

Yin Anatomy Teacher Training with José de Groot	Yin Yoga and Meridians Teacher Training with José de Groot
Course specifics:	
<ul style="list-style-type: none"> ● 50-hour course 	<ul style="list-style-type: none"> ● 30-hour course
Main focus differences:	
<ul style="list-style-type: none"> ● Physical Anatomy ● Sequencing a Yin yoga class to target body parts in order to release tension and strengthen tissues. ● Mostly lower body Yin yoga poses to target large muscle groups with upper body variations ● Fascia from the Anatomy perspective 	<ul style="list-style-type: none"> ● Energetic Anatomy ● Sequencing a Yin yoga class to target Meridians to balance Chi flow which has a healing effect on the Physical, Emotional, Energetic and Mental wellbeing. ● Upper body specific Yin yoga poses ● Fascia as the Meridians matrix
Certification differences:	
50-hour Yoga Alliance certified Yin Yoga Teacher Training	30 hours of Continuing Education Credits with Yoga Alliance
This course is for you if:	
<ul style="list-style-type: none"> ● You'd like to build a solid Anatomy knowledge, to understand joint or bone restrictions, tension vs compression and develop a personalized and functional Yin yoga practice that will benefit your unique body. ● You'd like to deepen your understanding of biomechanics to improve your Yang yoga practices such as Vinyasa or Hatha Yoga. ● You'd like to start teaching Yin yoga, in a functional and personalized way. 	<ul style="list-style-type: none"> ● You'd like to learn about Chi, Meridians, and Five Elements and how to personalise a Yin yoga practice for general health and wellbeing through the lens of Traditional Chinese Medicine. ● You'd like to understand the emotional, mental and energetic impacts of a Yin yoga practice. ● You'd like to broaden your teaching skills.