

Yin Yoga and Energy Meridians

50 hour professional development course

One of six study modules on the Yogafurie 300 Hour Advanced Teacher Training

Yin Yoga has grown up with a strong connection to Traditional Chinese Medicine.

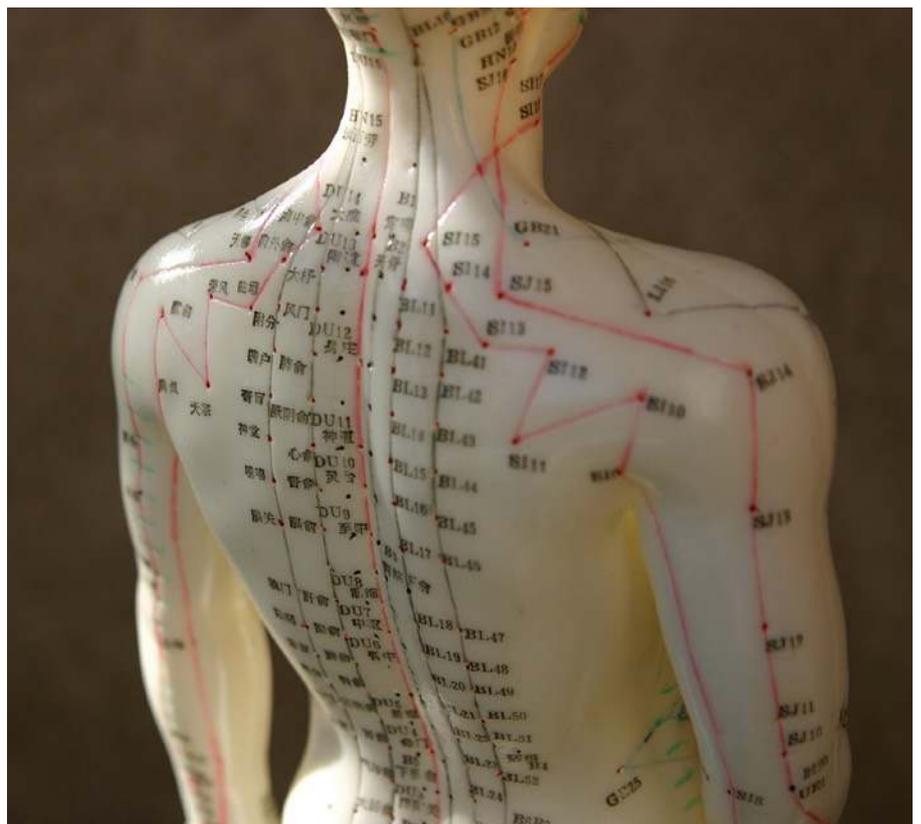
The postures stimulate the meridian lines, the longer holds afford space for positive energetic change in the related organ systems.

In this module, you'll look at how this works: the detailed structure of the postures, best practices for teaching them, the paths and properties of the meridians themselves and the significance of their energies.

We'll understand Yin Yoga as a set of tools for working deeply with the energetic self.

We'll look at ways to design practices that move us or our students towards positive energetic outcomes - whether that's simply calming the bodymind, or integrating past and external experiences into wholeness.

You'll also spend some time learning about the background, history and evolution of Yin Yoga practice.



The meridian lines of Traditional Chinese Medicine often follow the same path as the structural lines that fascia forms in our bodies.

These structural lines are the subject of Yogafurie's *Building Asana from the ground up* study module. These two work together to offer you a very broad understanding of your body in both its energetic and visceral, physical forms.

This module is formally assessed. Upon successful completion of the study period and the assessment, you'll earn 50 CPD hours to add to your professional teaching profile. You can choose your method of assessment from these options:

- 1) Design a 3 hour workshop for Yoga asana practitioners that focuses on the study topics. You will need to submit your workshop plans, a selection of feedback from attendees, and a report describing how you integrated your new knowledge into the content
- 2) Prepare a 3000 word essay based on your own research. This could be a deeper analysis of any area of study covered in the module, or your reflections on how your practice and/or teaching will change in response to your new knowledge.

Course dates

January 6-8 & February 4-5 2023

Course cost

£699. A deposit of £199 secures your space.

If you pay in full before the course starts, you get a £50 discount and pay only £649. Alternatively pay in two instalments of £250 plus your deposit - totalling £699

For more information or to register:

teachertraining@yogafurie.com

0117 403 1678

Yogafurie.com

