE OF CONTENTS

<b>INTRODUCTION .....</b>	<b>1</b>
LEARNING ONLINE .....	2
<b>THE BASICE OF ANATOMY FOR THE SEAT .....</b>	<b>3</b>
THE MUSCLES AND BONES IN THE POSES .....	4 - 5
SKELETAL SEGMENTS OF MOVEMENT OF THE SEAT .....	6
MANDALA OF THE THIGH .....	7
<i>The muscles</i> .....	8-11
<b>MANDALA OF THE SEAT .....</b>	<b>12</b>
TECHNICAL SHEETS OF THE POSES .....	13 - 16
<b>ENERGETIC HIGHWAYS OF THE SEAT .....</b>	<b>17</b>
<b>MANDALA OF THE POSES.....</b>	<b>18</b>
SEQUENCING AND TEACHING TECHNIQUES.....	19
<i>Classes</i> .....	20 - 24

## Introduction

Welcome to the online Yin Yoga Teacher Training. Seat module. Through this 11hour Yoga Alliance accredited module you will learn about:

- The bones and muscles that make the hip joint
- 12 poses of the seat that stretch these muscles.
- Skeletability (term used to define what the bones can and can't do in a pose) and flexibility (term used to define the extensibility of the muscles).
- Energy body of the poses: meridians and chakras.
- Sequencing and teaching techniques through understanding the mandala of poses.

This course was recorded under extraordinary circumstances due to COVID-19. I usually teach this module in person. It is longer and more in depth. The skeletal variation exercises are always best done in a group setting and live. Nevertheless, I hope this training can give you the general overview of the seat of yin yoga with a functional approach. The method my teachers, Paul and Suzee Grilley teach.

I hope you enjoy this course.

## Learning Online

Learning online requires less time but more commitment than taking an in person course.

You can go at your pace, but if you want to reap the benefits of this course, I suggest following the guidelines of taking 5 days a week and scheduling 2h a day to practice and study.

You may start with *āsana* class in the morning and then in the afternoon continue onto theory and finish with a lab.

## The basics of Anatomy for the Seat

Learning about anatomy will help you understand how to give adjustments from a place of knowledge and not recitation. Often as yoga teachers we recite what we heard the teacher say about the pose. I invite you to learn more about anatomy and biomechanics to better understand why, how and when to teach certain poses

The study of anatomy is vast. We will focus on the locomotive system: the study of the bones, muscles and joints. All focused on the seat/ the hips.

## Muscles and Bones in the poses

Tension and compression have to do with the muscles and bones in the poses and are a main objective in understanding how to teach a pose.

**Tension:** When we move, one bone is brought closer to another in one part of the joint, and one bone is moved away from another, in another part of the same joint. When we hold a pose, we create a stretch in the muscles, and a traction in the connective tissue of the body. We refer to this traction in the connective tissue as tension.

**Compression:** Any kind of movement where one bone moves closer to another creates some kind of compression. This compression does not allow any greater movement due to the unique structure or “design” of each skeleton.

Aside from understanding tension and compression, three guides make the road map: the bones of the hip joint, the mandala of the thigh (the muscles) and the skeletal segments of movement.



The bones of the seat: Pelvis and femur.

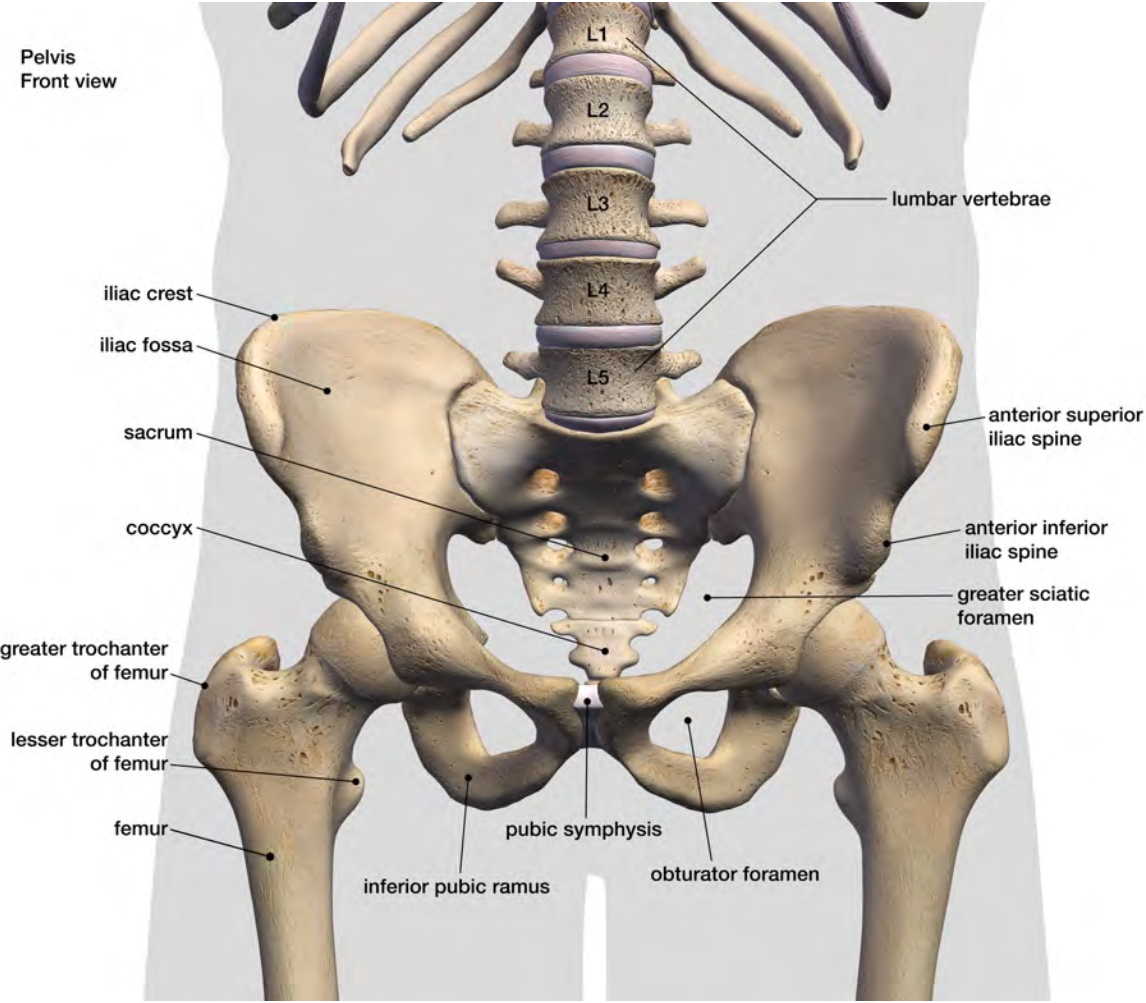


Image from shutterstock©

Skeletal segments of movement of the seat.

1. Toes. 6 movements.
2. Talus. 4 movements.
3. Tibia. 4 movements.
- 4. Femur. 6 movements.**
- 5. Pelvis. 6 movements.**
6. Lumbar vertebrae.
7. Thoracic vertebrae.
8. Cervical vertebrae.
9. Fingers. 6 movements.
10. Wrist. 4 movements.
11. Radius. 2 movements.
12. Ulna. 2 movements.
13. Humerus. 6 movements.
14. Scapula (acromioclavicular and sternoclavicular). 6 movements

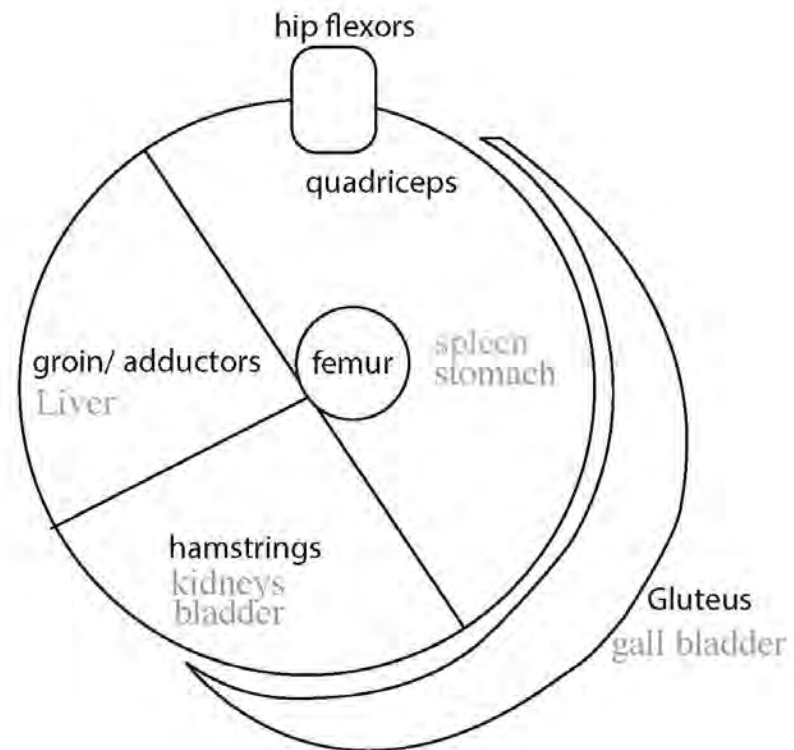
These can be segmented in different ways. *Yin Yoga: Potential in Stillness* presents 10 by joining some of the segments one under; hip joint (femur, pelvis), Spine (lumbar, thoracic, cervical) shoulder joint (humerus and scapula).





## Mandala of the thigh

\*right leg.

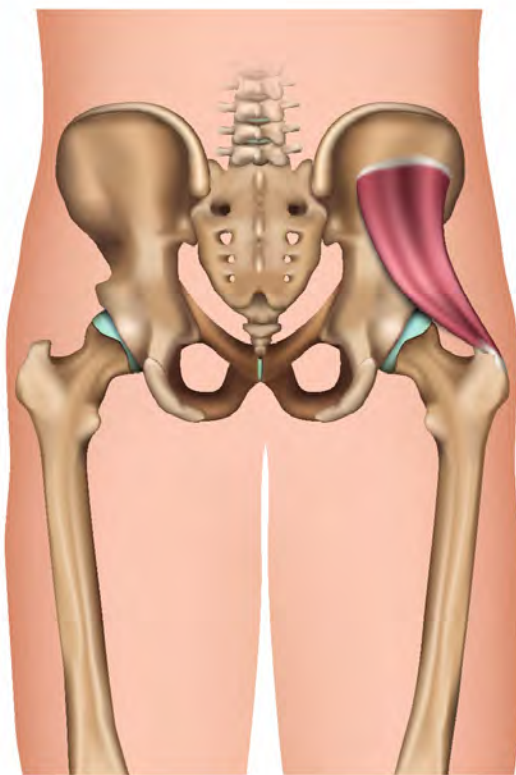


## The Muscles

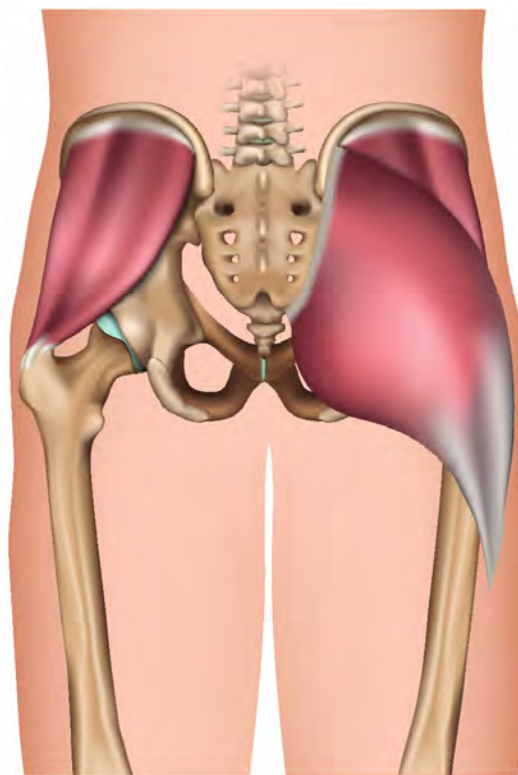
The myofascial paths (muscles) in the body are part of our main objective in understanding how to practice and teach the poses from a functional approach.

The following is a list of the muscles the mandala of the thigh outlines.

### Gluteus group (10 muscles)



**Gluteus minimus**



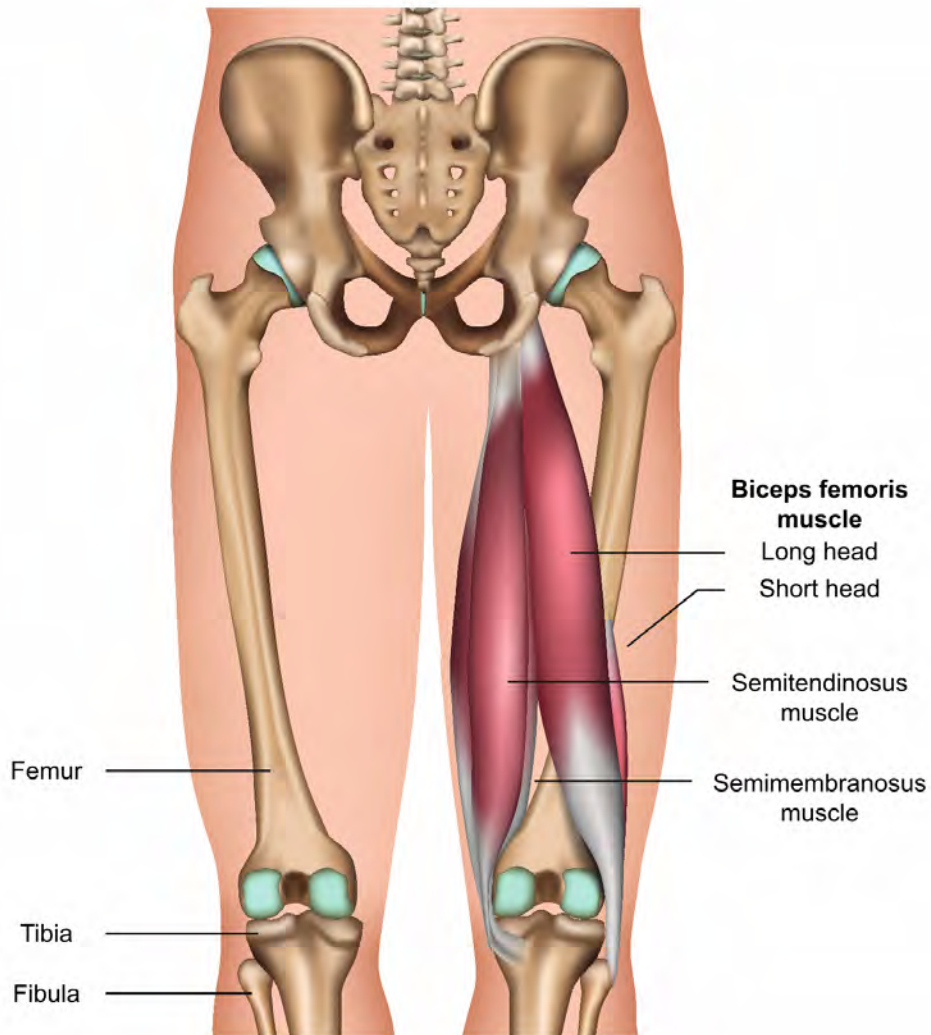
**Gluteus medius Gluteus maximus**

6 are deep hip rotators: piriformis, obturator internus, obturator externus, gemellus superior, gemellus inferior, quadratus femoris.

Gluteus maximus, gluteus medius, gluteus minimus and tensor Fascia Latea

Look at [shoelace pose technical sheet](#) for poses that stretch this muscle.

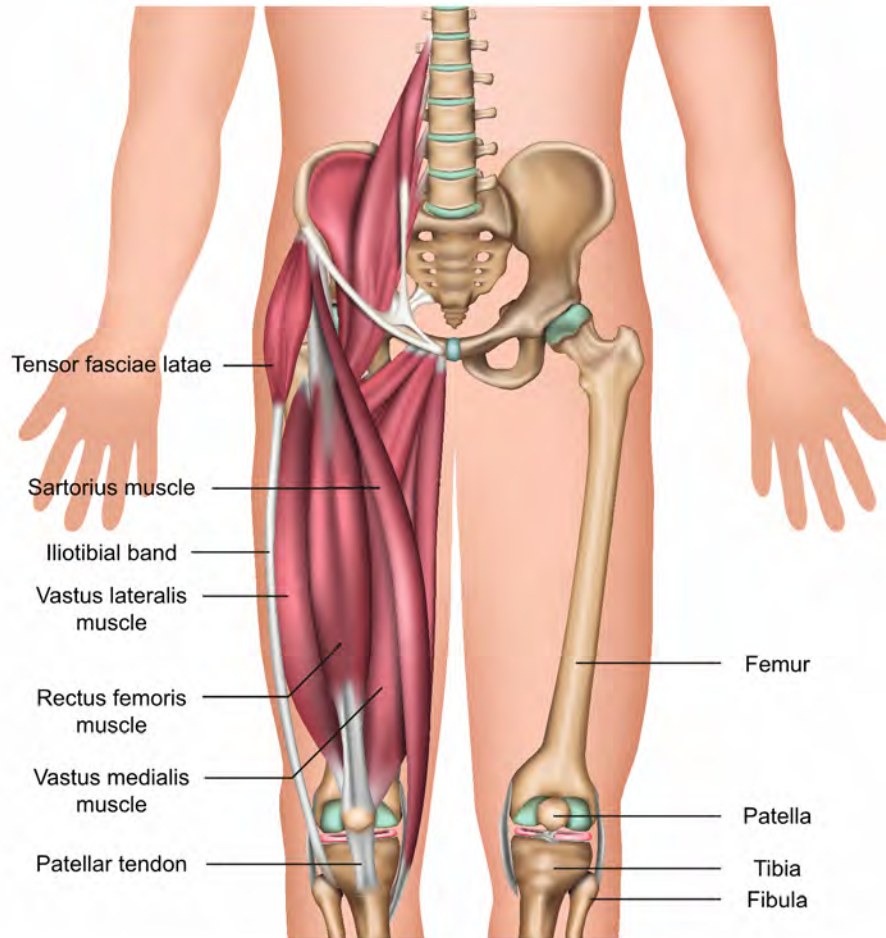
## Hamstrings (4 muscles)



Bicep femoris largo, bicep femoris corto, semi-membranosus and semi-tendinosus

Look at [1/2 butterfly pose technical sheet](#) for poses that stretch this muscle.

## Quadriceps femoris (4 muscles) & Hip Flexors (4 muscles)

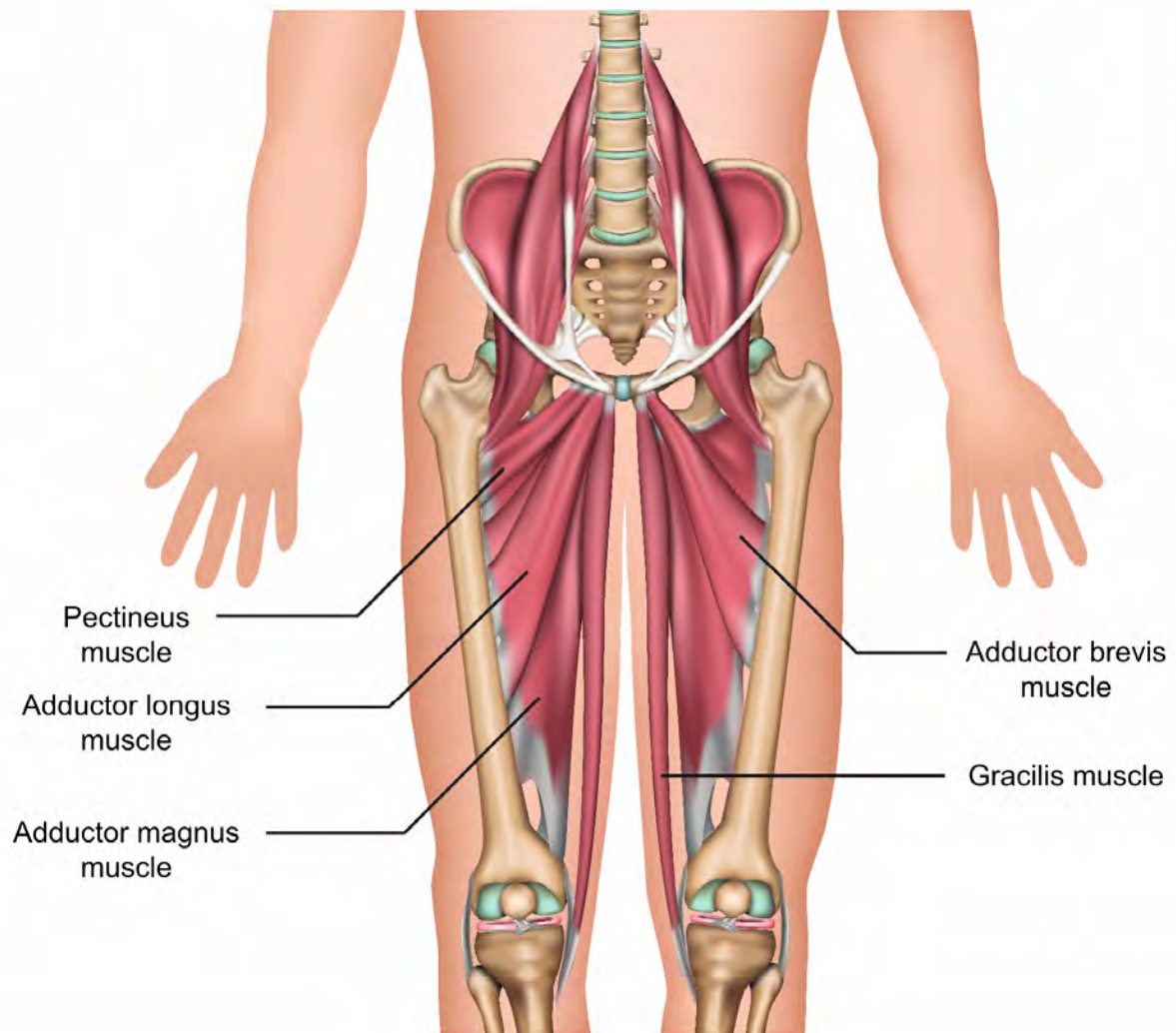


Quadriceps femoris (4 muscles); Vastus intermedius, vastus lateralis, vastus medialis and rectus femoris.

Hip flexors (4 muscles): rectus femoris, sartorius, psoas major, iliacus

Look at [saddle pose technical sheet](#) for poses that stretch this muscle.

## Adductors (5 muscles)



Pectineus

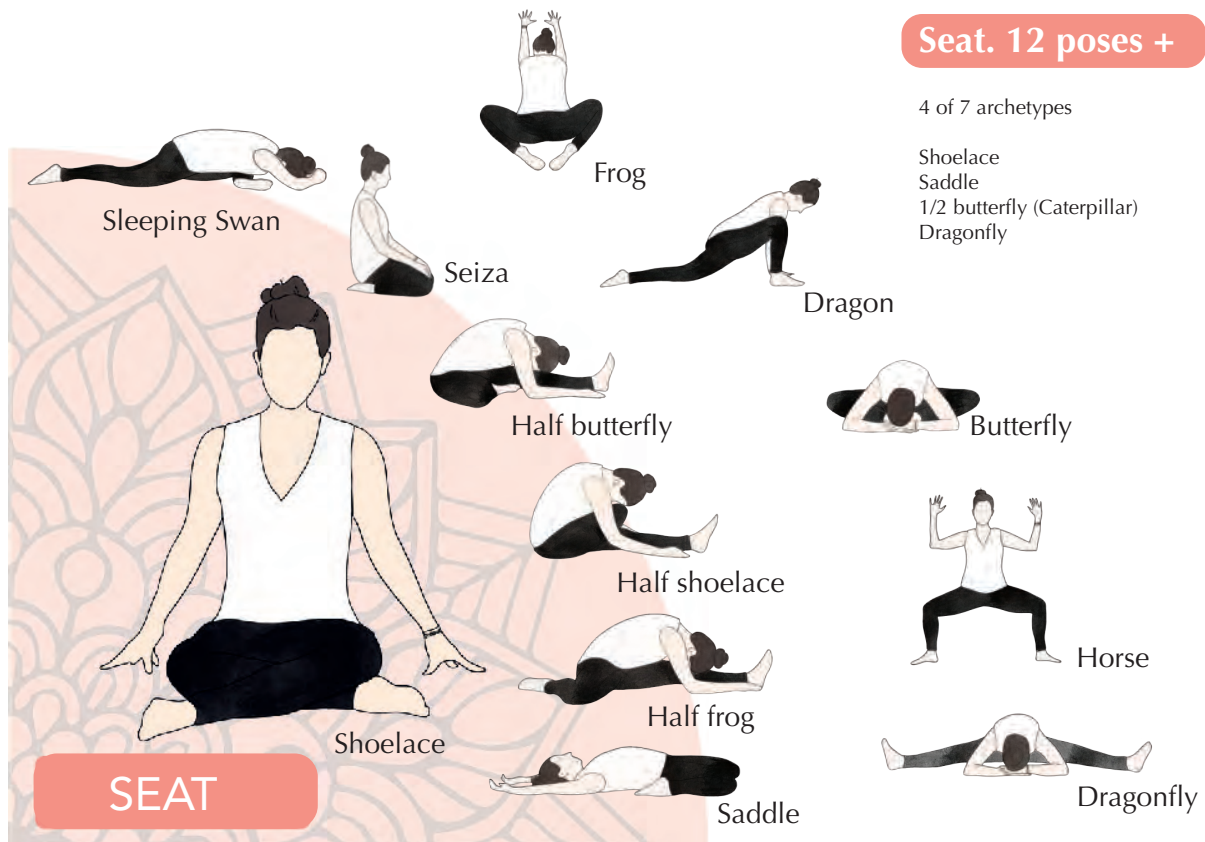
Adductor brevis, adductor longus, adductor magnus and gracilis

Look at [dragonfly pose technical sheet](#) for poses that stretch this pose.

## Introduction to the poses of the seat

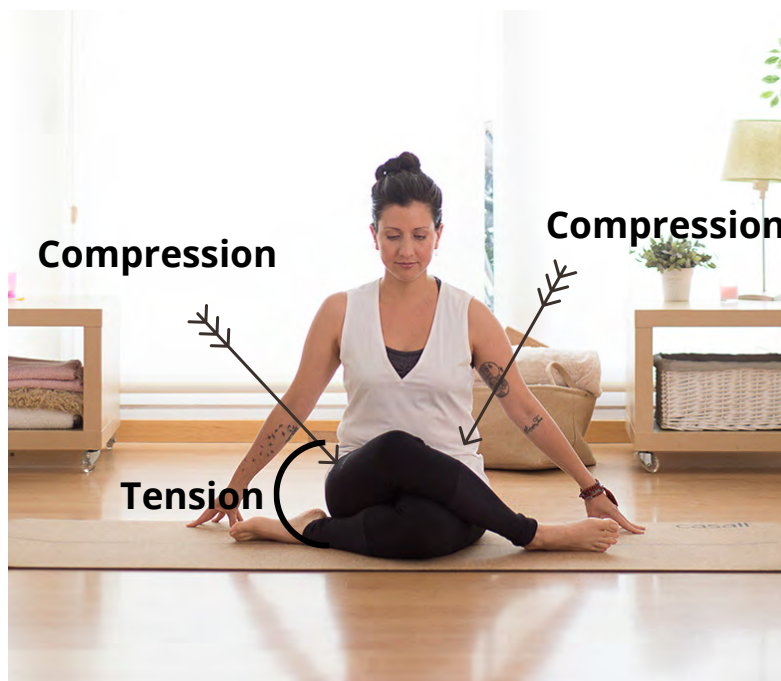
The lower body is considered the most yin, since it is closer to the earth, and heavier than the upper body. The hip contains more yin-like tissues (connective tissues, ligaments, tendons and fascia), since it is a more solid structure which sustains the weight of the torso and the skull. Working the hips is fundamental in the practice of yoga to free the spine and provide space for our emotions to move through us.

**The mandala of the seat** consists of 12 core poses + variations. The 7 Yoga archetype method from Paul and Suzee Grilley abbreviate muscle objective areas into being represented by specific poses. Shoelace, saddle, caterpillar and dragonfly are four of the 7 archetypal poses.



# Tight Shoelace

Through tension  
miofascial paths: gluteus group  
meridian paths: gall bladder



Through compression:  
meridian paths: liver

Family of poses:

Loose shoelace, untied shoelace, broken shoelace,  
reclined shoelace (with or without wall) and sleeping  
swan.



# Half Butterfly

Through tension  
miofascial paths: hamstrings.  
meridian paths: kidneys and bladder.



Through compression:  
meridian paths: spleen and stomach.

Family of poses:  
caterpillar, long legged butterfly, half frog and half  
shoelace.



# Saddle

Through tension

myofascial paths: quadriceps femoris and hip flexors  
meridian paths: spleen and stomach.



Through compression:

meridian paths: bladder and kidneys.

Family of poses:

1/2 shoelace, sphinx, seal, cat's tail, dragon (yin),  
pontoon.



# Dragonfly

Through tension  
miofascial paths: groin and adductors.  
meridian paths: liver.

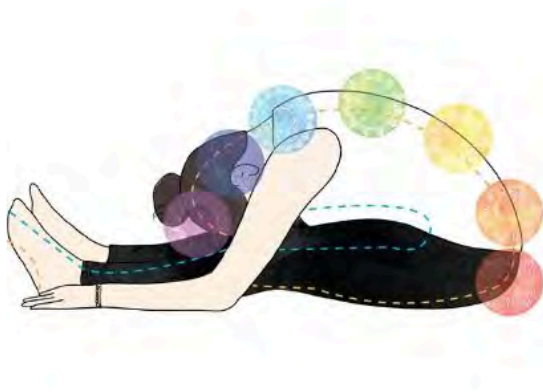


Through compression:  
meridian paths: spleen, stomach and gallbladder.

Family of poses:

Frog, short legged butterfly, half dragonfly and lateral dragon.

## Energetics of the Seat



*The purpose of yoga asana is to harmonize the flow of chi in our bodies.* - Paul and Suzee Grilley.

When we practice our yoga poses, we move our body and also its energy currents. Depending on the type of practice, we can enter the astral and causal bodies. The *chi* can be defined as what cannot be seen or heard; as something intangible, almost like an electrical current that flows through our body giving us life.

The map of the meridians (where the body's *chi* flows), are channels of many different dimensions. The *chi* flows at three different depths: the dermal, myofascial and the viscera level. The flow of *chi* and its function is different at every level. Dr Hiroshi Motoyama's studies connect the meridians to the connective tissues of the body, where the meridians are water channels structured like fascia. Motoyama's Apparatus for Meridian Identification (AMI) effectively demonstrated that energy flows through the connective tissue's water channels (fascia) of the body.

The mandala of the muscles (pg.7 ) has the energy pathways (meridians) that run through the muscle groups. We stimulate those pathways through tension and compression.

## The mandala of the poses



The circle of poses groups the yoga poses according to general functions.

- The rebound poses are the poses you can place in between poses to help feel the imprint of the previous pose.
- The Seat poses focus on the lower body.
- The Spine poses on the back and torso.
- The Wings on the upper body.

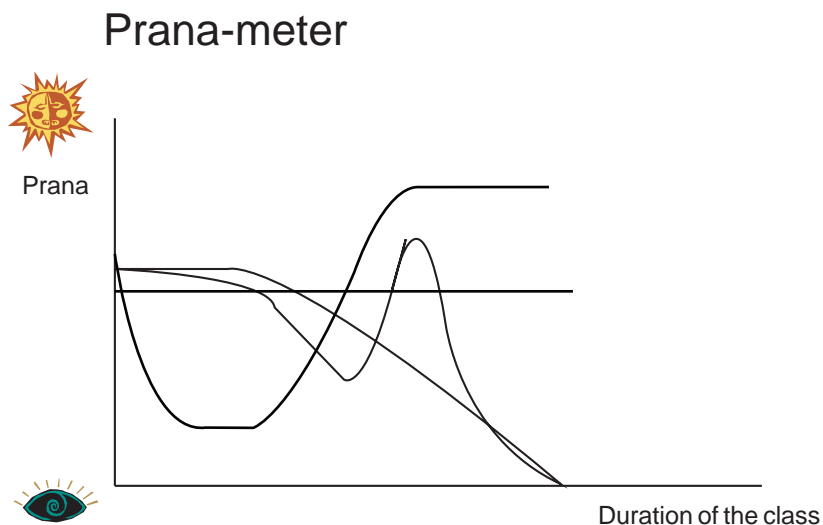
This module focuses on the seat, but you can very well incorporate poses from other sectors of the mandala to balance out a class.

## Sequencing and teaching techniques.

When sequencing a class always keep in mind the time of the day, the students and the place. It will not be the same sequencing in the morning then at night. You might end a class at night with long held yin poses and you might end a class in the early morning with some yang movements or even sun salutations followed by savasana.

The energetic curve is a reference point to understand how we can play with yin and yang in a class.

In Yin Yoga the energy curve can have more variables having to do with; time held in the poses, quantity of poses, the rebounds and if yang elements were added. In this module we look at standard ways of sequencing in reference to more yin natured classes.



Rule of thumb for holding poses ranges from 1 minute to 5 minutes hold. In most of the classes I hold asymmetrical poses less time than the symmetrical ones. Less period of rebound between sides and longer rebounds between full set of poses or after symmetrical poses.

**Class 1. Yin Yoga and the skeletal segments of movement. (56 minutes)**

Toe tingle (2min)

Seiza (2min)

Down dog or star gazing at the earth (1min)

Half squat. (2min/2min)

Dragon. (2min/2min)

Half butterfly or half shoelace. (4min/4min)

Shavasana or star gazing at the earth. rebound.

Eye of the needle (4min/4min)

Sphinx or seal (5min)

Antler pose (3min)

Shavasana (3 – 7 min)

**Class 2. The Seat of Yin Yoga with vinyasa krama, step by step progression added.(1h20)**

Yang. Horse and 4-part Taoist breath. X3

Shoelace (2min/2min) + Sleeping swan (3min/3min)

Sphinx or seal (4min) & star looking at the earth (1minute). Rebound

half butterfly (2min/2min) + half shoelace or half frog (3min/3min)

Rebound pose (1minute)

½ dragonfly (2min/2min)

Dragon fly or Frog pose (5min)

Sphinx or seal (4min) & star looking at the earth (1minute). Rebound

Seiza

Dragon (2min/2min) + ½ Saddle (2min/2min)

rebound pose (1minute)

long legged butterfly (5min)

Star looking at the sky. Shavasana.

**Class 3. Wall yin yoga. (49min.)**

Shoelace at the wall (3min/3min)

Dragonfly at the wall (4min)

Childs pose (1min rebound)

Seal pose at wall (4min)

King Arthur (2min/2min)

Squat pose (2min)

Dangle (2min)

Childs pose

Twisted roots (3min/3min)

Star looking at the sky. Shavasana. (5min)



## Class 4. The energetic highways of the Seat. (1h15min)

Toe tingle (2min)

### bladder & kidney sequence

½ (2min/2min)

Caterpillar (4min)

Sphinx or Seal (4min)

Rebound (1min)

### Spleen and stomach meridians

½ saddle (2min/2min)

Camel pose or ½ camel (4min or 2min/2min)

Twisted roots (4min/4min)

Rebound (1min)

### Liver & gallbladder

Dragon fly (4min)

Sleeping swan (3min/3min)

Butterfly (4min)

Shavasana (5min)

**CLASS 5 The chakras of the seat. (56minutes)**

Seiza (2min)

Elephant twists (YANG)x3

Squat (2min) + prostrating dragon (2min) + tall Dragón (2min)  
Each side

Rebound (1min)

Tight Shoelace (4min/4min)

Rebound (1min)

Frog (4min)

Rebound (1min)

Pontoon (3min)

Rebound (1min)

Meditation