

# TIME TABLE & MODULE OVERVIEW

Below you find the time table and topics covered at *yum's Yin Yoga Teacher Training (65H)* by *Lead Trainer Raven*.

## Time table:

Friday	31/10	17:00 - 21:00
Saturday	1/11	13:30 - 20:30
Sunday	2/11	13:30 - 20:30
Saturday	15/11	13:30 - 20:30
Sunday	16/11	13:30 - 20:30
Friday	21/11	17:00 - 21:00
Saturday	22/11	13:30 - 20:30
Sunday	23/11	13:30 - 20:30

## Module 1: Foundations of Yin Yoga

- History & philosophy of Yin Yoga
- Yin vs. Yang: balancing energies
- Principles of Yin Yoga (edge, stillness, time)
- The role of fascia and connective tissue
- Key Yin postures: names, alignment, variations
- Use of props and modifications
- Contraindications and safety

## Module 2: Functional Anatomy

- Bones, joints, fascia and muscle function in Yin
- Skeletal variations and joint compression
- Target areas vs. aesthetic alignment
- Anatomy in relation to chakras and meridians
- Interoception and proprioception

## **Module 3: The Chakra System**

- Overview of the 7 main chakras
- Origins: Vedic, Tantric, and Western perspectives
- Physical, emotional and psychological aspects
- Chakra imbalances and energetic healing
- Chakra journaling and introspection practices

## **Module 4: Yin Yoga & the Chakras**

- Chakra-informed Yin sequencing
- Postures and practices for each chakra
- Combining asana, mantra & visualization
- Emotional release & trauma-informed practices
- Creating chakra-specific classes
- Sequencing for grounding, activation, and integration

## **Module 5: Teaching Methodology**

- Language of Yin: cueing, tone, pace, and presence
- Holding space & cultivating safety

- Adjusting for trauma sensitivity
- Use of music, silence, and theming
- Teaching practice & feedback sessions