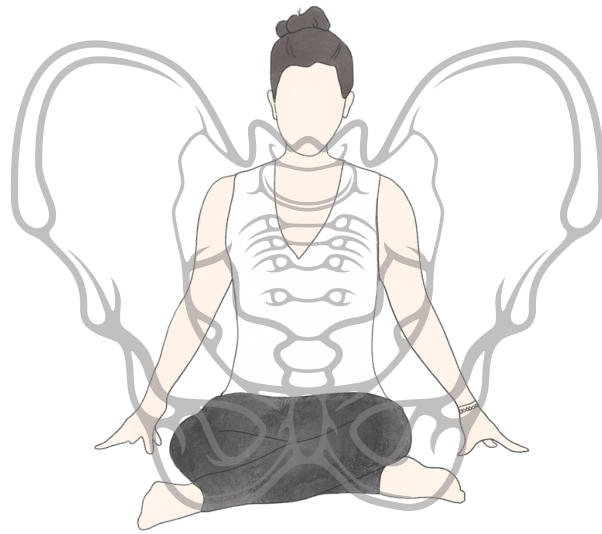


Yin Yoga Teacher Training

MODULE 1.
YIN YOGA FOUNDATIONS

LEAD TRAINER

Kathy Páez



YOGA ALLIANCE APPROVED

50 hours



TABLE OF CONTENTS

I. Introduction.....	4,5
II. Yin yoga sutras by P&S Grilley.....	6
III. Skeletal segments of movement.....	7
IV. Muscle Maps.....	8-13
V. Yin yoga poses of the seat.....	14-17
VI. Technical sheets of the poses.....	18-21
VII. The Rebound & energetics.....	22-26
VIII. Teaching Techniques.....	27
IX. The energetic curve.....	28
X. Classes.....	29-32
XI. Bibliography.....	33



A Quote

/kwōt/

“Water is the softest thing, yet it can penetrate mountains and earth. This shows clearly the principle of softness overcoming hardness.”- Lao Tzu

I

Introduction



In a fast paced world, Yin yoga is an antidote to our frenetic daily rhythm.

This practice is a gift that lets you recover all the energy and peace you deny yourself during busy times or when feeling burned out.

"Yin yoga is a simple practice but simple doesn't mean easy." In this training we will explore anatomy, skeletal variation and energetics of the hips.

We will also work on self discovery themed around the first three chakras and meridians associated to the lower body.



You will learn:

- The Benefits of Yin Yoga
- Principles of functional yoga and anatomy.
- The senses and your fascia
- Meditation and neuroscience.
- Anatomy of the hip. The 5 myofascial groups and skeletal variation
- The 12 poses for the hips and there +20 variations
- The 4 archetypal postures according to the Grilley method
- Foundational Yin Yoga sequences part I. Classes with only Yin focus
- Anatomy of the internal organs related to the lower body
energetics: liver, gallbladder, kidney, bladder, stomach, and spleen
- Meridian & chakras related to the hips

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.

III. Skeletal segments of movement

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

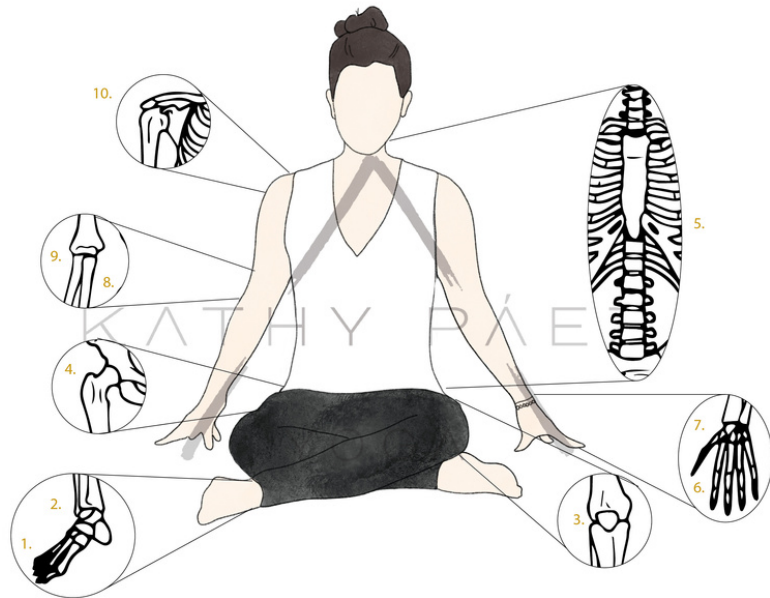
10.Wrist. 4 movements.

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).

IV

Muscle Maps



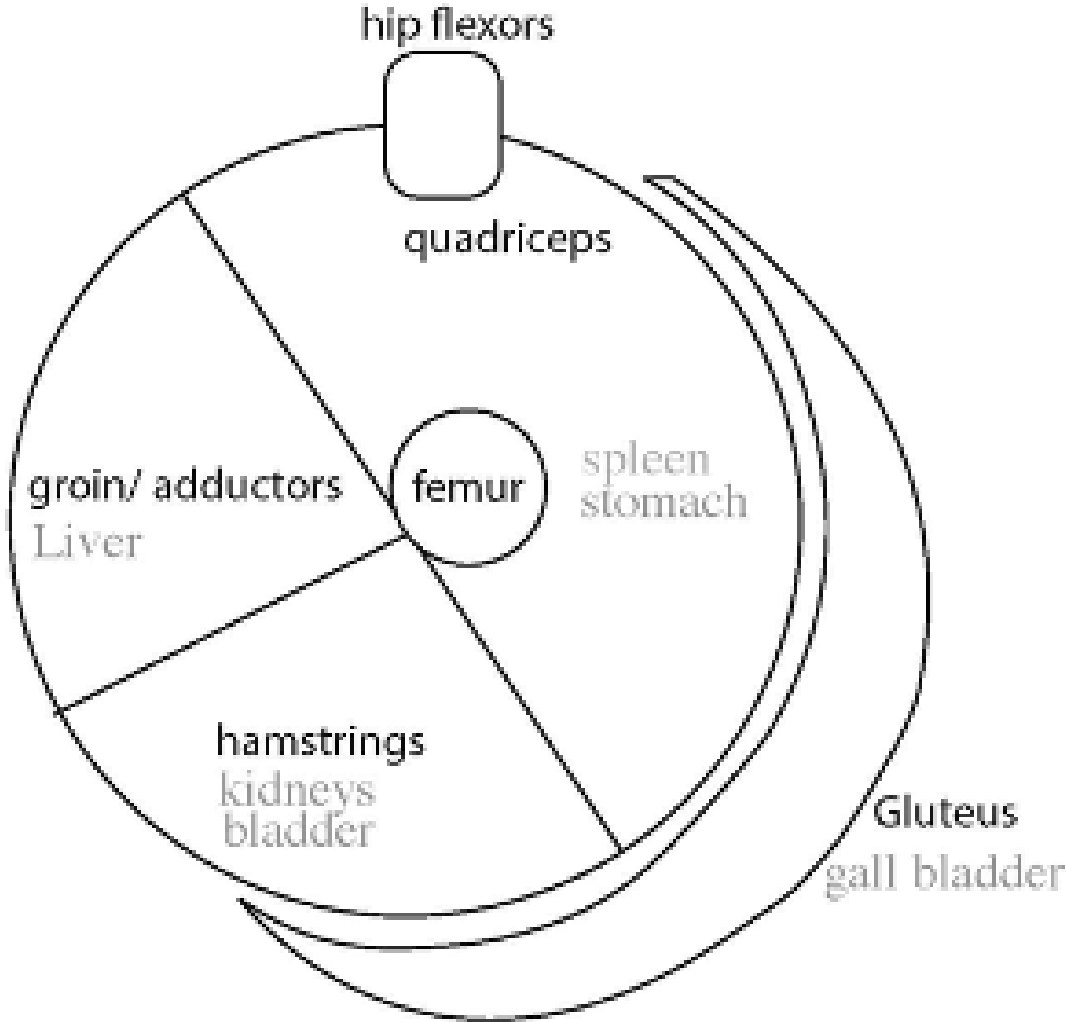
Muscle maps are a way of outlining, simplifying and grouping the muscles of the body.

There are 10 miofascial groups in the Grilley method. These pertain to half of the body.

- The seat muscle map is an outline of the 5 miofascial groups pertaining to the hips.
- The torso muscle map is an outline of 3 miofascial groups.
- The scapular group is pertaining to wings (upper body) and has no muscle map, 17 muscles make this group up.
- We will be focusing on the muscles of the hips in this module.

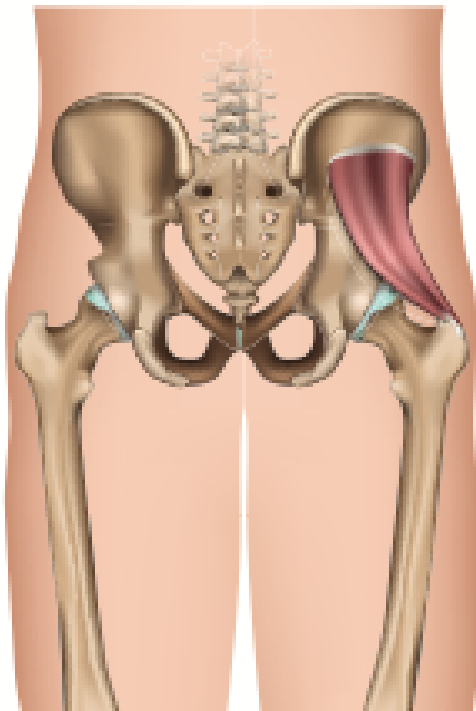
Mandala of the thigh

*right leg.

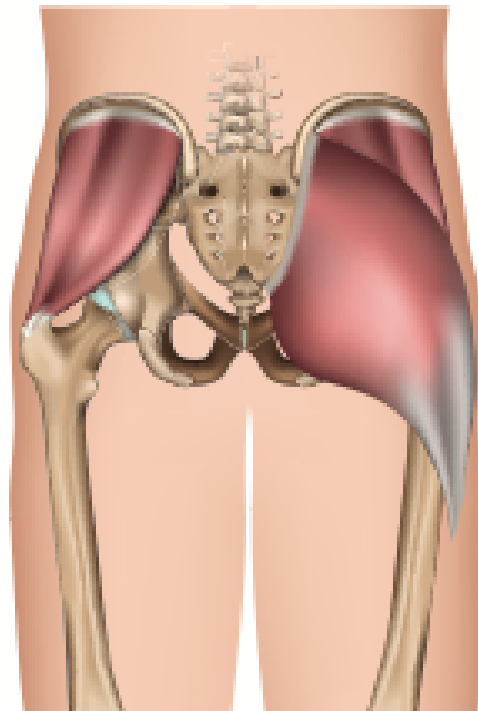


The following is a list of the muscles the mandala of the thigh outlines.

Gluteus group (10 muscles)



Gluteus minimus



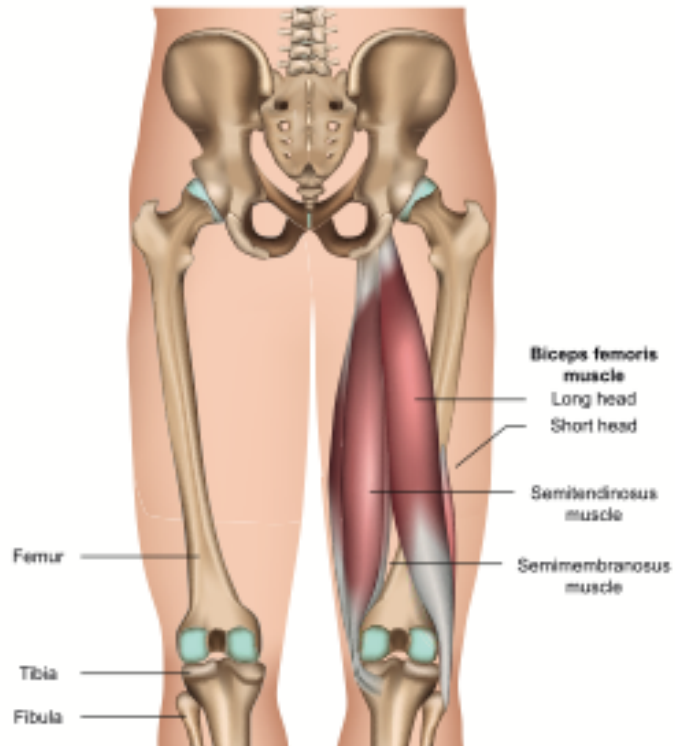
Gluteus medius Gluteus maximus

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.

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

Hamstrings (4 muscles)

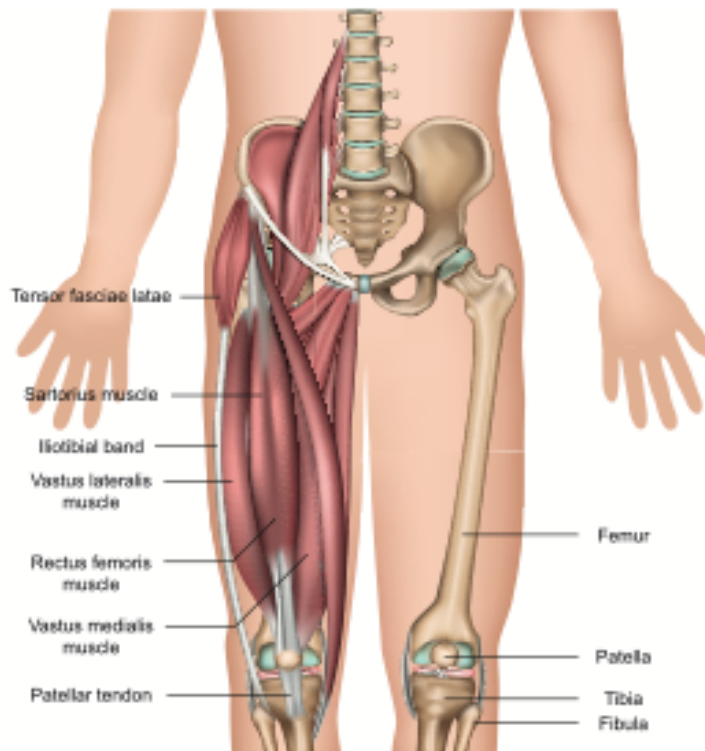


Bicep femoris largo, Bicep femoris corto, Semi-membranosus and Semi-tendinosus

Look at ½ butterfly pose technical sheet for poses that stretch this muscle.

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

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

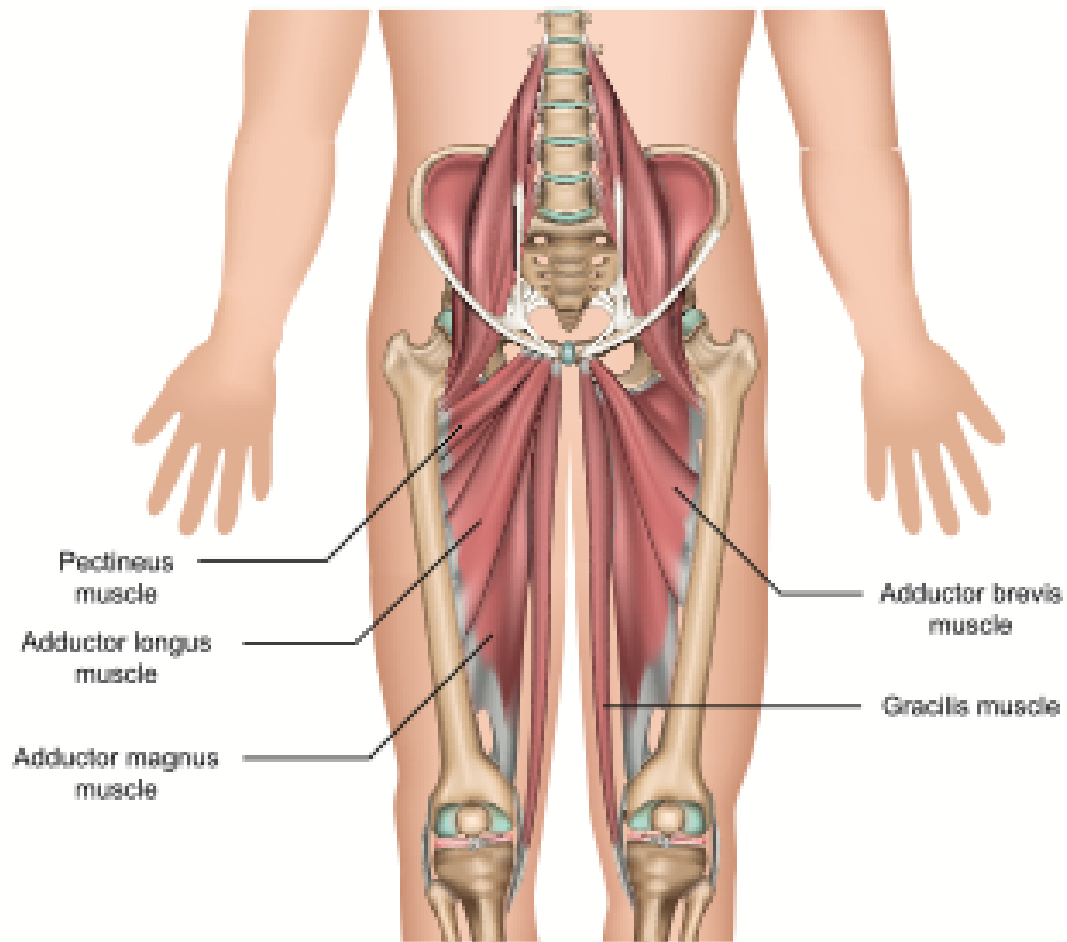


Quadriceps femoris (4 muscles); Vastus intermedius, vastus lateralis, vastus medialis and rectus femoris.

Hip flexors (4 muscles): rectus femoris, sartorius, psoas major, iliacus
Look at saddle pose technical sheet for poses that stretch this muscle.

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

Adductors (5 muscles)



Pectineus, Adductor brevis, adductor longus, adductor magnus and gracilis
Look at dragonfly pose technical sheet for poses that stretch this pose.

Yin yoga poses of the seat



Keep five tenets in mind when holding the poses:

1. Seek an appropriate gentle edge: Move slowly into the pose, and do not seek full capacity of range of movement.
2. Find stillness: once you find a comfortable way to remain in the pose, become still.
3. Hold the position: begin by holding for 1-3 minutes gradually progressing to 5 minutes or more.
4. Come out of the pose slowly, as if you were moving through honey.
5. Rebound, this is the space in between poses when you stay a while to feel the effects the pose has had on you; the deep imprint that it has left. In the yin yoga sequences you will find suggested rebound moments.

maṇḍalāsana
The circle of poses (YIN)



POSTURES

- 5 rebound poses
- 12 poses that focus on the seat
- 10 poses that focus on the spine
- 5 poses that focus on the upper body (wings)

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: shoelace, saddle, caterpillar (half butterfly) and dragonfly.



Classify the 12 core seat poses according to target areas in 4 archetypal poses that focus on the hips:

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

myofascial 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

myofascial 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.



VII

The Rebound & energetics



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.

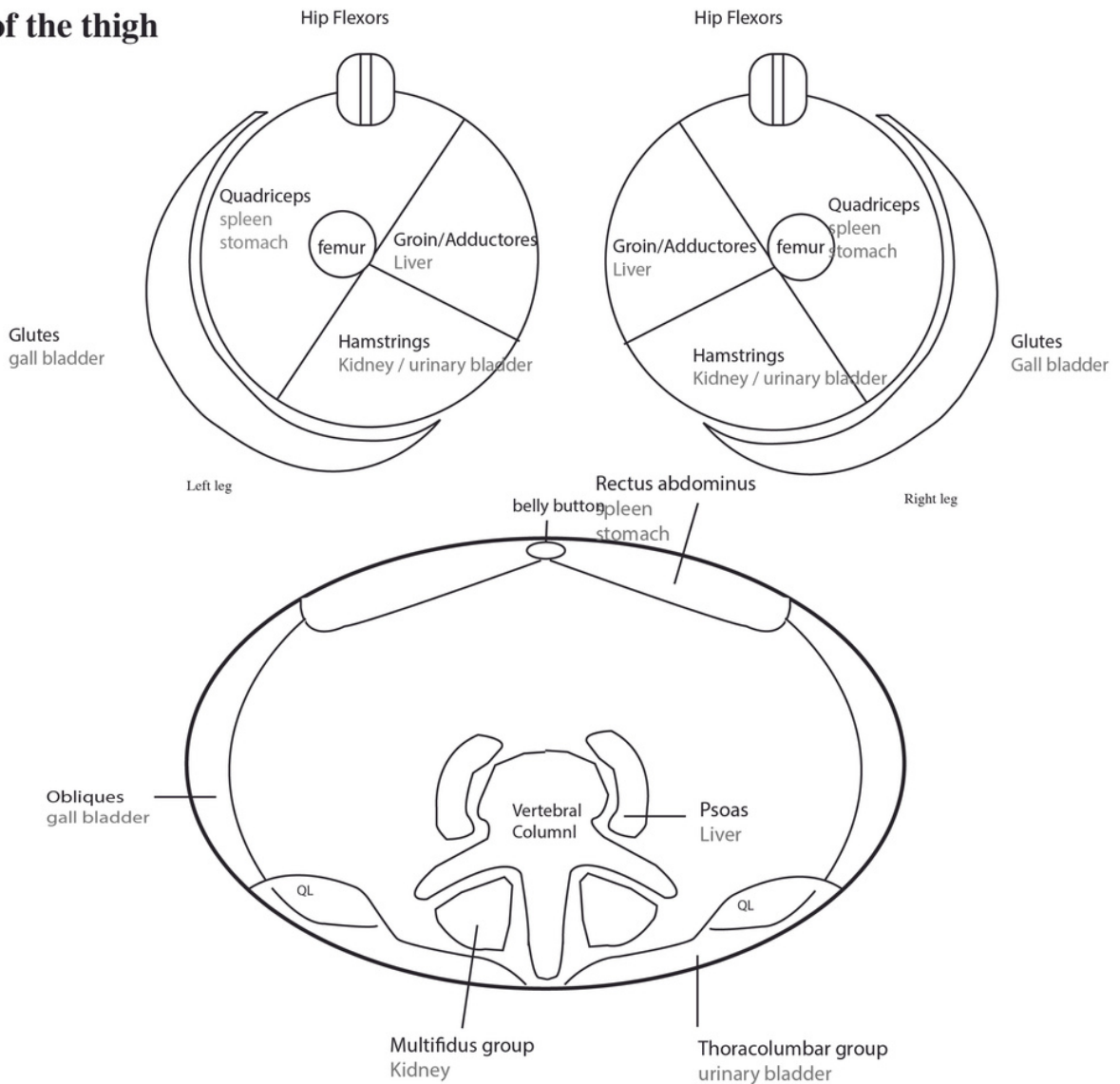
The energy movement is defined as chi in terms of Taoism and Chinese medicine.

Chi flows through water channels in the fascia.



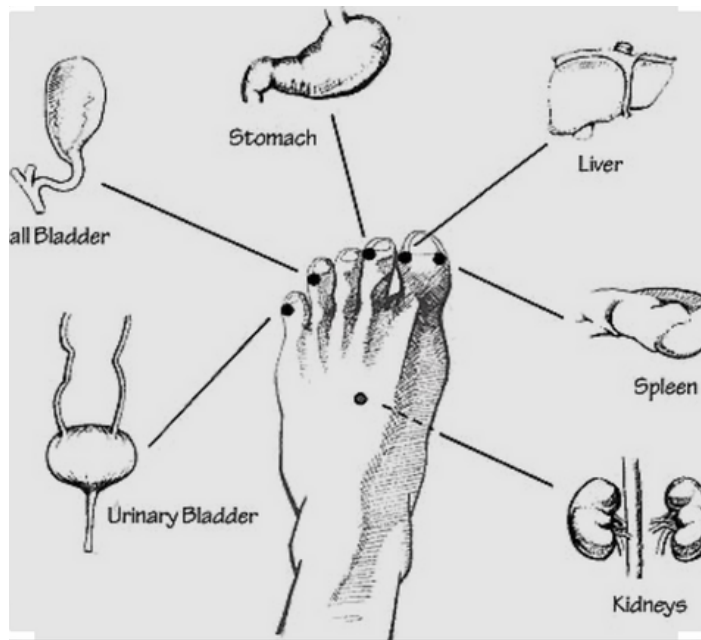
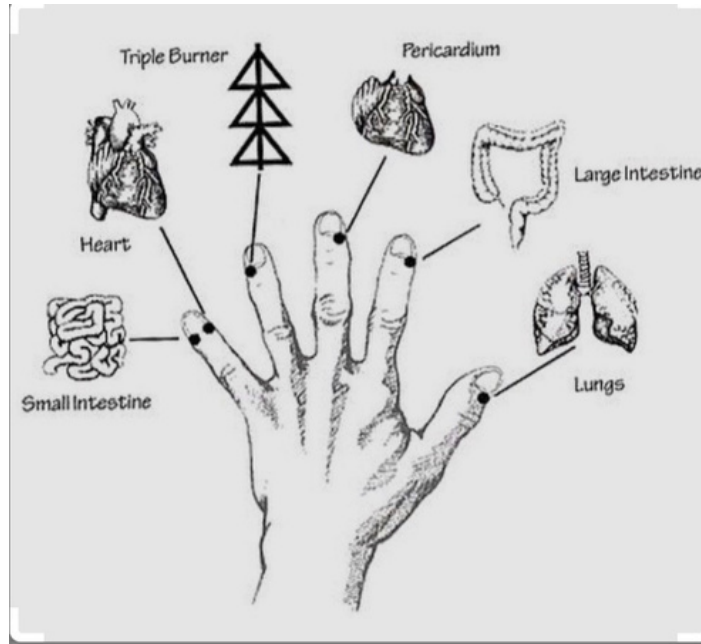
Energetic muscle map

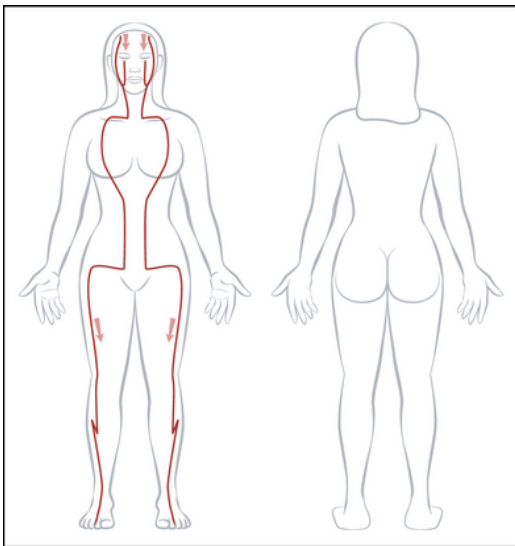
Mandala of the thigh and torso



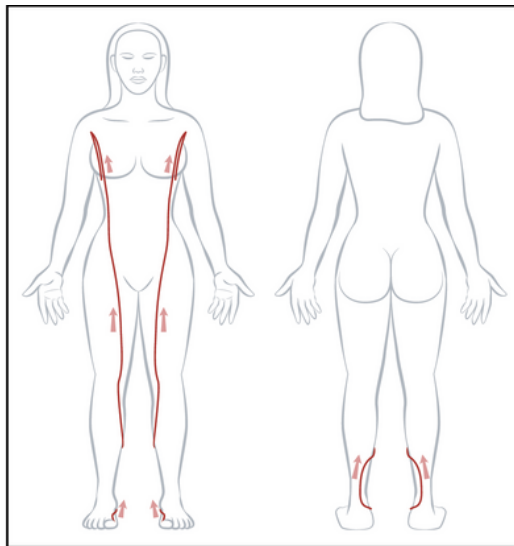
VI. REBOUND AND ENERGETICS

Hands and feet

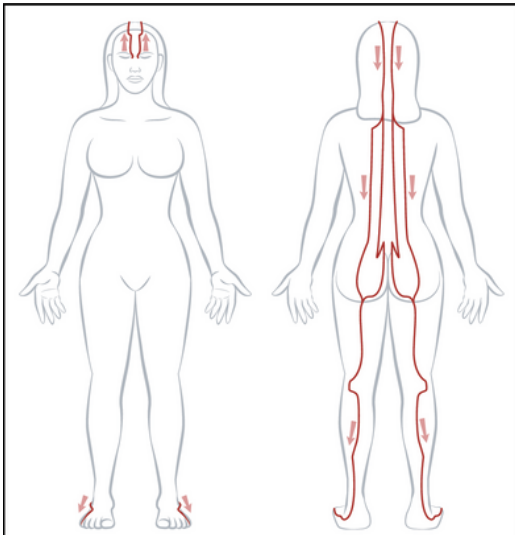




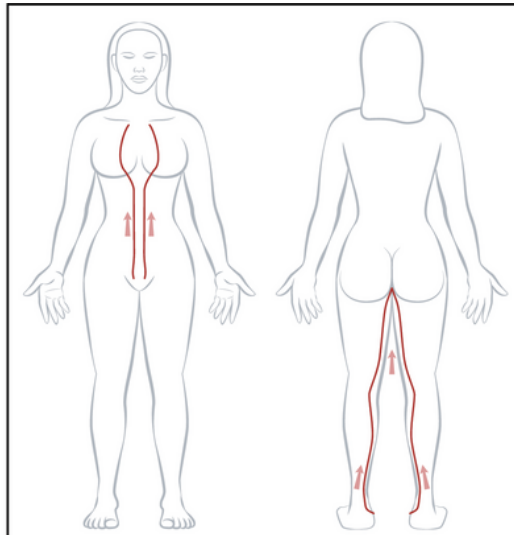
Stomach Meridian



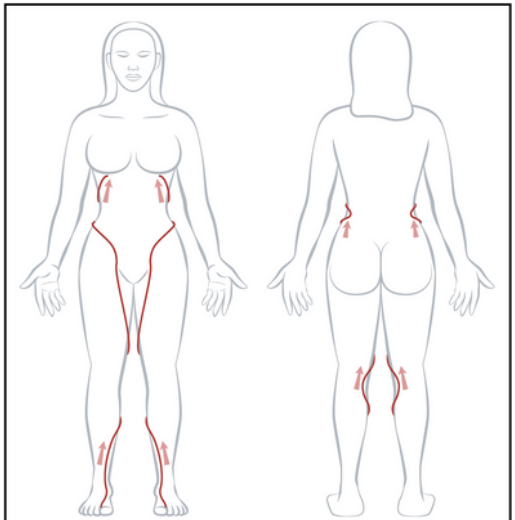
Spleen Meridian



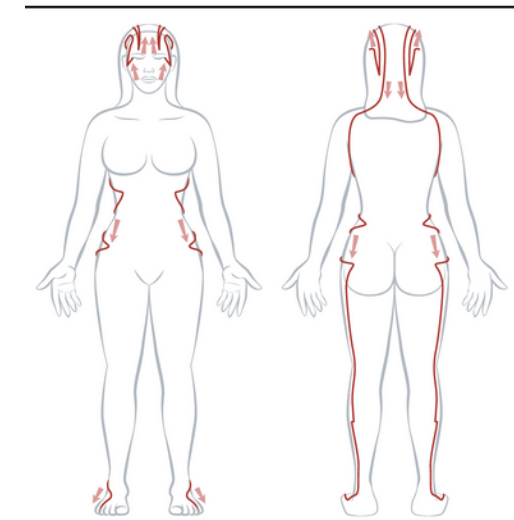
Bladder Meridian



Kidney Meridian



Liver Meridian



Gall Bladder Meridian

VII. REBOUND AND ENERGETICS

Face



VIII

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.

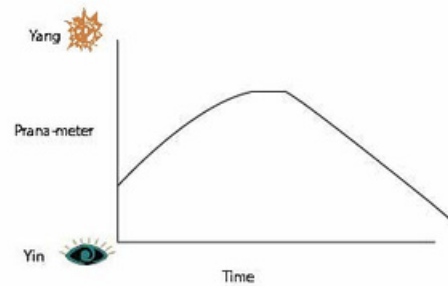
IX

The energetic curve

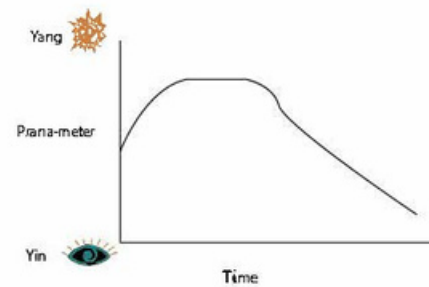
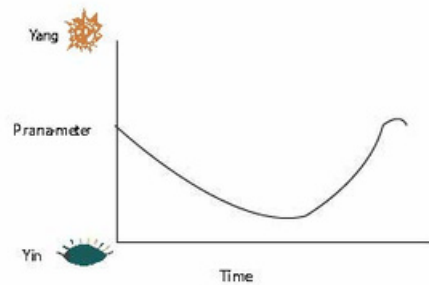


- A class can be all Yin.
- A class can be Yin and Yang.
- Keep at least 3/4 of the session yin, so that you can refer to it as that.

Classical vinyasa energy curve



Possible Yin yoga class energy curves.





X Classes

The Seat of Yin yoga

60minutes

1. Tall dragon + half butterfly. (3 + 3min)
2. Dragonfly or frog (5 minutes)
3. Swan (4min each side)
4. Half saddle (4min each side)
5. Shavasana (5min)

Reflection:

1. Postures that stimulate the five myofascial groups. A walk around your hips.

X Classes



MFR and Yin Yoga for the hips. 1h30min

POSTERIOR

Myofascial release of the sole of the foot (hamstrings)

Right / Left

Dragon in reverence on toe (2min) + Half butterfly (4min)

Shavasana, integrate shorter between side and at the end

FRONT

Myofascial release psoas

Seiza with bricks or blanket

Right / Left

Tall dragon (2min) or dragon wings + Half camel (2min)

Shavasana in between and at the end

LATERAL

Buttock myofascial release

Square with wall 4/4

Bananasana 3/3

Shavasana

INTERIOR

Adductor release

Frog 3/3

Shavasana

X Classes



Pawanmuktasana and the five archetypes of Yin yoga: Shoelace, saddle, caterpillar, dragonfly and twists.

Reflections

1. Pawanmuktasana described in Kundalini Chakras and the Subtle Energies of Hiroshi Motoyama, pages 47-58.

Yin/ Yang



Walking the dragonx3

Seiza (2min)

Sphinx (3min)

Saddle (5min)

Seiza on heels (2min)

Butterfly (4/4min)

dragonfly or frog (4min)

Swan (4/4min)

Shavasana

Meditation 15min.



2. MudraYin for boosting digestion.

mudrā: liṅga mudrā, samāna mudrā, prāṇa mudrā, Hamisa mudrā.

Poses that stimulate spleen, stomach meridians, liver, gall bladder, large intestine and small intestine in relationg to TCM and third chakra.

Seiza

Mudrā intro, padma mudrā + adhomukhamudrā+ chin mudrā

śīṭali or sitkari prāṇāyāma. 5min

Dragon pose (2min/4min) + revolved twisted roots on bolster with samāna mudrā

Left & right. Followed by rebound.

frog pose (5min)

Rebound.

sphinx pose + prana mudrā

Rebound

Saddle pose (5min)

Rebound

Butterfly pose (6min)

shavasana

XI

Bibliography



Grilley, Paul. Yin Yoga Teacher Training Manual.

Páez, Kathy. Yin yoga: Potential in Stillness. 2019. KDP printing.

Readings from Hiroshi Motoyama's Theories of the chakras. Bridge to Higher Consciousness. Page 171 – 173.

Illustrations. Yin yoga: Potential in Stillness. A visual guide through the poses of Yin yoga.

Images of muscles: Shutterstock anatomy series.