

Yin Yang Yoga Teacher Training

WITH

Kathy Páez



YOGA ALLIANCE APPROVED

50h

CONTENTS

I. Introduction and poses.....	4,5
II. Yin yoga sutras and mandalasana. 6-9	
III. Upper body muscles.....	10-12
IV. The rebound.....	13
V. Teaching techniques.....	14
VI. The Energetic Curve.....	15
VII. Classes.....	16-20
VIII. Bibliography.....	21

A Quote

/kwōt/

*Nature does not hurry, yet everything is
accomplished. - Lao Tzu*



I

Introduction and poses.



The upper body is considered the most yang; as it is more mobile, lighter, and closer to the sky than the lower body (yin). As such, most of the Yin yoga poses focus on the lower body. However, there is also yin tissue in the upper body, which also happens to be where most people carry tension. As such, it can also be a focus in Yin yoga. Moreover, there are meridians that start and finish in the fingers of the hands.

I. Introduction and poses.



POSTURES

- Open wings
- Cross wings
- Rolling panda
- Heart posture
- Crocodile (series yang posture)

II.

Yin yoga sutras by Paul and Suzee Grilley

1. The purpose of yoga asana is to bring harmony to the flow of chi in fascia channels, this is accomplished by stressing (good stress) the 14 segments of movement and 10 myofascial groups.

The 14 skeletal segments are: toes, talus, tibia, femur, pelvis, lumbar, thoracic, cervical, fingers, wrist, radius, ulna, humerus, and scapula (scapular).

The 10 myofascial groups are: adductors, Quads, Hip Flexors, Glutes, Hamstrings, Thoracolumbar, cervical, rectus abdominis, Obliques and scapular.

2. When you learn to see the body as 14 skeletal segments being moved by 10 myofascial groups you will be able to skillfully adapt the 7 archetypal asanas to suit every student.

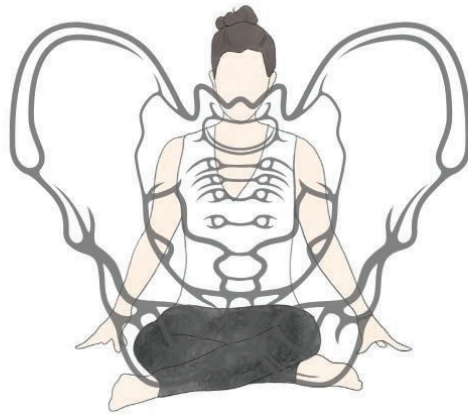
The 7 archetypes of yin/yang yoga poses are: shoelace, saddle, caterpillar, dragonfly, twists, dogs and dragons.

3. In a functional approach to yoga there is no perfect pose. Every hand and foot position either helps or inhibits our ability to stress the target areas. The most effective way to do this varies from person to person.

4. Every bone in everybody is different. What is easy for one skeleton is impossible for another.

II. Yin yoga sutras and mandalasana.

The poses according to the mandalāsana.(see attached mandalasana.pdf.)



The **SEAT** is focused on:

- 5 skeletal segments of movement: toes, ankles (talus), tibia, femur and pelvis.
- 5 myofascial groups: adductors, quadriceps, hip flexors, buttocks and Hamstrings.
- 4 archetype poses: bow, saddle, caterpillar (half butterfly) and dragonfly.

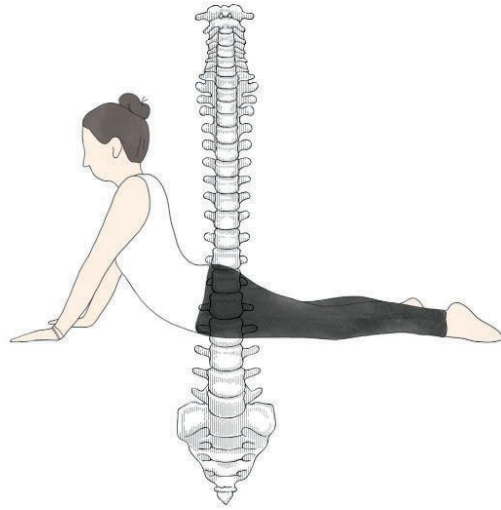
II. Yin yoga sutras and mandalasana.



The **WINGS** are focused on:

- 6 skeletal segments: fingers, wrist, radius, ulna, humerus and acromioclavicular.
- 1 myofascial group: the scapular group consists of 17 muscles.
- 2 archetypes: Dog represents the top of the body and Yang movement. Dragon although functionally can be placed in SEAT as well, the Grilley's use it as yang pose and I will also present the yin variations as taught in my book.

II. Yin yoga sutras and mandalasana.



SPINE is focused on:

- 3 skeletal segments of movement: lumbar vertebrae, chest vertebrae, vertebrae of the cervicals.
- 4 myofascial groups: thoracolumbar, cervical, rectus abdominus and oblique.
- 3 Archetype poses: twists, saddle (also in SEAT) and caterpillar (also in SEAT).

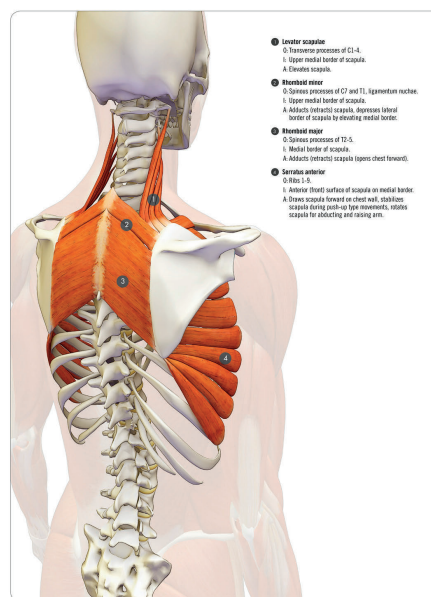
III

Upper body Muscles



There are 10 miofascial groups in the Grilley method. The scapular group is pertaining to wings (upper body) module. 17 muscles make this group up.

Serratus anterior – rhomboids – levator scapulae

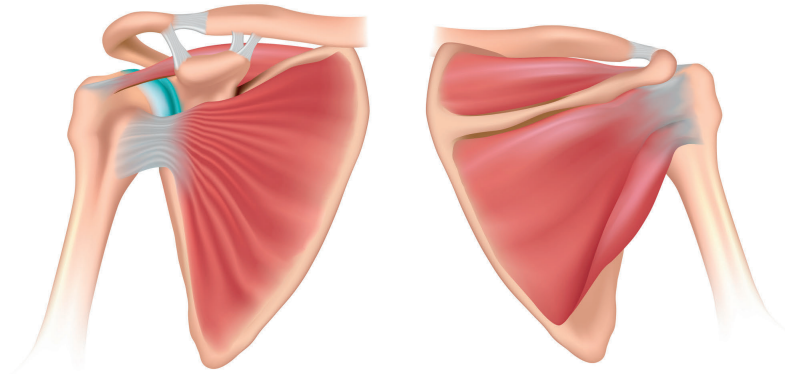


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III.Upper body muscles.

Rotator cuffs

*Subscapularis – teres Minor- Infraspinatus –
supraspinatus*

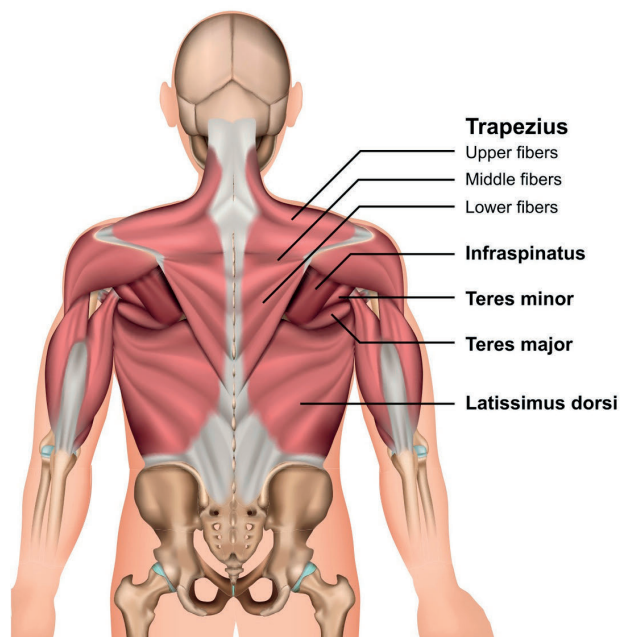


Anterior view

Posterior view

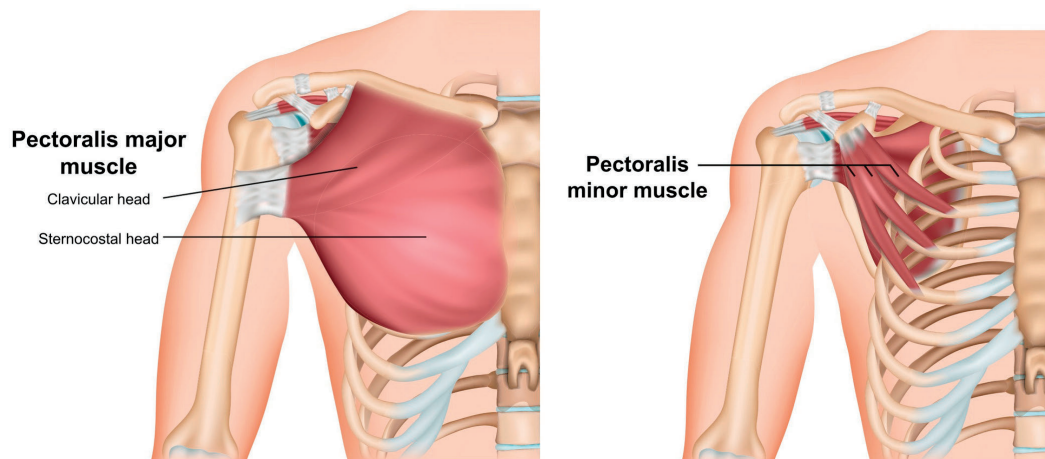
Deltoide – trapezius

Latissiumus dorsi – teres major

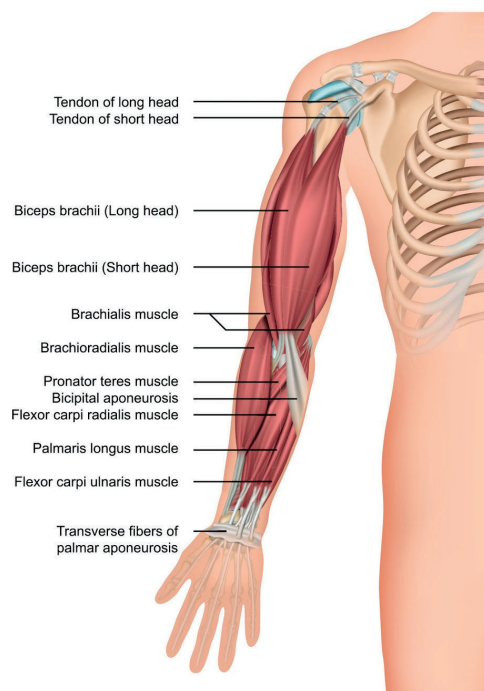


III.Upper body muscles.

Pectoralis major – pectoralis minor



Triceps (see image of latissimus dorsi for the the upper arm)) – coraco brachialis – brachialis – biceps



IV

The Rebound



After stimulating the target area of a poses, you have to relax, feel and REBOUND. Rebound is the subjective experience of energy movement in your body. This experience is often accompanied by physical sensations of well-being, calm, emotional and mental stillness.

The energy movement is defined as chi in terms of Taoism and Chinese medicine.

Chi flows through water channels in the fascia.



Teaching Techniques



How to teach functional yoga

1. Identify target areas (TA).
2. Offer variations of archetypes.
3. Mention unwanted TA.
4. Teach how to use body limbs as passive levers to increase or decrease sensation in target areas.
5. Teach how to use the torso as a passive lever to increase or decrease feeling in the target areas.
6. Teach how to use supports to increase or decrease sensation in TA.
7. Always ask a student when adjusting how an adjustment feels and if it is improving their experience.

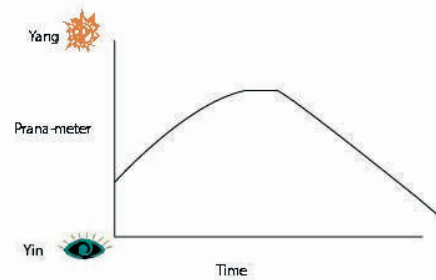
VI

The energetic curve

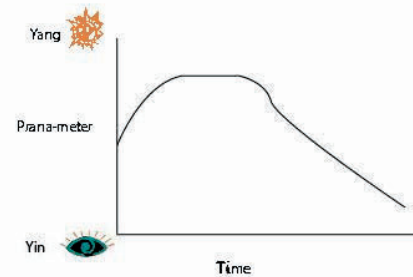
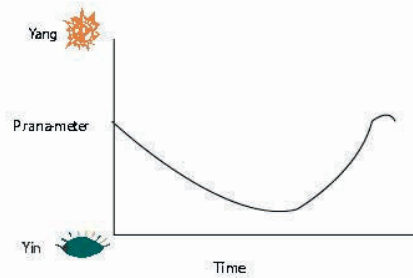


- A class can be all Yin.
- A class can be Yin and Yang.
- Keep at least 3/4 of the session yin, so that you can refer to it as that.

Classical vinyasa energy curve



Possible Yin yoga class energy curves.





Yang Sequences

Twisting the Dragon

1. Side elephant
2. Ostrich
3. Gecko
4. Twisting Dragon
5. Swing Tail
6. Belly of the Dragon
7. Swing tail
8. Rainbow

Walking the Dragon

1. Stork
2. Owl
3. Fluing Dragon
4. Stork
5. Pivot to walking Dragon 2x
6. Pivot to Wings Back
7. Wings up
8. Stork

Golden Seed

1. Inhale and Gather Chi
2. Open horse
3. Elephant
4. Elephant Twist 2x
5. Roll Up
6. Heaven and Earth
7. Drinking bird
8. Rocking horse
9. Drinking bird
10. Swing up
11. Descend chi

Animal Parade

1. Inhale and reach up
2. Open horse
3. Big Dog
4. Mongoose x3
5. Otter to other side and Dog
6. Bear x3
7. Dog
8. Otter to other side to elephant
9. Roll up and begin other side

VII

Classes



1. **The Seat of Yin yoga**

60minutes

Tall dragon + half butterfly. (3 + 3min)

Dragonfly or frog (5 minutes)

Swan (4min each side)

Half saddle (4min each side)

Shavasana (5min)

VII Classes



1. Yin Yoga for the Whole body.

Toe tingle with closed wings (2min)

Short step Dragon. (2min/2min) + Half butterfly or half shoelace. (4min/4min)

rebound.

Seiza with opened wings at the wall (2min)

Sphinx (4min)

Saddle or half saddle (4min or 2min/2min)

Rebound

Shoelace pose (4min / 4min)

Dragonfly or half dragonfly pose (6min)

star / savasana

VII Classes



2. The Wings of Yin Yoga.

In seiza, graceful bow. 2min x side.

1/2 heart posture. 2min x side.

Rebound

Sphinx with crossed wings. 5 min. Rebound

Wings open 2min x side. Rebound

Cat's tail. 2min x side. Rebound

Butterfly with crossed wings. 2min x side wings. Rebound

Sitting camel. 2min Rebound

Snail or dangle. Rebound

star / savasana

VII Classes



3. Yin / Yang Yoga

Animal parade (Yang)

The dangle. 3 minutes

squat. 3 minutes

Sphinx and or seal. 5 minutes. rebound.

Child looking at the sky. 2 minutes.

Happy baby. 1 minute each side.

Caterpillar 5 minutes.

star / savasana

VII Classes



5.The chakras of the upper body. Class focused on manipura chakra, anahata chakra and visudhi chakra.

Manipura chakra.

Ksepana mudra in half squat in half seiza. 2min

Twisted Dragon 3min x side.

Rebound. 1 – 2 min. TEXT Reading. See bibliography.

Anahata chakra

Heart pose 2 minutes.

Rebound

sphinx

Rebound 1 – 2 min. TEXT Reading.

Vissudhi chakra

butterfly crossed wings. 2min x side.

Sitting camel. 3min.

Rebound 1 min. TEXT Reading.

star / şavasana. 5 minutes

VII

Bibliography



Grilley, Paul. Yin Yoga Teacher Training Manual.

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Images of muscles: Shutterstock anatomy series.