



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.