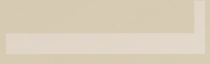
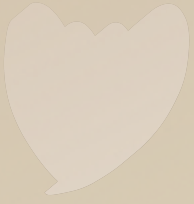


yin yoga
training



YIN
ZANEN
QI



Y
U
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U



vol. 1

Yin Yoga

Manual



Dedication

TO MY TEACHERS & ALL BEINGS

To live healthy, mindfully and joyfully sharing what I have learned is the best way I can imagine to repay the many many teachers I have had in this blessed adventure of life.

The knowledge, skills and techniques I share do not start with me and do not end with you. Maintain a balanced level of doubt towards everything presented to you and test it against your own unique experience. Whatever does not serve you, let it go.

May any benefit that comes from my endeavors be given to all beings to free them of suffering and guide them to bliss.



Table of Contents

YIN YOGA TEACHER TRAINING MANUAL

ORIENTATION

SECTION 1

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THE PHILOSOPHIES

THE HUMAN BODY

MIND & ENERGY

SHARING PRACTICE

SUPPORT

SECTION 3

Units

WORKSHEETS

ASSIGNMENTS

RESOURCES



Intro To The Manual

COZY UP AND FLIP THROUGH, THERE IS MUCH TO FIND

WHAT IS INCLUDED & WHO IS IT FOR

Within this manual you will find a complete overview of the YUJMU Yin Yoga Teacher Training Program, Level 1 & 2. It contains reference points for the lectures as well as supplemental content to the live components.

You will not find in this manual a verbatim transcription of lecture content as that is exclusive to the live presentation during your training dates.

This manual is exclusively for the trainee participants attending either in-person or live online.

It is therefore intended for those aspiring to become Yin Yoga teachers specifically but just like the training itself is useful for those not intending to teach who are looking to deepen their practice.

NAVIGATION TIPS

The contents and structure within are intended to provide a grounding context to the vast and dense spectrum of content presented during the training. For this reason the manual is best utilized as:

- A reference to help orient yourself as we progress through the content day to day.
- A study guide to reinforce key points and topics.
- A resource to return to post-training to refresh memories of your experience.





Printing & Usage

A COUPLE IDEAS + COPYRIGHT INFO

This manual is designed for multiple formats. It can be read via digital pads and laptops or as a printed copy.

To print from home the manual is designed to be either bound and printed in its entirety or you can create your own manual and print individual pages on card-stock for ease of study and to hang for inspiration.

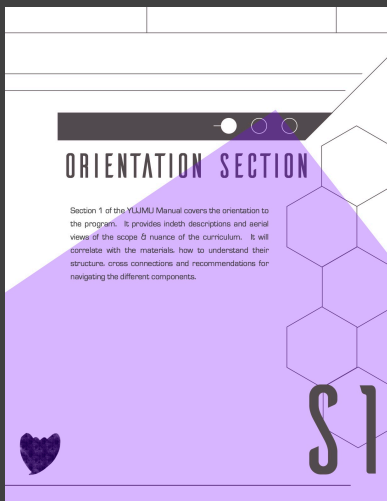
All contents are copyright Thomas (TJ) Maher and YUJMU or copyright the original owner for cited material. Printing is for personal use only to those who were provided the material directly from YUJMU. For any other use or distribution explicit written permission from Thomas is required.





Page Types

SECTION SUMMARY PAGES



These pages segment the manual into 3 distinct sections and help to structure the kinds of material for ease of quick navigation.

UNIT SUMMARY PAGES

These pages delineate content into different groupings and give an aerial view of the program.

They may contain all the same type of content (see pg. 15 for content types) or mixtures of types that fit with that particular grouping theme.





Page Types

CHAPTER SUMMARY PAGES

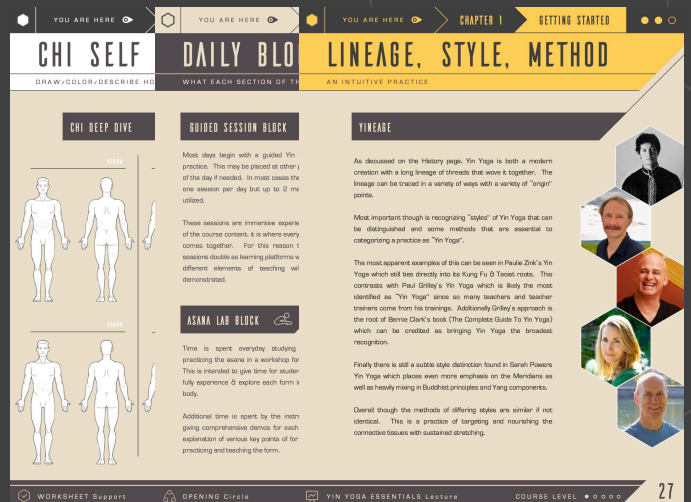


These pages introduce a topic, usually correlating with a lecture. There may be additional of these pages per chapter providing more detail for that chapter.

Their color corresponds with content type categories (pg. 15).

CONTENT, SUPPORT & WORKSHEETS PAGES

- Content Pages are part of a specific chapter (color coordinated by content type)
- Support Pages ensure you are comprehending and keeping up with key points or assignments.
- Worksheet Pages are to support course work. Some are required, some are optional.





Page Layout Key

Content Type

Chapter #

Unit Title

Manual

Section #

[of 3]

Page Title

Subtitle

Header

YOU ARE HERE

CHAPTER 1

GETTING STARTED

YIN YOGA ESSENTIALS

YOU SHOULD BE ABLE TO CLEARLY EXPLAIN THESE

CHECK YOUR COMPREHENSION

- ✓ What is a Yin tone or Yin vibe?
- ✓ What are the significance of Targets?
- ✓ How do you work with a Threshold?
- ✓ Why is Time so crucial to Yin asana?
- ✓ How does Stress apply to the Performance Curve?

Key learning objectives are central to the content and you should test your knowledge of them to ensure you could explain them clearly to a student.

There is no verbatim answer but they are covered in the lecture (not necessarily here in the manual) and if you are unsure of any please ask for clarification during the "Any Questions?" time at the end of the lecture.

26

YIN YOGA ESSENTIALS Lecture

COURSE LEVEL ● ○ ○ ○ ○

Page #

[of 200+]

Corresponding Context

Program Level of Content [of 5]





Navigation Legend

PROGRAM LEVEL OF CONTENT

COURSE LEVEL ● ○ ○ ○ ○ ○

LEVEL 1 + LEVEL 2
● ○ ○ ○ ○ ○ ● ● ○ ○ ○ ○

The current scope of this manual is for Levels 1 + 2. Level 1 (L1) is the first 100 hour curriculum; The Complete Yin Yoga Teacher Training. Level 2 (L2) is the followup 100 hour curriculum; The Refined Yin Yoga Teacher Training.

[see pages 17-18 for more detail]

LEVEL 3

● ● ● ○ ○ ○

Level 3 is a 100 hour Meditation Teacher Training expansion. It is currently in development and will be offered soon.

LEVEL 4

● ● ● ● ○ ○

LEVEL 5

● ● ● ● ● ●

Levels 4 + 5 are a 200 hour Qi Gong Teacher Training expansion. Be sure you are on the email list to ensure you do not miss the launch of these future expansions.

CORRESPONDING CONTEXT



YIN YOGA ESSENTIALS Lecture

This indicates whether there is another part of the training that this page may be supporting, mirroring or elaborating on. [see more details on next page]

If there is no direct correspondent this may also indicate some other context for understanding this page within the larger training program.





Corresponding Contexts

MAKING CROSS-FORMAT CONNECTIONS

INDICATORS FOR PARALLEL LEARNING



LECTURE

Certain moments in the live training or in other materials correspond or run parallel with content in this manual.



CIRCLE



ASANA LAB

When you see one of these icons at the bottom of a page it indicates somewhere else to look for further exploration of that page's content. If no direct correspondence exists you may see an icon that simply indicates it's purpose or context in the program.



PRACTICE



TEACH



WORKSHEETS


The icons for Lecture, Circle, Asana Lab and Practice are further explained on page 11. The icons for Worksheets, Resources and Preface indicate context. The Teach icon can indicate either correspondent moments or broader context.



RESOURCES



PREFACE



Section 1 of the YUJMU Manual covers the orientation to the program. It provides in-depth descriptions and aerial views of the scope & nuance of the curriculum. It will correlate with the materials, how to understand their structure, cross connections and recommendations for navigating the different components.



Orientation Section

S1



Orientation

SECTION OVERVIEW

WELCOME !

Within this section is everything you need so that you can orient yourself within and throughout the training program.

Here you will find:

- an outline of expectations
- recommendations for making the most out of your time in the training
- Logistics and the training schedule
- how assessments are handled
- a framework for the curriculum structure

This will all be reviewed on the first day, however the following pages provide much more detail than will be discussed in presentations.





Introduction

WHAT TO EXPECT FROM THE PROGRAM

INTENSITY

This training will cover a large amount of content and practice that immerses you in Yin mentally and physically. There will be significant introspection, self reflection and sustained sensations throughout the body in the asanas. If you have any health conditions or emotional concerns that we can help prepare/adapt for, you may reach out to us at any time to discuss.

ENERGY LEVELS

The training will use up your energy and focus even though it is also relaxing. The training will be immersive and previous students have found attempts to maintain any work, teaching or other things that you may plan to do (if you live locally) distracting and tiring. It is advised that you clear your schedule on training days.





Home/Virtual Prep

SETTING UP SPACES FOR THE ONLINE/HOME TRAINING

PROPS

Gather some blankets, pillows, cushions or any materials to experiment with while practicing asana.

Place some blankets under you to make a nice soft base.

SPACE SETUP

If you are able to control the lighting in your space to have dimmer lights during the guided Yin sessions that would be ideal for a deeper experience.

MUSIC

Music files will be provided for each day's guided Yin session. These can be played on a separate device or via your in home audio setup however you prefer.

COMMUNICATION

We will have scheduled times to begin each section of each day. A Zoom link be setup for these.

When we are not in a Zoom meeting we will plan to communicate via WhatsApp either in the group or directly to each other as needed.

You can also email if WhatsApp does not seem to be working.

TECH

Install Zoom onto at least one device that you can use for viewing and streaming video

Check internet reception and close other apps if it is slow or lagging.





Opening Circle

GETTING YOU SETTLED IN & SETTING THE VIBE

GENERAL & SELF CARE

- Lots of Yin so go to only about 50%
- During lectures vary floor positions + standing
- Exit when needed (preferably 1 at a time)
- You can always talk to me about concerns
- Ask me to slow down, repeat or elaborate anytime

GROUP RESOURCE

- Share your experience
- Ask questions anytime (put hand up)

SHARING CIRCLE & FLOW

- 1 person at a time
- Then group discussions & questions
- Turn devices completely off or out of room
- Save side conversations/tasks for breaks

SCHEDULE

- Overview
- Breaks large & small
- Prompt start times
- Starting back with bell
- Time Curation

STUDIO

- Entry & Exit
- YINfestations :)

MATERIALS

- Asana decks
- Yin Nuance
- Digital Material



NON-JUDGEMENT :]





Evaluations

ASSESSMENT THROUGHOUT THE PROGRAM

WE SERVE YOUR LEARNING

We are here to help you to graduate the program and absorb the content, our assessments help us better serve you and all trainees. Therefore the purpose of learner evaluation in this program is to better assist you and each trainee for their unique learning needs. Feedback and assessment methods are not judgment and will not disqualify you from graduating, quite the contrary, we adapt our teaching to suit what we see as gaps or missed bits of information in your learning.

LET'S LEARN TOGETHER

No need to expect yourself to learn at the same pace as any other trainee or to comprehend information in any way other than your own natural learning paradigm. To this end it is very important that you feel free to inform your instructor if you feel you do not understand something. We are dedicated to ensuring you learn the content and can question anything you have doubts about.

HOW WE TRACK LEARNING

Evaluations are measured through your participation throughout the training, during guided discussions, practice sessions and lectures. Additionally via the self reflection found within the two essays you will submit and seeing that you are taking the journaling seriously. Peer corrected quizzes or worksheets will also help find any information that needs additional time. Finally your preparation, implementation and analysis of your Teaching Practice will ensure all trainees have absorbed the required content and can apply it to teach effectively & safely.





Assessment Level 1

A FORM TO SELF ASSESS WITH YOUR PEERS

JOURNAL

Did you write a journal entry for each day?

ATTENDANCE

Did you attend or make-up all components?

READINGS

Did/Will you read all provided & required texts?

ASSIGNMENTS

Did you submit all requested assignments?

COMPREHENSION

Did you ensure you comprehend the content presented?

TEACHING

Did you complete a teaching session in the style of this training?

Your Signature • Date

Witness Signature • Date

* See appendix for additional assessment information





Assessment Level 2

A FORM TO SELF ASSESS WITH YOUR PEERS

JOURNAL Did you write a journal entry for each day?

ATTENDANCE Did you attend or make-up all components?

READINGS Did/Will you read all provided & required texts?

ASSIGNMENTS Did you submit all requested assignments?

COMPREHENSION Did you ensure you comprehend the content presented?

TEACHING Did you complete a teaching session in the style of this training?

Your Signature • Date

Witness Signature • Date

* See appendix for additional assessment information





Schedule Sample

JUST AN IDEA OF WHAT TO EXPECT, VENUES MAY VARY

SAMPLE DAY 1

SAMPLE DAY 2

9-930	Opening Circle + Orientation
930-12	Lecture
12-1	Lunch
1-130	Practice (meditation/gentle movement)
130-3	Lecture/Asana Lab
3-4	Lecture/Discussion
4-420	Break (snack/walk)
420-530	Yin Yoga or Zazen
*530-630	Group Dinner

7-830	Practice Session
830-9	Break (breakfast/snack)
9-930	Sharing Circle
930-12	Lecture
12-1	Lunch
1-130	Practice (meditation/gentle movement)
130-3	Lecture/Asana Lab
3-4	Lecture/Discussion
4-420	Break (snack/walk)
420-530	Yin Yoga or Zazen
*530-630	Break (dinner/snack)

EBB & FLOW

There is a later start time usually just on the first day.

Some groups like to plan a group dinner or a Yoga-related documentary/movie night but this is optional.

End times are at the discretion of the instructor based on how content comprehension is progressing for the group. Some venues have class schedules to work around and some do not. We prefer to stick to the times listed on the registration page for the venue you are attending.





Guided Sessions

TEACHING THROUGH IMMERSION

CONVENTIONAL YIN YOGA VARIATIONS

- These Guided Sessions will have a fairly even mix of asana with a range of targets. These sessions will be suitable for regular, weekly, daily classes and sessions.
- Explored in these sessions will be a variety of subtle and nuanced adjustments to the presentation and environment.
- Observe how your experience of these sessions differ from sessions in this category and from the sessions in the other categories.

NOVEL YIN YOGA VARIATIONS

- These Guided Sessions will have some unique theme or characteristic that shapes them. They may vary in complexity and accessibility when considering the students practicing the sessions.
- Some examples of Novel variations are: significantly different music choices, a fully silent session, a session mixing a Yang practice in of some kind, a session with a particular text the teacher reads from throughout, a session with other practices such as Reiki mixed in, a practice with all poses utilizing the wall, a practice focused exclusively on one part of the body, etc.

MEDITATION YIN YOGA VARIATIONS

- These guided sessions are distinct from the Novel Variations in that their variations are mostly internal (although they can technically still be considered Novel). Meditation based variants involve in some way theming or guiding specifically focused on the mind, spirit or subtle-body.
- Some examples of Meditation variations are mixing in: Zazen, Mantras, Mala practice, Chanting, a deliberate guiding/cueing of the mind, Chakra related themes, focus on Meridians for meditative ends, Qi Gong in its meditative forms, breathwork, Pranayama, etc.





Daily Block Descriptions

WHAT EACH SECTION OF THE DAY IS FOR

GUIDED SESSION BLOCK



Most days begin with a guided Yin Yoga practice. This may be placed at other parts of the day if needed. In most cases there is one session per day but up to 2 may be utilized.

These sessions are immersive experiences of the course content, it is where everything comes together. For this reason these sessions double as learning platforms where different elements of teaching will be demonstrated.

ASANA LAB BLOCK



Time is spent everyday studying and practicing the asana in a workshop format. This is intended to give time for students to fully experience & explore each form in the body.

Additional time is spent by the instructor giving comprehensive demos for each with explanation of various key points of for both practicing and teaching the form.

SHARING CIRCLE BLOCK



This portion of each day is the heart of the program and is an opportunity to check in with each trainee to see how you are doing with the material both mentally, physically and emotionally. It is a chance to ask questions to the instructor and to open larger discussions with the group.

This is also when some areas of the content will be elaborated on or reviewed as well as a time to continue setting expectations for the day/week.

LECTURE BLOCK



Each day has at least one lecture block before lunch and often a second lecture block after lunch.

This is intermixed with the Asana Lab blocks according to the needs of the group and how content is progressing.





Circle Formats

SHARING & DISCUSSION TIME

OPENING CIRCLE

On the first day the official orientation begins with our Opening Circle. Starting with a brief meditation followed by personal introductions. We then walk-through logistics, expectations & recommendations for the training.

This is a time to settle in and establishes the tone for the rest of the training. If you have any general or logistical questions this is the perfect time for them.

CLOSING CIRCLE

On the last day the final thing we do is the Closing Circle. This is a moment to celebrate all of the graduate's accomplishment. Each student is presented their certificate and given time to share any closing thoughts.

Finally a closing is shared by the instructor followed by group photos and a lot of laughs & hugs before leaving the space :D

DAILY SHARING CIRCLE

Each day, usually in the morning before lectures, we will have a Sharing Circle which will provide time for each student to share with the group how they are feeling. It is a moment for each student to express & explore within what they are perceiving or struggling with from the training.

Students are invited to share as much or as little as they like each time. At the beginning of the training this is how we learn names and personalities while later it becomes a way to process all of the information we are covering.

Sharing Circles also allow for broader group discussions on any area pertaining to the training as well as cover logistics and questions that may not fit snugly in other areas of the training.





3 Keystones

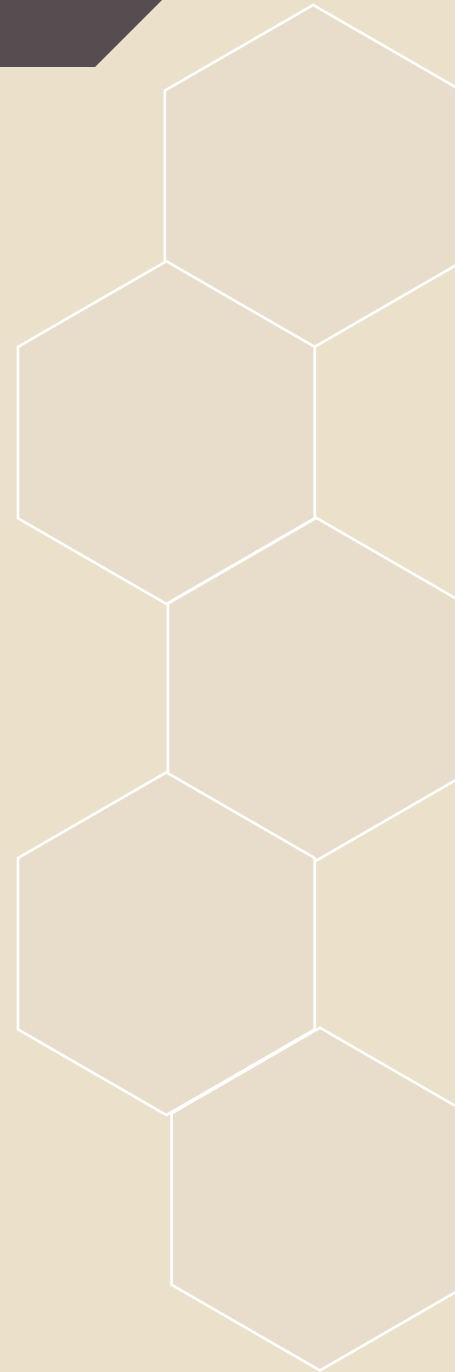
EVERYTHING RETURNS TO THESE IMPORTANT REMINDERS

EMPOWERING THE STUDENT

There are some aspects to teaching a comprehensive training such as this which feel like they stand outside of the content and apply to all learning. To emphasize this are the 3 Keystones which are repeated at the beginning of every lecture.

These keystones are not just academic, they are intended to remind students of the responsibility of education and the empowering importance of self-education in particular.

They are for the trainees of this training but are also intended to be reminders to take our egos out of the equation and to ensure we are empowering our students when we go on to teach.





3 *Keystones*

WHAT ARE THE KEYSTONES IN YOUR OWN WORDS



KEYSTONE 1



KEYSTONE 2



KEYSTONE 3





Content Types

SELF ACCOUNTING

5 TYPES OF CONTENT IN THE CURRICULUM

The training content is segmented into 5 categories. All areas are building and driving towards the Teaching category but also a deep personal practice. A very solid foundation of subtle arts in the Meditations category keeps everything grounded in the nuance of Yin Yoga. On that is built the central concepts and asana of this program. Finally filling things out with the mechanics of the body in the Anatomy category to ensure teaching is done safely with a solid understanding of what you are working with in regards to the body.

FUNDAMENTALS

CONCEPTS, CONTEXT & METHODOLOGIES



ANATOMY

TISSUES, MECHANICS & PHYSIOLOGY



FORMS

THE PHYSICAL PRACTICES & TECHNIQUES



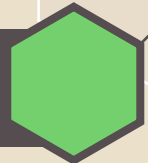
MEDITATIONS

SPIRIT, MIND, SUBTLE BODY & CHI



TEACHING

BEST PRACTICES, RECOMMENDATIONS & METHODS





Yoga Alliance Breakdown

SELF ACCOUNTING

4 CORE CATEGORIES

In addition to our own stringent YUJMU standards that we have developed for our content and curriculum we do also adhere to Yoga Alliance's Core Curriculum standards.

Intermeshed throughout our program and manual you will notice content that aligns with the following Yoga Alliance categories.

TECHNIQUES, TRAINING, PRACTICE

Asana • Pranayama & Subtle Body • Meditation

ANATOMY & PHYSIOLOGY

Anatomy • Physiology • Biomechanics

YOGA HUMANITIES

History • Philosophy • Ethics

PROFESSIONAL ESSENTIALS

Teaching Methodology • Professional Development • Practice Teaching





Level 1 Content

THE LECTURES & CONTENT COVERED IN THE FIRST 100 HOURS

The *Complete* Yin Yoga Teacher

Sections & Lectures



YIN YOGA ESSENTIALS



YIN YOGA ANATOMY



MUSCLES, BONES, JOINTS



YIN YOGA ASANA



MEDITATION



BREATH



CHI & MERIDIANS



CHAKRAS



TAO



TEACHING YIN YOGA

In the Level 1 module of the training you receive everything you need to become a COMPLETE Yin Yoga teacher. This means you will understand the fundamentals of how to teach Yin asana plus how to work with your student's and your own body in the practice.

This 100 hour module is designed with absolute beginners in mind while also being highly rewarding to more experienced practitioners and teachers. Yin Yoga naturally meets you where you are and so too does this module.

















Level 2 Content

THE LECTURES & CONTENT COVERED IN THE SECOND 100 HOURS

The *Nuanced* Yin Yoga Teacher

Sections & Lectures

-  REFINING YIN YOGA
-  ANATOMY TRAINS
-  ORGANS & GLANDS
-  BUDDHISM
-  MINDFULNESS
-  TAO & SYSTEMS
-  QI GONG
-  RESTORATIVE YOGA
-  STRETCHING & MFR
-  TEACHING DEPTH
-  CURRICULUM
-  PROFESSIONAL DIMENSIONS

In the Level 2 module of the training you are guided through a journey of that will nourish and evolve your expertise leading to becoming a more NUANCED Yin Yoga teacher. This means you will bring more subtlety & refinement to all areas of your work with students and in your own practice.

This module is designed exclusively for those who have completed the Level 1 module. It is intended to mirror that experience, loved by so many students, while opening new doors along the way with expansive new content





Epilogue

WHAT HAPPENS AFTER THE TRAINING

AVAILABLE OFFERINGS & OPTIONS

We want to ensure you are successful in your goals after the training and are always setting up new avenues to help.

First and foremost is our YINfinite Family Graduate Membership. This is an exclusive group for all graduates from the program to continue to stay in touch, ask questions and get different perspective and thoughts on anything related to your endeavors related to the training. We share many things in this group to also help nourish this growing community.

Next you are always and forever invited to contact TJ with questions, requests for feedback or just to share your activities after the training. If you need ongoing, regular support a Mentorship/Coaching/Apprenticeship option is available on a case-by-case basis. Please inquire for details and how to apply.

Available to all graduates will also be a new video archive that will help to reinforce learning after the training. This is planned to be accessible from the YINfinite Family group soon.

We are also in the early stages of developing a YUJMU Sponsorship Program to help promote and boost graduates teaching businesses. This will be a very selective application process and we will share more information when it is ready for launch.

Finally we are designing and compiling a Graduate Teachers Starter Pack which will be a downloadable packet of digital content and resources to help guide your steps into the teaching world and running that as a business.

Always check back on our website YUJMU.com for new levels to the training already in development discounts on repeating any level and workshops for Continuing Education.

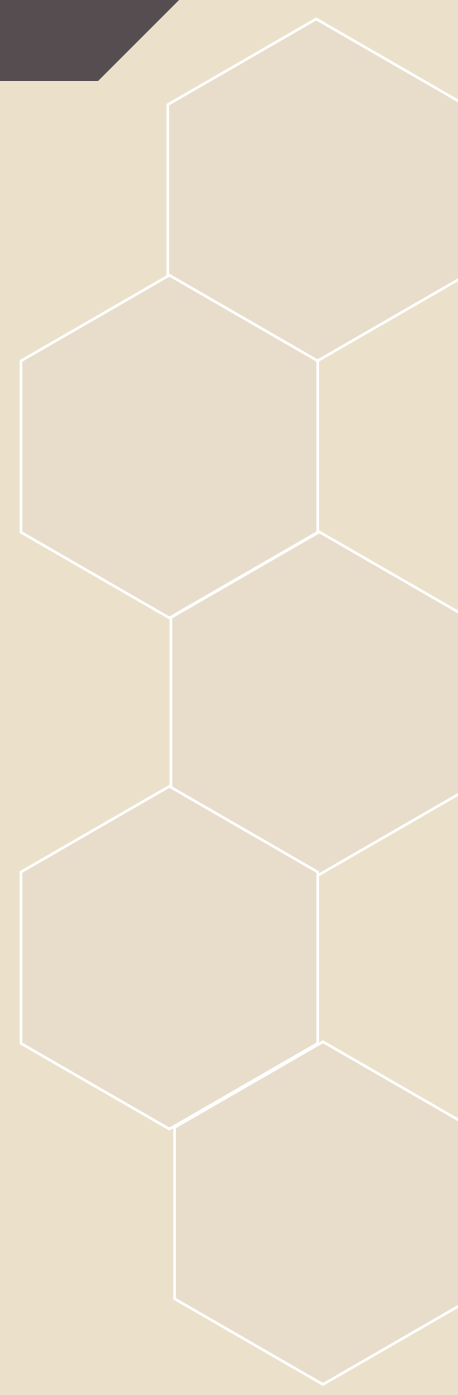
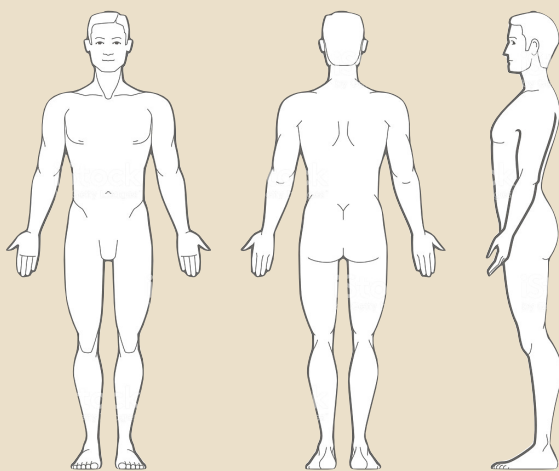




Self Caution Assessment

FOR YOUR OWN SAFETY MONITORING

LIST AREAS OF INJURY OR GENERAL CAUTION



Special Thanks

SO MUCH LIFE LEARNED, SO MUCH STILL TO LEARN

I AM SO GRATEFUL TO YOU ALL

To those who have supported and encouraged me through this life, those living and those who passed on, friends, family, lovers, haters and teachers; I am me because you have been you. Thank You SO much!

A very very special thank you to my family who has supported me throughout everything I have struggled with. I could not have finished this massive manual without your spirits. I LOVE this adventure and I LOVE each of you for sticking with me on it 