

## **Yin Yoga Teacher Training**

### **Name of Provider**

ChildLight Education Company, LLC  
PO Box 247  
Exeter, NH 03833  
<https://childlighteducationcompany.com/>

### **Contact Person**

Sally Delisle, Director of Trainings  
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### **The goals and objectives of this course/training/program:**

Understand and define yin, yang and restorative yoga including the history, benefits and contradictions of each.

Create intelligently sequenced yin lessons based on Chinese medicine and meridian theory.

Integrate use of props to safely support the body for an accessible and inclusive practice.

### **The types of activities included:**

Knowing the what, where and why of yin yoga

Yin Yoga posture practice and variations for accessibility

Breathing practices specific to yin

Yin Yoga sequencing and themes

Seasonal and anatomical practices

Practice teaching

Tips for teaching and best practices

### **Number of Contact Hours:**

Module one 15 contact hours  
Module Two 15 contact hours  
Total Course= 30 Contact hours