

# The journey of a thousand miles, starts with a single step.



Lao Zi

## **Dear yogi,**

You did it! You answered the call to adventure by registering for the Balanzs yoga teacher training program. We are looking forward to walking with you on this part of the journey.

As you prepare to step over the threshold into a different world, you may be feeling excited, nervous, and maybe a bit afraid. All perfectly natural! We developed this manual to be your anchor as you begin your adventure.

To get the best out of your experience, we have outlined the manual's structure and how to use it below.

## **Merging, Unity of Different Energies**

This manual has merged and unified Yin yoga, Vinyasa (Yang) yoga, and Anatomy & Physiology. These are different from each other, yet complementary to each other. All together they form the essential basis of a well-rounded yoga practice, through which you are able to explore different layers of body, mind and spirit. When you keep Yin and Yang energies in balance, you can experience well-being and harmony within yourself and in life.

## **Vinyasa (Yang) Yoga**

Vinyasa yoga is a style of yoga in which the asanas are linked together in one continuous flow of movement. In Vinyasa yoga, the muscles and tendons of the body are targeted in a more active way. As a result, this style of yoga can be physically demanding. A sequence of movement often found within Vinyasa yoga is 'the Dancing Warriors'. The Dancing Warrior sequence represents the epitome of Yang energy — bold, assertive, and expansive. Nevertheless, by practicing the combination of Pranayama, Bandhas and Drishti, a meditative state can be reached within Vinyasa yoga.

## **Yin Yoga**

Yin yoga is a style of yoga in which the asanas are practiced in a quiet way. In Yin yoga, poses are held for one to five minutes or more. This addresses the deeper tissues of the body such as ligaments, joints, and the fascial network. The slow, gentle stretching will give you access to the (Y)in-side, a more subtle energetic, emotional and mental body. Yin energy is by nature meditative and allows you to cultivate your spiritual body. Therefore, there is still a flow in the stillness.

## **Anatomy and Physiology**

Anatomy is about how the body is structured and the relationship between different parts of the body. Physiology is about how the body functions. A good foundation of Anatomy and Physiology will also help you to get the most out of your yoga practice and specially to practice yoga in a safe way.

## **How the manual is structured**

Since this manual is the merging, unity of three different types of information, you may notice differences in the way the material is presented.

The manual contains just Module I's information. For those of you continuing on to Module II, you will receive additional content at a later stage.

In Module I, you will find four weekends of information. Each weekend has a theme and contains Vinyasa (Yang) yoga, Yin yoga, and Anatomy & Physiology.

## **Module I: Answer the call to adventure, magnify your practice**

**Weekend 1:** *Get grounded into the body*

**Weekend 2:** *Energy: Beyond and within the body*

**Weekend 3:** *Back to the Source*

**Weekend 4:** *Yoga in the Western World*

Before each weekend, you will receive a one-page preparation document. This one pager will include a brief introduction to content and reading assignments, so you will know what to expect during the upcoming weekend and how to best prepare for it.

Below you will find general information about what the manual contains as well as more detailed information that is specific to Vinyasa (Yang) yoga, Yin yoga, and Anatomy & Physiology.

## **General Information**

In each part, learning objectives are being set which will help you to have more focus in studying theory and in your self-practice.

The homework "Going deeper" will provide you with tools to review what you have learned during the weekends, to reflect in your personal life and to deepen your own development.

Also you can find the references to online resources, books, Yin and Yang asanas with photos, additional exercises, meditations and a Sanskrit glossary in each weekend's content.

## **Vinyasa (Yang) Yoga**

Over the weekends, we will explore different aspects of yoga philosophy, a category of Yang style asanas, proper alignment, Pranayama techniques, Bandhas, and Drishtis.

For each weekend, beginning and intermediate level Vinyasa asana practices will be provided. The asana practices range in length from 15-75 minutes.

## **Yin Yoga**

In each weekend, some basic concepts of Daoism and Traditional Chinese medicine will be highlighted.

On the base of the five elements the organs and meridians are being elaborated over the weekends. You will gain a deeper understanding of body-mind-heart and its interactions with nature.

For each weekend one or two Yin sequence(s) related to the element(s), organs and meridians will be provided along with other exercises.

## **Anatomy and Physiology**

Over the weekends, we will explore the basics of anatomy and physiology, correct anatomical positioning, anatomical differences between bodies, movement terms, the bones, muscles, and tissues of the upper and lower body and how to use them, the structure of spine, and the core in relationship to stability and balance.

The manual that you are holding in your hands is the result of our passion for teaching, our desire to contribute to the yoga community, and our commitment to helping you evolve into the best version of yourself. Creating a manual is an ongoing process and we welcome your suggestions and feedback so that we can improve our work.

With kindness,

The Balanzs Teacher Training Team