

A Brief Description Of Module 1 - 4

TTC 200 Hrs | RYS Yin Yoga World

In this 200 hrs of teacher training will be divided into 4 short modules: for each module is 50 hrs. So, if you want to take this yin yoga teacher training for 200 hrs, you need to take the four modules. But if you are already a yoga teacher, and you want to have additional education from this yin yoga teacher training, this training can also be taken as independent short module for 50 hrs, you may take one or two modules.

A little explanation about each module, so throughout the four short modules or 200 hrs for the whole, we will learn about the basic yin yoga for teaching, here are include the asana lab for each pose and also the guided yin yoga practice, and for the theory we gonna have the theory of yin yoga, and also here I will introduce the knowledge of the traditional Chinese medicine, that we can incorporate in our yin yoga practice, and also a little introduction of the Ayurveda, and here also we explore a little about the emotional side that can be explored in this yin yoga practice. And of course we also learn about the yoga philosophy based on Tantra Yoga.

- So I will spread this learning throughout the four modules. The first module, called Listen to Your Body. In this module we will explore more of the basic principle of yin yoga, especially based on physical body and energetic body, because this is the first principle to understand how the pose works in the body. I will also introduce the Ayurveda practice here in this module, and the traditional Chinese medicine for the energetic point of view.
- For the second module we have Unwind and Letting Go. We gonna explore more into the yin side of this practice. So we gonna have meridian nidra based on traditional Chinese medicine, that introduced by my teacher Jo Phee. And also we gonna study about the fascia here, and a little practice of myofascial release therapy, as a combination of our yin yoga practice.

- For the third module we have Earth and Sky. In this Earth and Sky module we explore about the balance of the yin and the yang as the name, Earth and Sky. And we gonna learn about the emotional side of this practice. So, in this module we gonna learn about the combination of the yin and yang yoga sequence. And for the anatomy, we gonna learn about fascia deeper in this module.
- For the last or the fourth module we have Replenish the Chi. As the name, it is emphasize on the practice of meditation because in yin yoga introduce stillness into the practice as we do in our meditation. So here we use the yin yoga more into the quiet side to the meditation practice. We also learn about the philosophy of yoga here, based on Tantra Yoga. And also we have a little introduction the Yoga Nidra practice, based on Tantra yoga. So that's for the four modules that can be taken as the whole 200 hours or separately or independently for each module.