

Online Yin Yoga Teacher Training

with José de Groot



Facilitated by José de Groot



In all of my Yin Yoga Teacher Trainings, I carefully cultivate an open-minded and exploratory approach.

I support you in becoming a self-confident yogi and a curious teacher, who shares and practices yoga from a playful mindset and in a personal, safe and inspiring way with depth and lightheartedness.

Online Yin Yoga Teacher Training

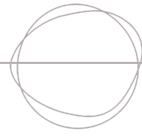
Your Inner Journey Becomes Your Wisdom To Share



This ONLINE Yin Yoga, Anatomy & Meridians Teacher Training combines online learning, interactive online support, study groups and LIVE ON ZOOM adjustment & teaching practice sessions, making this training available to you no matter where you are.

This training invites you to personalise your Yin Yoga practice by diving into an exploration of your own body and inner world. Apply your own understanding of the key aspects of this training (Functional approach, Yin yoga philosophy, Meridian theory and Elemental theory, human anatomy and asana) and translate it into a compassionate, liberating and safe practice for yourself and others. You'll learn to empower your students to discover and trust their own bodies and adapt the practice to suit them.

The Training At A Glance



80 hours of Online Learning

Access 80 hours of pre-recorded lectures and classes. Includes a 50-hour module on Yin & Anatomy plus a 30-hour module on Yin & Meridians.

Essential Adjustment & Teaching Sessions

We will gather together as a group online for adjustment practice of the poses of the upper and lower body. We will also gather to practice teaching.

Live Online Sessions & Group Mentoring

Feel even more connected with the group with 'check-in' zoom sessions. PLUS get more personalised attention with intimate mentoring sessions within smaller study groups.

Monthly Live Yin Yoga Classes

Join José every month for a 90-minute Yin Yoga Practice. Participation is mandatory either live or via recording.

Quizzes, Homework & Exams

Access José's e-learning platform to find and submit all of your homework, complete quizzes and complete your exams.

Online Yin Yoga Teacher Training

Are You Ready To Explore Your Uniqueness?



This ONLINE Yin Yoga Anatomy & Meridians Teacher Training allows you to explore your own body and inner world. connect with your heart and inner wisdom, dissolve blockages and trigger transformation. Discover your qualities, pitfalls and challenges in practising and teaching yin yoga, and get to know yourself better.

“Knowledge is power. Knowledge of yourself is self-empowerment.”

– Joe Dispenza

During this training, YOU will be the focus of attention. Whether you want to deepen and personalize your own yoga practice, promote your personal growth, or begin on the path of becoming a Yin Yoga teacher, you are in the right place.

Online Yin Yoga Teacher Training

Become An Inspiring & Compassionate Yin Yoga Teacher



The functional, open-minded and exploratory approach that José adopts in this training, will support you in becoming a self-confident yogi and a compassionate teacher. One who shares and practices yoga in a competent and liberating way; honouring and respecting different bodies, possibilities and needs of oneself and others.

This liberating and empowering approach cultivates Compassion and allows you to embrace all that You are, through practising yoga from Your Experience and in Your Way.

By accepting that we are all different you will stop comparing yourself with others. You won't feed your ego nor create unrealistic expectations. This helps to create more peace, freedom and joy for yourself, others and the world.

It is my goal that after this ONLINE Teacher Training you will be able to:

Practice and Teach Personalised Safe Yoga

By translating your understanding of the Functional approach to yoga combined with Yin yoga philosophy, Meridian stimulation & theory, Human anatomy, Meditation, Pranayama and Asana, you can offer yoga classes suitable for everyone, regardless of age, experience and flexibility.

Be Open and Empathetic to all Possibilities

You will come to understand that 'one alignment for all' does not work and learn to recognise and honour the infinite varieties in bodies, minds and possibilities.

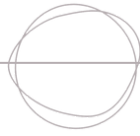
Connect and Relate to Others in your Classes

With compassion and self-confidence, gained by personal work and energetic insights and awareness.

Maintain a Practice of Self-Growth and Transformation

Grow, transform and nourish yourself independently with the knowledge and tools gained in this training. From that authentic basis you can then inspire your students to do their 'inner work' within their yoga practice as well.

What You'll Learn



Asana

Analyse and practice the upper and lower body Yin yoga poses and discover their nourishing effects. Explore modifications and alternatives for Yin Yoga poses and learn how to practice, sequence and teach them functionally. This means being guided by the experience of the asana (what works for you) and not by the aesthetic performance (how the pose should look like). Discover how Yin Yoga poses can stimulate meridians and encourage healthy Chi flow, using Elemental and Meridian Theory as a foundation to support and enhance overall well-being.

Anatomy & Eastern Philosophies

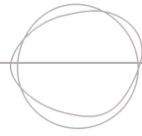
The foundation of this ONLINE training is the functional and holistic approach in which Anatomy, Yoga Philosophy and Eastern Health theories are combined.

Learn about the variations in human anatomy and physiology (bones, joints, muscle groups, fascia, organs) and the concepts of target areas, tensions versus compression and functional yoga. Explore the principles of Eastern philosophies on health and life (Yoga Sutras, Taoism, Meridian Stimulation & Theory, Chi, 5 Element Theory). Practicing and teaching yoga using this functional and holistic approach will help initiate profound physical, emotional, and mental shifts in yourself and your students.

Adjusting In A Personalised Way

Learn to give personal adjustments and how to effectively use props in Yin Yoga poses in an online and/or in-person setting. You will be able to inspire students to experiment and play around with their bodies in order to get the benefits of the asanas. Additionally, you can encourage your students to open and strengthen themselves in a beneficial way without causing unnecessary pain or injuries.

What You'll Learn



Pranayama & Orbiting Energy Techniques

Pranayama and Orbiting Energy practices support and enhance the effects of a Yin Yoga practice. Learn how to practice and guide various pranayama and orbiting energies techniques. Mastering these practices helps you to release blockages and break through patterns.

Meditation & Mindfulness

Through meditation and mindfulness learn to be present and in the moment, to observe without action or react from a nonjudgmental state of mind. Mastering the art of being present enables you to connect with your students in the moment and to create a compassionate atmosphere in your in-person and/or online yoga classes so your students feel safe enough to open up to whatever arises.

Personal Growth

The functional approach (what works for you) used in this ONLINE training is liberating and empowering; it allows you to be who you are without excuses or unrealistic expectations. You will develop the ability to accept everything as it is and to be compassionate to yourself and others. This can be applied to everything you do and creates an open mindset to endless possibilities. Throughout the training you will become aware of your personal qualities, pitfalls and challenges and how that affects your behavior. This awareness can motivate you to change and grow.

Online Yin Yoga Teacher Training

Sample Schedule

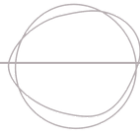


This 200-hour Online Yin Yoga Anatomy & Meridian Teacher Training spans over 11 months to give you enough time to practice and integrate and digest what you learn. All the online sessions are live via Zoom. This is a sample schedule of what the training might look like. **ACTUAL**

DATES STILL TO BE CONFIRMED

- Online Welcome Session: Month 1 | 8 pm – 10 pm CET
- Online Monthly Yin Yoga Practice: Fridays, 8 pm – 9.30 pm CET
- Online Whole Group Session: Month 2 | 8-9/10 pm CET
- Online Adjustment Practice: Month 3 | 9 am – 5 pm CET live on Zoom
- Online Study Group Session: Sessions will be booked in Month 4, 8 - 9 pm CET
 - * You attend only one of these dates with your study group.
- Online Teaching Practice: Several dates in Month 5 | 8 pm – 9.30 pm CET
- Online Whole Group Session: Month 5 | 8-9/10 pm CET
- Online Whole Group Session: Month 8 | 8-9/10 pm CET
- Online Adjustment Practice: Month 8 | 9 am – 5 pm CET live on Zoom
- Online Study Group Session: Sessions will be booked either Monday, Tuesday or Thursday in Month 9 | 8 pm – 9 pm CET
- Online Teaching Practice - Month 9, several session from 8 - 9:30 pm CET
- Online Whole Group Session: Month 10 | 8-9/10 pm CET
- Online Practical Teaching Assessment (5 x 1 hour sessions) : Month 11
- Online Closing Circle & Certificate Presentation: Month 11

Online Modules



Your online learning takes place on three platforms.

1. **Live interactive ZOOM sessions:** We will be gathering monthly either as a whole group or within study groups to stay connected with each other and enables José to guide you in your process. We will also meet up for essential adjustment and teaching practice. You can find the full schedule of these Zoom meetings in the dates tab.
2. **YogaTreat E-learning platform:** Where you can access all of your assignments, quizzes and personal feedback bundled in one place. José recommends that you practice quizzes as often as you like to help fully integrate the teachings.
3. **Ekhart Yoga Academy:** The 50-hour Yin Yoga & Anatomy module and the 30-hour Yin Yoga & Meridians Module are located at the Ekhart Yoga Academy. This is a fully immersive online learning platform where you can find all the pre-recorded content and full-length Yin Yoga classes.

50-hour Yin Yoga & Anatomy.



This online module contains 49 lectures and 7 full-length Yin Yoga practices.

- You'll learn about the influence of human anatomy on the Yin Yoga practice. Delve into the variations in human anatomy (muscle groups, fascia, joints and skeleton) and discover how they affect the way you move in your Yin Yoga practice.
- You'll learn to teach customised Yin Yoga classes. Learn how to assess your students and teach safe and non-injurious yoga classes in accordance with your student's needs and possibilities.
- Discover the nourishing benefits and effects of Yin Yoga poses. Learn how to stimulate the specific areas of your body that you want to target by practising Yin Yoga poses functionally.

We take 3 to 4 months to complete this 50-hour module. You can take it at your own pace during this time. There are assignments and quizzes to be made, which can be repeated as often as you like, to help you integrate what you learn.

In this module you'll learn:

Techniques, training & practice

- Deeper understanding of your body
- Practicing Yin yoga safely
- Personalised adjustments and modifications for Yin yoga poses
- Practicing pranayama
- Personalising and deepening your Yin yoga practice
- Do's and Don'ts of Yin yoga

Anatomy & physiology

- 14 skeletal segments
- 9 myofascial muscle groups and 39 Muscles
- Joints and movements
- Connective tissues
- Fascia
- Concepts of Functional Yoga & Tension versus Compression

Teaching methodology

- Teaching and adjusting 20 lower body Yin poses
- Functional grouping of 20 poses and variations
- Functional alignment
- Instructions, benefits and contraindications for the 20 poses
- Assessing joint restriction
- Functional adjustments and modifications
- Usage of props
- Sequencing
- Teaching pranayama

Yoga philosophy, lifestyle & ethics

- Teaching responsibilities
- Yin & Yang

30-hour Yin Yoga & Meridians



This online module contains over 60 lectures and 5 full length elemental themed Yin Yoga practices.

- You'll learn about the Five Elements, which form the basis of Traditional Chinese Health Theory, and how to use them in your Yin yoga practice for health and overall wellbeing.
- Learn the Meridian Theory, the Meridian pathways and how to approach your Yin yoga practice functionally to harmonize and optimise the flow of Chi.
- Upper Body Yin Yoga Poses: Explore the bones, joints and muscles of the upper body. Learn both upper and lower body Yin Yoga poses to specifically release muscles and fascia and to stimulate the upper and lower body meridians.

We take 2 to 5 months to complete this 30-hour module. You can take it at your own pace during this time. There are assignments and quizzes to be made, which can be repeated as often as you like, to help you integrate what you learn.

In this module you'll learn:

Different Expressions of Chi:

- What is Chi, Yin & Yang theory?
- The Daoist view of Life
- Relationship between the Daoist vision and Patanjali's Sutras

Elements:

- The 5 Elements of Traditional Chinese Health Theory: Metal, Earth, Fire, Water, Wood
- Emotions and functions in the body linked to each Element
- Causes, symptoms of unbalance and ways to harmonize each Element

Meridians:

- Twelve major Meridians
- Different types of Meridians
- Link between Elements, Meridians, Organs and Emotions
- Palpating and tapping meridians

Upper Body Yin Poses:

- The Anatomy of the Shoulder: bones, joints muscles and biomechanics
- Posture analysis and joint restriction tests
- Yin yoga poses for the upper body

Fascia and Connective Tissue:

- Four main body tissue types
- Types of Connective Tissue
- Types of Fascia and their functions
- The structure of Fascia, the cells and their matrix
- Relation between Fascia, Yin yoga and Meridian Theory

Yin Yoga – Practicing and Teaching:

- Sequencing classes to target specific meridians and harmonize elemental energies for physical, mental and emotional wellbeing
- Lower and Upper Body Yin yoga poses to stimulate each Meridian and Elemental Energy
- Five types of Pranayama
- Adjusting functionally to target meridians and muscles

For Whom & Prerequisites



This ONLINE Training is open to anyone who would like to deepen their own Yin practice and/or give personalized in person and/or online Yin yoga classes in the future. Because of the great understanding of the human body (anatomy and skeletal variations) that you gain, this ONLINE training is also very relevant for people who want to exercise injury-free beyond the scope of yoga, because you understand how to move your body in a way that is beneficial for you as a unique individual.

Because of the emphasis on the energetic aspect of yoga practice and how you can use this for your inner journey, the training is also very enriching for (future) yoga coaches.

PREREQUISITES FOR PARTICIPATION

Experience with the Yin yoga practice is required. You don't have to be an advanced practitioner, but you certainly have a good basis. This means:

- You have at least 2 months of experience in practicing Yin yoga
- You have to be physically able to practice a 60 or 90 minute Yin asana class.
- You can read and learn in English. Written assignments can be completed in Dutch, English or Spanish. The theory exam is multiple choice and is taken in English.

If you have any questions, please [contact José](#).

Certification



For the successful completion of the 200-hour ONLINE Yin Yoga Anatomy & Meridian Teacher Training, the following requirements apply:

- Completion of the 50-hour Yin Yoga & Anatomy module and the 30-hour Yin Yoga & Meridians Module.
- Attendance of all the online Zoom sessions in order to fulfil the requirements for this training. But if this is not an option for you (because of time differences) you can watch the recordings.
- Successful completion of homework, e-learning assignments and quizzes.
- Completion of the two online multiple-choice closure assignments.
- Attendance of the pre-set online practical assessment sessions via Zoom. Of course, in case of an unexpected personal situation, we can discuss alternative ways for you to successfully fulfill the teacher training anyway.
- The most important criteria for passing: can you, during the practical assessment, teach a Functional Yin Yoga class that is beneficial and nourishing for everyone, regardless of age, flexibility or flexibility.

When you have successfully completed this ONLINE Yin Yoga Anatomy & Meridian Teacher Training, you will receive a 200-hour certificate.

Please Note:

With this certificate, you won't be able to register with Yoga Alliance as an RYT-200 teacher, as the rules for online schooling will change as of 31st of December 2023. We will keep encouraging Yoga Alliance to change its policies and if things change we will keep informed. It's good to keep in mind that Yoga Alliance is not a governing body, but an association that offers a register. You are not required to have Yoga Alliance-certified training to be able to teach, though some yoga schools ask for it in order to teach under their name.

If you don't want to become a yoga teacher, you don't have to teach yourself during the training. But you do attend the classes taught by fellow students. You might want to help prepare the class and learn about sequencing and how to adapt poses, as an inspiration to create a personal beneficial yoga practice for yourself. In this case, you will receive at the end of the training a certificate of attendance.

Online Yin Yoga Teacher Training

FAQ



Is the ONLINE training relevant if I don't want to become a Yin Yoga teacher?

The 200-hour ONLINE Yin Yoga Anatomy & Meridian Teacher Training is suitable for anyone who wants to practice and teach yoga in a liberating way by learning a functional approach to yoga. Whether your goal is to deepen your own yoga practice or to teach yoga, you are in the right place. You will gain a great understanding of the human body and the energetic effects of yoga, which allows you to improve and deepen your own yoga practice and is very useful for people who want to exercise injury-free beyond the scope of yoga.

If you don't want to become a yoga teacher, you don't have to teach yourself during the training. But you do attend the classes taught by fellow students. You might want to help prepare the class and learn about sequencing and how to adapt poses, as an inspiration to create a personal beneficial yoga practice for yourself.

At the end of the training you will receive a certificate of attendance.

How much experience do I need to have with Yin yoga to do this 200-hour ONLINE training?

Some experience with the Yin yoga practice is required. You don't have to be an advanced practitioner, but you certainly have to have a good basis. This means that you must have practised Yin yoga yourself for at least 2 months.

José believes that having a minimum level of experience, allows you to experiment with and integrate the teachings of this ONLINE training better. Apart from that, she believes that you should always first experience the Yin Yoga path yourself before you can communicate this in your classes.

If you have any questions, please [contact José](#).



Why is the ONLINE Yin Yoga Anatomy & Meridian Teacher Training spread over 11 months?

Spreading the ONLINE training over 10-11 months is a very conscious choice. José finds it important that trainees have time to practice, experiment, study and integrate. In this way, you can enter your own process of transformation, build your self-confidence and embody what you have learned. Outside of the online contact sessions via Zoom, you will have the opportunity to start teaching and practicing yoga using the functional approach. This will give you insights and bring about certain questions, which you can share during the following Zoom sessions.

How much time do I spend on average on self-study and homework?

Of course, this is entirely up to you and varies per person.

The homework and assignments on the e-learning platform are designed to support the material covered in the online Zoom sessions and in the 50 and 30-hour Modules. They are intended to help you integrate the teachings into your own practice and the way you teach. You can make these assignments as often as you like, remember repetition is the key to learning in a relaxed way.

Practising with your fellow students on- and/or offline is very valuable because you can learn from each other and they are able to give constructive feedback.

On average you can assume:

- +/- 2 hours of homework per week (making assignments & quizzes)
- Meet online or in-person with your Study group once or twice a month.
- Additional time you spend on practising Yin yoga and meditation, either by yourself or taking classes externally.

Am I sufficiently qualified to teach Yin Yoga once I have completed the ONLINE training?

Yes!

Many of my trainees start teaching in small studios, gyms or in private with friends and family during the training. As a result, they make a lot of flying hours and can confidently increase their classes after obtaining their certificate.



Do I need to have prior training to follow this ONLINE Yin Yoga Teacher training?

No.

The content of this ONLINE training is so extensive and deepening that it is an excellent basis to start your career as a yoga teacher.

What main language is used in this ONLINE training?

The language used in the online Zoom sessions, 50 and 30-hour Modules and materials (PowerPoint, manuals and suggested books and DVDs) is English.

But as José speaks Dutch and Spanish she can – if needed – answer specific questions in those languages.



To join this 200hr Online Yin Yoga Teacher Training has been by far one of the best decisions I have made this year. The in-depth nature of the studied material, the personal attention and the transformational effect it is having on me has exceeded any expectations I might have had. José is an inspiring, knowledgeable and very compassionate and patient teacher, and learning from her is such a blessing. The course is structured effectively and is highly motivating. And a lovely side effect of the course being online is: all the sessions, practices and group meetings are recorded and can be reviewed again and again, which is great if you feel you need to refresh certain parts of the course. Also the contact with José and all the other students is personally deeply enriching and very beneficial for the learning process. I am so grateful for this opportunity and will be shedding some tears when it comes to an end. For me, learning has never been more inspiring.

Michelle Morgan.



José's online Yin Yoga training has been an eye-opener. I learned about the meridians, balancing the chi flow, and the theory of the elements. We learned how to adjust online and gained awareness of our own personalities as a teacher. José teaches in a clear and joyful way and explains even the tougher information lightly in her videos. For me, these lectures and practising the newly acquired information immediately through the recorded classes have been very effective. We could also join José's online live classes throughout the year! Having the option to rewatch some lectures if necessary was an advantage of being an online training. As a class, we bonded and will stay connected after our training. It has been a truly insightful and rewarding journey. Thank you -

Christine



For me, the Yin Teacher Training started as a bold project in a period when I was just coming out of parental leave, still searching for and reevaluating my professional self-worth and purpose. What I did not expect was also the therapy that came hand in hand while learning and working more intensely with the body and with the existing thought patterns. I believe the training is very well prepared and I really enjoyed connecting online with the teacher and the colleagues, the materials, all the information and practices. I appreciated the online benefits, that we had this training over almost one year (it helped sediment the information) and I could follow it in my own time. In the end, for me, it was the best choice. The teaching methods, (the dances, the singing, all ...) are really really helpful in the learning process. It was also a relief for me to better understand the specifics of my body and to let go of the “I am not flexible enough” thought pattern. I truly believe that functional teaching is a blessing for anybody and any mind that considers itself “not...enough”. I feel Jose is knowledgeable, giving, warm, empathic, and helpful. In short, I really really recommend it from the bottom of my heart.

Adria Milescu, Romania

Is This You?



You want to follow an Online Yin Yoga Teacher Training so you can do it at your own time and pace and have the ability to watch the recorded material as many times as you want.

You would like to deepen your own Yin Yoga practice and meet like-minded people from all over the world.

You would like to become a Yin Yoga teacher

You are already a yoga teacher and would like to integrate the functional approach to yoga – getting benefits from yoga poses instead of performing them aesthetically – into your teaching skills

You would like to learn how to move without causing injuries and improve your overall well-being

You are looking for personal growth, ready to step into your own power

Then this ONLINE Yin Yoga Anatomy and Meridians Teacher Training is for you! It will give you all the basics to teach Yin Yoga in an online and/or in-person setting if that's what you hope to do. Or get the most out of your yoga practice in this online training, if teaching is not for you. Above all this Online Yin Yoga Anatomy & Meridians Teacher Training is intended for enjoyment, self-development and self-care.

[REGISTER TODAY](#)