



aṅgana

**50h YIN YOGA
TEACHER TRAINING
COURSE**

Varkala

a'ayana

Transforming lives through yoga



© Rajan

**One thing we know from experience, post doing a course
with us - things will never be the same.**

COURSE DETAILS

Course Fee

USD 650

Early bird 550 (applies to the registration made one month before the course start.)

Accommodation (for 8 Days)

Pricing

Rooms (Non-AC)

Shared: USD 70

Non-Sharing:USD 140

Rooms (Air-Conditioned)

Shared: \$100

Non-Sharing: \$200

Please note: Sharing accommodation is subject to availability. If a roommate is not found, you will be required to pay the single occupancy rate.

ONLINE BANK TRANSFER DETAILS

Aayana Yoga Academy ICICI

Bank, Jayanagar 9th Block

Current Account: 029905500139

IFSC Code: ICIC0000299

Please Whatsapp/email transaction details to help us track your payment and mention 'YourName' in the transfer description.



COURSE OVERVIEW

PHILOSOPHY

ANATOMY

Syllabus

Duration: 50 hours

Objective: To equip practitioners with the knowledge, tools, and personal experience to skillfully teach Yin Yoga, integrating anatomical wisdom, subtle body awareness, and yogic philosophy.

Module 1: Foundations of Yin Yoga

1. Introduction to Yin Yoga

History, evolution, and relevance in modern times

Key principles: time, stillness, and depth

2. Understanding the Yin Approach

Yin vs Yang styles

Difference between active and passive stretching

Role of gravity, breath, and surrender

3. Functional Approach to Yoga

Skeletal variations and individuality in posture

Tension vs compression

Anatomy of movement

Overcoming stretch reflexes

Fascia and its role in Yin

Module 2: Yin Yoga Anatomy & Mandalas

4. Thigh Mandala

5. Upper Body Mandala

6. Spine and Its Intelligence

Passive backbends, forward bends, and spinal twists

Benefits and precautions



COURSE OVERVIEW

PHILOSOPHY

ANATOMY

7. 20 Main Yin Yoga Poses and Variations

Exploration, alignment, and use of props

8. Benefits and Challenges in Yin Yoga

Physical, emotional, and energetic levels

Addressing discomfort and resistance

Module 3: Energetics, Psychology & Philosophy

9. States of Consciousness in Yin Yoga

From gross to subtle awareness

10. Mind and Its Divisions

Conscious mind, subconscious mind, and unconscious tendencies

How Yin Yoga helps access deeper mental layers

11. Karma Yoga and Yin Practice

12. The Three Gunas: Tamas, Rajas, and Sattva

13. Kleshas: The Root Causes of Suffering

14. Pratyahara, Dharana, and Dhyana

Inner withdrawal, concentration, and meditative absorption

15. Significance of Cultivating Stillness

16. Sensations and the Language of the Body



COURSE OVERVIEW

PHILOSOPHY

ANATOMY

Module 4: The Breath & the Nervous System

17. Understanding the Breath in Yin

Natural, subtle breath awareness

18. Psychic Breathing in Yin Yoga

Visualization, energy flow, and pranic awareness

19. Hypoventilation in Yin Yoga

Exploring breath

20. The Nervous System

Parasympathetic activation

Module 5: Teaching Methodology & Sequencing

21. Sequencing of Yin Classes

Structuring classes based on anatomical focus

22. Effective Communication of the Value of Yin Yoga

Language of stillness and surrender

Cueing, silence, and verbal economy

23. Developing the Water Element in Yin Yoga

Emotional fluidity, adaptability, and introspection

Additional Components

Daily Yin Practice & Self-Reflection

Journaling and Group Discussions

Teaching Practicum with Feedback

Q&A and Integration Session



COURSE DATES

October	4 TH - 11 TH
November	8 th -15 TH
December	6 th - 13 th
January	10 th - 17 TH
february	7 th -14 TH
March	7 th -14 TH



REACH OUT



aayanayoga@gmail.com



+91 9035424322



www.aayanayoga.com



[aayanayogaacademy](https://www.facebook.com/aayanayogaacademy)



[aayanayogaacademy](https://www.instagram.com/aayanayogaacademy)



WORDS FROM OUR PAST STUDENTS

I experienced the Yin Yoga TTC with Aayana Yoga in December 2016. It was by far the best training in yoga for me in the 5 years I have been going to trainings. It was organized, timely, relatable and highly educational! I feel I left the training a different person! I felt they wanted each person to have an experience with this yoga not just learn theory and anatomy although important! They have a very hands-on organic approach and really see each student as an individual! I have been exposed to schools that are very mechanical and feel like factories. This school and group of people are extremely knowledgeable yet very humble; they truly cared about the students experience and showed amazing support to each person! I would so do the course again! I actually cried and felt sad when it finished. I hope to do more studies with them in the future. They surpassed all my expectations in every area!!! Thanks again, Aayana Yoga! You really stretched me.

In gratitude,

- Aileen Riordan





WORDS FROM OUR PAST STUDENTS

It is very important to do any course from a reliable institution where the teachers are well versed with the topic and are competent to lead a course from which students can gain insights. The Yin Yoga TTC was exactly that for me and more. I was extremely excited to enroll for the Course at Aayana Yoga Academy and I wasn't disappointed at all. While all the practical sessions were so beautifully lead, that for moments after, I used to remain spell bound, the theory sessions were also very insightful with a lot of meaningful discussions. Both Regeesh and Mrinali were always available to dispel any doubts, howsoever trivial. This course has helped me to take my own practice deeper and is an important highlight of my spiritual journey. Also, being a yoga teacher, I think that my students are the biggest beneficiaries of the course. For this, I am forever grateful to both of them.

- *Vaishnavi Krishnamani*



“

Yin Yoga - It goes beyond the physical, offering a laboratory to explore the mind, encouraging silence and stillness.

”



© Rajesh Bala