

60-HOURS YIN YOGA TEACHER TRAINING

# STUDY GUIDE



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# ABOUT BODSPHERE

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Bodsphere is a leading Virtual Health & Wellness Platform creating memorable personalised Wellness experiences for individuals and groups. We integrate traditional Ayurveda, Yoga and Meditation with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmony.

# MEET THE TRAINERS

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## SAMARTHYA BHATNAGAR

*Founder, Bodsphere*

With over 16 years of experience in the Health & Fitness Industry, Samarthya's teaching goes beyond intelligent alignment; moving any willing student to an introspective, holistic experience.

He comes with a bank of certifications from Europe, South East Asia, etc where he has been conducting his workshops on Yoga, Natural Fitness, Weight Loss Programs, etc.

He is renowned for his depth of study, his ability to present the complexities of ancient wisdom in a practical, life-affirming manner, as well as his unique capacity to distill the teachings with humor and grace.

He views the science and spirituality of Yoga as a path to explore our inner selves and elevate our consciousness, while creating a counter-balance to the stresses of modern life.





## PREETIKA BHATNAGAR

*Co-Founder, BodSphere*

With Over 21 Years of experience in Gymnastics & Yoga, Preetika is a wellness guide and a lifestyle trainer of present era, with the expertise in the field of Holistic Health through Mindfulness and Ayurveda. She has been an Indian National Level Gymnast (with over 100 awards & medals) as she trained under Dr. Kalpana Debnath (Arjuna Awardee), Sports Authority of India.

Preetika is a devoted Yogini and teacher who imparts her wonderful passion for life and well-being in her teaching. Her style pulls from multiple yogic disciplines, and is both intuitive and steeped in the traditional aspects of yoga.

Her mission in life is to inspire, elevate and educate as many people as possible, to encourage all to live to their fullest, most creative and most joyful potential.

# INTRODUCTION TO YIN YOGA

Define -in your own words-  
what is Yin Yoga?

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Name the main difference between yang  
styles of yoga and Yin Yoga

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What does it mean: "How you practice is  
just as important as what you practice"?

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What is the biggest challenge of the  
practice of Yin Yoga?

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Name 5 qualities considered Yang  
and 5 considered Yin

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Why do we say that yin and  
yang are relative?

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What is Chi?

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Why is important to take into account the  
context when we are defining something  
as Yin or Yang?

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What is the role of these people in the history of Yin Yoga: Paul Grilley, Garry Parker, Paulie Zink, Hiroshi Motoyama and Sarah Powers?

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How did Yin Yoga get its name?

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Is Yin a new style of yoga? Explain

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Name and explain the three principles of Yin Yoga

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Explain two similarities and two differences between Yin Yoga and Restorative Yoga

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Mention five physical benefits of the practice of Yin Yoga

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Mention five energetic benefits of the practice of Yin Yoga

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Mention five mental/emotional benefits of the practice of Yin Yoga

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When is the best time/hour to practice Yin Yoga?

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Name three intentions we can set for our  
Yin Yoga practice?

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Explain why is important to take  
precautions before a Yin Yoga practice

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How deep should we go when  
practicing Yin Yoga poses?

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How long should we stay in a  
Yin Yoga pose?

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How often should we practice  
Yin Yoga?

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What is the most important element of  
the ending of our Yin Yoga practice?

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What are the four ways to assist the  
migration of chi in the body?

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Which or these ways are involved in a balanced yoga practice?

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How many meridians are there?

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What is the characteristic of the lower body meridians?

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What is the characteristic of the upper body meridians?

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Which meridians are mainly affected by the practice of Yin Yoga?

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Why is it important - as yoga practitioners and yoga teachers - to have basic knowledge of the meridian system?

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What is rebound? How can we experience it in a Yin Yoga practice?

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What are chakras?

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Which are the main -and most  
commonly known- chakras?

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What are nadis?

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Why is it important - as yoga practitioners and  
yoga teachers - to have basic knowledge  
of the Chakra System?

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“

*Know One,  
Know All*

”

KATHA UPANISHAD

# FUNCTIONAL APPROACH TO YIN YOGA



In the context of density, which tissues are considered yin and which yang?

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In the context of flexibility, which tissues are considered yin and which yang?

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Anatomically speaking, what is stress?

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What are the three things we can physically do to our tissues?

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What are some of the benefits of doing those things to our tissues?

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What is Fascia?

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What is Tension?

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What is Compression?

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What are the main tissues affected by yoga practice?

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Why is important to know about tension and compression? How does affect our yoga practice?

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What is comparative anatomy?

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What is functional anatomy?

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Why is important to understand the skeletal variations?

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What is aesthetic alignment? When should we adopt this approach to our yoga practice?

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What is aesthetic alignment? When should we adopt this approach to our yoga practice?

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What are the three keys to adopt in your yoga practice ethic if you pursue a functional approach?

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What is a skeletal segment?

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How many skeletal segments determine compression areas in the body?

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Which are the skeletal segments of the legs?

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Which are the skeletal segments of the axis?

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Which are the skeletal segments of the arms?

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How many groups of skeletal muscles determine tension areas in the body?

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Mention the groups of muscles of the lower body

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Mention the groups of muscles of the upper body

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From a functional approach, how many areas can we target in the body with the practice of yoga postures?

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RELAX

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RESTORE

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RE-ENERGIZE

# TEACHING YIN YOGA



What are archetypal poses? And how many archetypal poses are there?

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Name the archetypal poses and their respective target area(s)

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Explain why the position of the hands and feet is not important when practicing yoga asanas?

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Why is important to understand the target area(s) of the yoga asanas?

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Name three general benefits and two contraindications of forward folds

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Name three general benefits and two contraindications of backbends

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Name three general benefits and two contraindications of twists

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Mention some of the topics you can use to sequence a Yin Yoga class

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Explain the eight guiding principles to take into account when you are sequencing a Yin Yoga class

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What is the best way to organize the postures in a Yin Yoga class?

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What are the three behaviours you want to help your students to practice in order to train their mindfulness?

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What are some tools you can use to allow your students to anchor?

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Explain why is important to mention the target area of the posture while we are teaching it?

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Why is it important to open a dialogue with students during a Yin Yoga class?

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What is the role of silence during a Yin Yoga class?

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# LET'S CONNECT

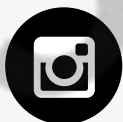
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