



YIN HOLY YOGA TRAINING

HOLY  YOGA
Global, LLC

If you have an interest in Yin Yang philosophy from Traditional Chinese Medicine, or simply want to see the gentler side of yoga, our Holy Yoga Yin Training is perfect for you. Traditional Chinese Medicine concepts have been scientifically proven to have health benefits on many levels. Blended with a yoga practice, these benefits become a reality in our daily lives.

Holy Yoga Yin Training explores the philosophies and perspectives of other cultures and belief systems that have influenced the development of Yin as it is known today while training instructors and practitioners through a Christ-centered approach. As a contemplative spiritual discipline integrating the heart, mind, soul, and body, Yin is taught as a practice that can significantly strengthen one's relationship with God and promote holistic wellness.

In Holy Yoga, we combine these concepts with the Word of God to address the totality of our beings for a well-rounded practice. Traditional yoga practices are often about an increase or output of energy whereas Holy Yoga Yin is all about receiving. We know this to be true of God's grace as well. Join us on this journey of receiving His Grace through yoga.

Practice receiving God's grace through yoga!



Come experience the
Holy Yoga®
difference!

Holy Yoga is the intentional practice of connecting our entire being, body, mind and spirit with God: the Father, Son and Holy Spirit. With complete reliance on God's Word and prayer, Holy Yoga invites us to surrender and introduces us to Grace. When we breathe and move and have our being in Christ, we find ourselves in the flow of His magnificence. There is often a misunderstanding that yoga is a religion; it is not. Yoga is a spiritual discipline, much like prayer, fasting and meditation. Yoga has the capacity to enhance our personal beliefs and faith.

Holy Yoga is an experiential worship created to deepen people's connection to Christ. Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness.

"The Yin training taught me self-reflection - to focus on the spiritual connection with my mind and body as well as listening to the spirit above all else. One of the biggest takeaways was that I can't teach what I don't know or feel for myself."

Jennifer Moye, C-HYI Yin

"To teach Yin is to practice Yin in that it requires foregoing alignment for the intimacy of intuition that is aware of every individual in the room and the community as a whole breathing together on their mats. Crafting cues takes a back seat to acute observation that sometimes results in more silence, or simply turning down lights. Instructing students in yin is to soften into the magic of what others are creating, and just being grateful to be a part. I'm learning more about myself and my craft of teaching yoga through this shared experience than exercising all my skills as a Vinyasa instructor."

Katie Pearson, C-HYI Yin



YIN TRAINING OUTLINE

Created with flexibility and convenience in mind, immerse yourself in 9 weeks of live training sessions – all from the comfort of home.

- History, Benefits, Yin and Yang, Understanding Connective Tissue and the Role of Chi
- Principles of Practice, Pranayama and the Postures
- Yin as Spiritual Discipline: Meditation, Managing Discomfort, Yin as a Change Agent
- Meridian Theory and Prescriptive Poses
- Yang Counter Poses and Special Populations
- Pain and Psychosomatic Presentation, Sequencing, Personal Practice/Application

Breakdown of Hours:

Technique: 20 hours

Teaching Methodology: 23 hours

Philosophy/Ethics/Lifestyle: 10 hours

Anatomy: 4 hours

Practicum: 3 hours

ALL WEBINARS ARE RECORDED AND
AVAILABLE WITHIN 48 HOURS IN CASE
YOU CAN'T MAKE IT LIVE!



ADDITIONAL INFORMATION

INCLUDED IN TRAINING

9-week online live webinar sessions

Electronic downloadable manual

Online training center with poses and practice videos

(Access will available for 60 days after the last live webinar session)

Holy Yoga Yin Certificate

TRAINING COST

Please visit <https://holyyoga.net/yin/> for more information regarding current training fees, interest-free payment plans, and the registration process.

HOW TO ENROLL

Check your email for an invitation to schedule a brief conversation with one of our Enrollment Specialists! You may also visit www.holyyoga.net/calendar for all upcoming start dates!

FAQS

Connect with an Enrollment Specialist for more information or visit our website for [Frequently Asked Questions](#)

CONTINUING EDUCATION

Yoga Alliance: 40 Hours (estimated)

