

## A Glimpse of Module-3:

# Earth & Sky

Yin and Yang are two qualities that are always present in everything. These are two characteristics that are opposite to each other but are interdependent and cannot exclude one another.

We live between earth and sky. Put your dreams and aspirations as high as the sky. Pursuing perfection with all our efforts, while keeping our feet planted on the earth. Maintaining a balance between doing maximum effort while remaining grounded and feeling satisfied with what we already have, enjoying the process rather than just focusing on the end goal. Balance between effort and surrender.

In the third Module “Earth and Sky” we will learn to find balance between Yin and Yang by not exalting one and devaluing the other.

- Joint anatomy: Yin Yoga focuses a lot on training joint flexibility safely so that joint fluid is maintained. Yang Yoga trains the strength of the joints. We will study the anatomy of joints to gain a better understanding.
- Introduction to Prenatal Yoga: as a yoga teacher we may encounter pregnant students in our public yoga classes. Here we will get to know prenatal yoga so that we can provide yoga classes that are still safe for pregnant women.

- Pranayama: in this TTC the pranayama (breathing exercises) that we will learn are several pranayamas that are also safe for pregnant women to do.
- Emotion and Disease: understanding several diseases or problems in the body from a psychological and emotional perspective. And from the perspective of Traditional Chinese Medicine (meridians) which helps us utilize Yin Yoga poses to help understand and release negative emotions so that the healing process occurs.
- Yin and Yang Yoga: understand the differences in function and relationship between Yin and Yang Yoga
- Introduction to Hatha-Vinyasa: introduction to the Hatha - Vinyasa sequence to combine with the Yin Yoga sequence.
- Wall Yin practice: get to know several Yin Yoga poses that can be done with the help of a wall.