

# A Glimpse of Module-4: Replenish The Chi

From the philosophy of Yin and Yang, Yin represents a silent, calm, passive, meditative character; while Yang represents an active, dynamic, fighting, and competitive character.

In the Yin yoga teacher training series (200 H), at TTTC modules 1 - 3 put a lot of emphasis on the scientific side both from the perspective of Traditional Chinese Medicine, Ayurveda, and anatomy along with the balance of Yin and Yang exercises and related emotions.

In TTC module 4 we will prioritize the qualities of silence, calm, contemplation and meditation in Yin Yoga.

The materials that will be discussed are:

- Quiet practice of Yin yoga: doing a quieter and quieter Yin Yoga practice.
- Meditation and Pranayama: theory and practice.
- Yoga philosophy: discusses the basic philosophy of yoga such as astanga yoga (8 stages of yoga) and integrating yoga in our daily lives.
- Bio-Psychology of Yoga: discusses the glands in the body, chakra theory which discusses character, color and sound.
- Yoga Nidra: theory and practice. Yoga nidra is an art of relaxation or known as yogic sleeping, which is believed to

help overcome mental and emotional problems that are often faced by people today.

- Flow yoga practice: a more specific yoga practice to prepare someone to do Thai Yoga Massage (based on Zen Thai Shiatsu massage)
- Thai Yoga Massage (by Made Agus Wirayasa): a massage technique that is very good to apply to complement our yoga practice. It is ideal to do 1:1 private yoga.
- Sequencing: learn how to create a sequence in Yin Yoga.