

Our Advanced Training Module Program has 4 rotating themes, each with a variety of Yin & Yang practices. You can take the modules in any order and in any time frame that fits with your life. If you work with Yoga Alliance Certification, you must complete any two modules + submit two book reports to earn the 300hr Certificate. If you do not work with Yoga Alliance, you are invited to participate in any of the modules at your own timing and no book reports are required.

These two-week modules always include:

- Asana (Yin & Yang)
- Functional anatomy
- Applied philosophy
- Meditation & Mindfulness
- Interactive experiences
- Devotional singing
- Personal growth exercises
- Teaching experiences

Here is some information about each module to help you decide which one(s) to choose.

Physical Body Focus

Exploring bones & muscles joint by joint, we look closely at the body and learn about specific issues that may arise in each joint from the physiological perspective. We address many key issues in the musculo-skeletal body to see if Yin and/or Yang practices are most appropriate. We focus on the art of asking questions, listening to symptoms and modifying practices for a therapeutic approach.

Organs & Meridians

This module includes key organs by looking through the lens of Western & Eastern medicine. We address the physical, emotional & energetic connections of each organ and its impact on overall wellbeing. In looking at the organs this way, we explore whether they are functioning well, depleted or overworked and offer appropriate practices to keep the organs in balance.

Through the Yin Yoga practice, we look at the meridian lines associated with each organ and discover how to use Yin poses to nourish and maintain healthy organs through these energy channels.

Respiratory System & Pranayama / Digestive System & Bhakti Yoga

How do we breathe? What happens in the body to make this life giving action happen and what do we need to keep the respiratory system healthy and balanced? We address these topics from the anatomical perspective. While looking through the 'Yogic Lens' we will experiment with a variety of Pranayama exercises and techniques to study the effects of altering the breath.

What happens to our food when we eat? Exploring the digestive system in detail gives a new perspective on what amazing functions the body performs to transform food to fuel. We will learn some basics about digestion and practice Yin & Yang poses that support the health of this magical system.

Bhakti Yoga invites us to use our voices and breath with lots of singing and supports both the respiratory and digestive systems.

The Five Elements

Using the qualities of the 5 Elements from nature, this module goes through Earth, Water, Fire, Air & Space on and off the mat. We distinguish between common ways to look at the elements; Nature, Chinese Medicine and Ayurveda and how Yin and Yang practices can be applied to keep them in balance. This training is very experiential and includes emotional as well as physical work. With a variety of experiences, you will spend time observing yourself and others to see where elements may be deficient, excessive or in balance.