



VINAY JESTA  
VinayJestaYoga.com

# Yin Yoga Teacher training Course -Level 1

## Learning Objectives



### Foundations of Yin Yoga

- What is Yin Yoga: history, intention & benefits
- Understanding “yin” vs. “yang” tissues
- The art of stillness, softness & time
- Role of fascia, stress, and the relaxation response
- Myths vs. Truths about flexibility and stretching

## Functional Anatomy & Skeletal Variation

- Bones, joints & range of motion
- Why poses look different on different bodies
- Compression vs. tension
- Understanding target areas
- Functional approach to alignment )
- Exploratory movement labs



## Yin Yoga Poses & Methodology

- Breakdown of 40+ Yin postures
- Purpose, target areas, contraindications
- Prop usage & supportive variations
- Wall-supported + restorative-style Yin
- Timing, pacing & energetic cues

## Traditional Chinese Medicine (TCM) & Meridians Introduction to meridian theory

- 12 primary meridians & 5 elements
- Organ health, emotional layers, seasonal wisdom
- Sequencing using meridians
- The subtle body: Qi, flow & blockages

## Breathwork, Meditation & Mindfulness

- Yin meditation techniques
- Breath awareness, diaphragmatic breathing
- Body scanning & interoception
- Cultivating presence and nervous system regulation
- Integrating mindfulness into Yin teaching



## Sequencing & Class Design

- Structuring 60–75 min Yin classes
- Sequencing by:
- Target area
- Meridian pathway
- Theme or emotional focus
- Using silence, music & ambience intentionally
- Sample sequences

## Teaching Practicum

- Teaching practice
- Giving & receiving feedback
- Voice, tone & cueing
- Holding space with confidence
- Final 20–30 min taught class for evaluation

## Course Requirements

- Attend all sessions (in-person or online)
- Submit one written sequence
- Participate actively in practice teaching

## Certification

Upon completion of all 30 hours and assignments, participants will receive:

### 30-Hour Yin Yoga Certificate of Completion

Eligible for Continuing Education (if you are a registered yoga teacher with YA).



## Who This Training Is For

- Yoga teachers
- Bodyworkers & wellness practitioners
- Meditation teachers
- Students seeking deeper self-awareness
- Anyone drawn to stillness, introspection & personal growth



## Know your Teachers

### Vinay Kumar Jesta( E-RYT 500, YACEP)

Founder of Vinay jesta yoga and co-founder of 5 elements international school of yoga, Krakow-Poland



Vinay was born and raised in India and has been teaching Yoga teacher trainings for over a decade in Asia, Europe and to global students online. Vinay has taught over 55 batches on Yin yoga TTC before January 2026 and has trained over 300 students in this form of Yoga. Growing up in India Vinay had the privilege to have access to all aspects and styles of yoga from a very young age, his

journey into yoga started with pranayama and meditation introduced by his parents, followed by Satyananda and Shivananda styles of yoga at school and eventually into hatha and Vinyasa and yin practices as an adult. His roots truly reflect in his teachings in the way he is able to blend eastern philosophies and modern anatomy, addressing the needs of the modern practitioners but still staying authentic to the roots. Vinay strongly believes that yoga is for everyone and that if one can breathe then one can practice yoga.

### Zoe Taylor (founder Ministry of Yoga, Lisbon)



Zoe has taught more than 1000 Yin Yoga classes since 2017, initially studying with Yin Therapy and Anatomy training in Australia, followed by additional studies with Vinay Jesta in Poland, 2018. Over the 9years of teaching this profound modality she has included self-myofascial release (massage balls) studied through the Biomechanics Method, along with Chinese Meridian studies with Hayley Enright

from Lisbon Acupuncture. Zoe believes Yin Yoga provides a divine soul experience, blending long holds, deep release with meditation techniques. The frequencies shift within the mind carrying you to space that is often hard to find amongst the busy-ness of life. Zoe will be assisting Vinay with this training adding valuable insights on effective class instruction and sequencing.