

A Glimpse of Module-1: Listen to Your Body

The lifestyle of modern society requires us to always move quickly, compete to be the best, and sometimes even push ourselves beyond the limits of our abilities. Various kinds of diseases also eventually appear along with our lifestyle which is full of pressure.

Traditional Chinese Medicine (TCM) says that we can actually avoid disease when internal energy is able to circulate smoothly in the body and the energy from the mind is focused and concentrated, not fragmented.

In Yin Yoga TT 50H module 1 we will discuss:

- 12 Meridians (energy pathways) based on Traditional Chinese Medicine.
- Characteristics of each meridian along with symptoms/signs to recognize problems with the meridians.
- Five elements from a Chinese Medicine perspective are connected to Meridians.
- Meridian body clock.
- Marma Therapy: provides therapy at certain points in the body that affect the function of the Nadi (meridians) and Chakras.
- Yin yoga poses based on meridians.
- Anatomy: lower body and spine.
- Create class sequences.
- Study our own constitution according to the Five Elements from the perspective of Indian Tradition (Ayurveda).