

## **Yin & Yang, Fascia, Meridians & Practice**

A detailed study through Yoga

### *Summary*

This course is for Yoga and Hot Yoga teachers and practitioners who wish to explore energy and Yoga asana in depth.

This course analyses the acupuncture meridians of Classical Chinese Medicine, and myofascial meridians and structures within the living body. We relate these to each other, and explore both through extensive Yoga asana and breath practice. The asana practice will include both Yin Yoga and strong Vinyasa.

### *The course in detail*

You'll study the acupuncture meridians, their locations and functions, and learn to locate key points. We explore the meridians through Yin Yoga, and learn to design Yin practices that aim to address specific energies through the meridians. We marry this with extensive breathwork and reflect on its energetic effects. You will have lots of opportunity to practice teaching the new concepts you've learned.

The course includes a detailed study of meditation practice. This aims to improve your concentration and focus, so that you can spend more time with and within yourself during the various practices.

You'll study fascia - both as a physiological structure, and as living tissue through palpation and movement. We explore the biotensegrity and support through fascia, through stronger Vinyasa practice. Again, we marry this study with breathwork and reflect on its energetic effects, and you will be given lots of opportunities to practice teaching based on these new principles and techniques.

This course invites you to explore within yourself: to find physical and energetic structures and flows in your own body-mind. You are equipped with the knowledge to understand these, and the tools to work on them for yourself. There'll be a lot of group and partner work, allowing you to recognise and read patterns in others. You'll undertake assignments to apply your new skills to real-world teaching scenarios - closing the circle of learning by turning knowledge into real-world results.

### *Course content*

#### Yin Yoga and Classical Chinese Medicine

- Principles of *qi* and the 5-element system
- Study of the 12 primary and 8 extraordinary meridians
  - Locations, palpating key points
  - Characteristics and functions
  - Pathologies
- Relationship to Yin Yoga
- Yin posture analysis with respect to meridians

- Developing targeted Yin practices, and practice teaching these with each other
- Calming pranayama practices and basic *qigong* energy work
- Personal assignment – reflections and research based on the principles and techniques studied

### Meditation

- What is *eka grata dharana* or the one-pointed mind?
- The relationship between elements and senses (*indriya*): pratyahara practices to focus attention inwards
- Basic concentration techniques as the foundation of meditative practice

### Fascia and Biotensegrity

- Revision of muscle anatomy
- Fascia – structure and physiology
- Bioensegrity definition, examples and dynamic role in living organisms.
- Body-wide and local fascial support
  - Locations and key structures
  - Functions and development
  - Pathologies
  - Palpating skin to identify important tissues underneath
- Relationship to Yoga asana, and the role of transition movements
- Linking asana to myofascial meridians. Developing targeted practices to address and extend specific movement issues and capabilities. Teaching practice based on these somatic designs.
- Stronger and more energising pranayama exercises
- Personal assignment – reflections and research based on the principles and techniques studied

### Bringing it together

- The relationship between myofascial meridians and the meridians of Classical Chinese Medicine – drawing on research and peer-reviewed evidence
- The foundational kriya practices of kapalbhati and nauli: their myofascial and energetic effects
- Mantra practice – both as an aid to and a test of focus, and as vibrational exploration of our personal energetic and physical substructures.
- “More than the sum of its parts” – emergent consciousness as a consequence of intrinsic human structure, support and function
- Personal assignment – a case study in movement and/or energetic development, based on the concepts and methods learned.