

Yin Yoga and Meridians Course outline:

Day one: 6 hours

- Introduction to Chi and Chinese Medicine
- The relation between Yin & Yang Theory and Patanjali's Yoga Sutras
- In-depth exploration of Connective Tissue and Fascia and how the practice of yoga affects them
- Study of the element Metal:
 - Emotions linked to this element
 - Functions in the body
 - Causes and symptoms of weakness or unbalance
 - Metal Meridians: Lungs and Large Intestine
 - How to harmonize this element through Yin yoga and lifestyle
 - How to sequence a Yin yoga class around the Metal element and main functional cues related to the Metal element
- Metal Yin yoga and pranayama practice

Day two: 4h 30mins

- The anatomy of the shoulder: bones, joints and 7 muscles and associated Yin yoga poses
 - Serratus anterior
 - Rhomboids & Levator Scapulae
 - Subscapularis
 - Teres Minor, Infra- & Supraspinatus
- Posture analysis and joint restriction tests
- Study of the element Earth:
 - Emotions linked to this element
 - Functions in the body
 - Causes and symptoms of weakness or unbalance
 - Earth Meridians: Stomach and Spleen
 - How to harmonize the Earth element through Yin yoga and lifestyle
 - How to sequence a Yin yoga class around the Earth element and main functional cues related to the Earth element
- Earth Yin yoga and pranayama practice

Day three: 3h 30mins

- The anatomy of the shoulder: biomechanics, 7 more muscles and associated Yin yoga poses
 - Deltoids
 - Trapezius

- Latissimus Dorsi & Teres Major
- Posture analysis and joint restriction tests
- Study of the Element Fire:
 - Emotions linked to this element
 - Functions in the body
 - Causes and symptoms of weakness or unbalance
 - Fire Meridians : Heart, Small Intestine, Pericardium, Triple Heater
 - How to harmonize it through Yin yoga and lifestyle
 - How to sequence a Yin yoga class around the Fire element and main functional cues related to the Fire element
- Thoracic, abdominal and pelvic cavity fascia anatomy and the relationship to Triple Heater
- Fire Yin yoga and pranayama practice

Day four: 5 hours

- The anatomy of the shoulder: 6 more muscles and associated Yin yoga poses
 - Pectoralis Major
 - Pectoralis Minor
 - Triceps
 - Coraco-Branchialis
 - Brachialis and Biceps
- Grouping of upper body Yin poses and functional adjustments
- Study of the element Water:
 - Emotions linked to this element
 - Functions in the body
 - Causes and symptoms of weakness or unbalance
 - Water Meridians : Urinary Bladder and Kidney
 - How to harmonize Water element through Yin yoga and lifestyle
 - How to sequence a Yin yoga class around the Water element and main functional cues related to the Water element
- Water Yin yoga and pranayama practice

Day five: 4 hours

- A deeper focus on the neck and feet
- Sequencing Yin yoga practices around elements to harmonize Chi flow
- Study of the element Wood:
 - Emotions linked to this element
 - Functions in the body



- Causes and symptoms of weakness or unbalance
 - Wood Meridians : Gallbladder and Liver
 - How to harmonize Wood through Yin yoga and lifestyle
 - How to sequence a Yin yoga class around the Wood element and main functional cues related to the Wood element
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- Wood Yin yoga and pranayama practice