

A Glimpse of Module-2:

Unwind and Letting Go

The practice of yoga today has developed so rapidly. We may start our yoga practice with the intention of becoming healthier, reducing stress, or because we want to find positive associations. With regular yoga practice we try to train ourselves to focus our awareness both on the physical body and more subtle forms such as the breath, the flow of energy in our body and the state of mind.

To have a healthy body requires a balance between the performance of the physical body (Yang) and also the more subtle, invisible aspects (Yin). Adding practices that are calmer/quiet (Yin) will help us to understand more about our physical/emotional/mental states so that we are able to let go of negative things and be able to navigate the ups and downs of life more calmly.

In Yin Yoga Teacher Training “Unwind and Letting Go” we will discuss:

- Yin yoga theory and daily practice. Apply knowledge of energy pathways (meridians) and the theory of fascia to the practice of yin and yang yoga.
- Pranayama. Doing regular pranayama practice will help us to improve the flow of energy in the body.
- Nidra Meridian. With relaxation techniques assisted by visualization to help flow energy (Chi) along the meridians (energy pathways).
- Ayurveda, is a medical science originating from India which is as old as traditional Chinese medicine. We will learn diet patterns that are suitable for our body type so that we can optimize our health.

- Myofascial Release, a technique that helps release tension or fixation that occurs in connective tissue (fascia / connective tissue).
- Fascia theory, helps understand our body more thoroughly, not just in layers of muscles and bones. Because many cases of injury or pain occur in the fascia (connective tissue).
- Sequencing: learn to create class sequences, both yin yoga and yin-yang yoga classes.
- Anatomy: to get a good knowledge of our physical body. So that we can understand the benefits we can get from the yoga practice that we do.