



— INFO PACK —



50H OR 100H

Yin Yoga Teacher Training

The art of stillness and surrender.

"Where practice becomes path."

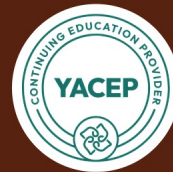
SHREE HARI YOGA



CONTINUING EDUCATION · GOA & DHARAMSHALA

Yin Yoga Teacher Training

The art of stillness and surrender.



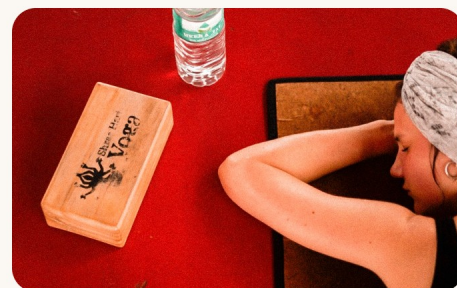
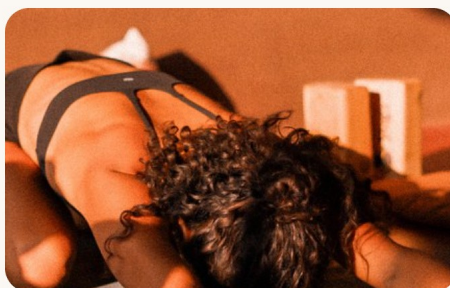
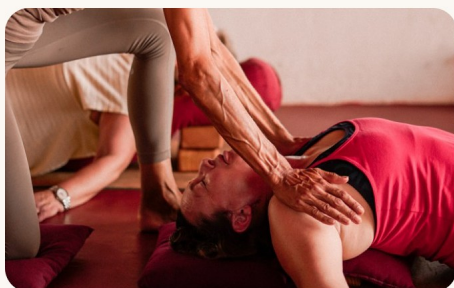
Yoga Alliance YACEP

Namaste

Where yoga feels like home

Welcome, dear seeker. Discover the philosophy, anatomy and energetic principles of Yin Yoga, woven with Chinese meridian theory and mindfulness, and learn to create safe, meditative classes that balance body and mind.

You arrive to slow down. You leave with a quieter mind and the skill to guide others into stillness.



WHY SHREE HARI YOGA

No mass trainings. We slow down, together.



Small circle, big family

Max. 15 students. You practise, learn and rest together.



Heart-led teaching

Teachers who know your name, your body and your pace.



A living lineage

Founded in 2013 by Hariji. A tradition, never a trend.



Yoga & Ayurveda

Daily Ayurvedic lifestyle practices and consultations in Goa.



Your certificate

A Yin Yoga certificate on completion, 50h or 100h.



Two campuses

The ocean in North Goa or the Himalaya in Dharamshala.

CHOOSE YOUR DEPTH

Two formats, one path

50h

Foundation · 7 days

Philosophy, anatomy & meridian theory.

100h

Immersion · 12 days

Deep release & energetic balance.

IS THIS FOR YOU?

Who can join

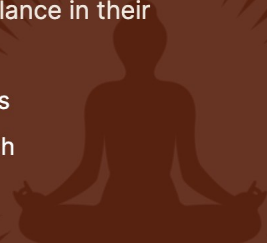
For teachers expanding into slower, restorative practices, and for students seeking balance in their own practice.



Teachers adding Yin to their classes



Students seeking balance and depth





THE ESSENTIALS

Yin Yoga Teacher Training



50 / 100 H

Certified training

MAX. 15

Per group

ALL INCL.

Full-time

2 SITES

Goa & Himalaya

INCLUDED

Room & meals

Six blocks of study

01 Pranayama & Meditation

Ujjayi, Bhramari, Anulom Vilom, Trataka, chakra meditation and Yoga Nidra.

02 Ayurveda Foundations

The three doshas, and how diet, lifestyle and daily ritual support balance.

ONLY GOA CAMPUS

03 Teaching Practice & Methodology

Yin alignment, adjustments, clear cueing and class planning.

04 Yin Anatomy & Fascia

Yin anatomy, physiology and fascial trains, taught for safety.

05 Yoga Philosophy & Lifestyle

Patanjali's Yoga Sutras, the four paths of yoga, chakras, koshas and gunas.

06 Daoism & Chinese Medicine

Yin and Yang, Qi, the meridian system and the five elements.

How the training unfolds

- 1 **Foundations**
Yin anatomy, TCM and philosophy basics.
- 2 **Start teaching**
Asana clinic, methodology, your first mini-classes.
- 3 **Grow as a teacher**
Ethics & professionalism; lead 30–45 min classes.
- 4 **Final stage**
Full 60–90 min classes and verbal exams.
- ✓ **Certified as a**
Yin Yoga Teacher · 50h or 100h

A day with us

Mon–Sat · Saturday afternoon off

Sunday free to integrate, rest & explore · no meals

- 06:00** Pranayama & meditation
- 07:30** Asana practice
- 09:00** Breakfast, in silence
- 10:00** Yin anatomy, energetics & TCM
- 11:00** Asana clinic & teaching practice
- 12:00** Yoga philosophy, texts & lifestyle
- 13:00** Lunch
- 14:00** Self-study, journaling & reflection
- 15:00** Yoga philosophy, texts & lifestyle
- 16:00** Asana practice
- 17:30** Sunset break
- 18:00** Mantra, sound healing, Ayurveda, workshops
- 19:00** Dinner
- 20:00** Reflection circle, meditation & group Q&A



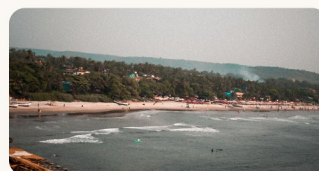
SPECIAL BONUS · GOA CAMPUS

Ayurveda consultation & ice bath included

What's included

- ✓ Accommodation in a single or shared room
- ✓ Ayurvedic, sattvic, vegetarian meals
- ✓ Pre-course preparation materials
- ✓ Daily pranayama, meditation & asana
- ✓ Yin Yoga certificate, 50h or 100h

Two campuses, one lineage



Arambol, North Goa

Ocean energy & joyful living



Dharamshala

Himalayan peace & depth



*"If you are not breathing,
you are not doing yoga."*

HARIJI, FOUNDER

Reserve 50h

Reserve 100h



Talk to us

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