



REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

AVAILABLE ON DEMAND

YIN YOGA TEACHER TRAINING

listen, deeply

INFO PACKET • 2026

ONLINE • SELF-PACED • ON DEMAND

THE WISDOM OF SLOWING DOWN

In a world that constantly rewards speed, stimulation, and productivity, Yin Yoga offers something radically different: stillness.

An on-demand immersion into the philosophy, energetics, meditation, anatomy, and subtle depth of Yin Yoga practice and teaching.

Yin Yoga is a slower, more meditative style of practice where postures are held for extended periods of time to support connective tissue health, energetic balance, mindfulness, nervous system regulation, deep listening, and internal awareness.

Rather than focusing primarily on muscular engagement, Yin emphasizes surrender, sensation, breath, awareness, and the subtle experience of being present. This training explores Yin as a **philosophy of attention, introspection, and embodied awareness.**



The quieter the body becomes, the more clearly we begin to hear ourselves.

FORMAT

ON DEMAND • SELF-PACED

CERTIFICATION

YIN YOGA TEACHER CERTIFICATION

TUITION

\$247 • ONLINE

ACCESS

LIFETIME ACCESS

CONTINUING ED

YOGA ALLIANCE CE FOR RYT5

FUTURE FORMAT

IN-PERSON IMMERSIONS MAY BE OFFERED

FIVE PATHS INTO THE PRACTICE

For both yoga teachers and dedicated students drawn toward deepening their understanding of Yin Yoga and contemplative practice.

i.

YOGA TEACHERS

Teachers seeking to bring more mindfulness, grounding, stillness, and nervous system awareness into their classes.

ii.

DEDICATED PRACTITIONERS

Students wanting to deepen their understanding of Yin Yoga, meditation, and subtle practice.

iii.

WELLNESS PROFESSIONALS

Therapists, bodyworkers, healers, and practitioners interested in connective tissue, fascia, mindfulness, and energetics.

iv.

HIGHLY ACTIVE INDIVIDUALS

Athletes, runners, vinyasa practitioners, and highly "yang" personalities seeking balance through slower practices.

v.

LIFELONG LEARNERS

Individuals interested in meditation, philosophy, energetics, and conscious slowing down.

The quieter the body becomes, the more clearly we hear ourselves.



WHAT YOU WILL STUDY

Nine integrated modules, held with the same patience the practice itself asks for.

01

FOUNDATIONS OF YIN YOGA

History, philosophy, and principles of Yin Yoga practice including Yin/Yang energetics and the meditative nature of the practice.

02

CONNECTIVE TISSUE + FASCIA

How Yin Yoga works with fascia, ligaments, joints, connective tissues, mobility, and range of motion through long-held passive stress.

03

YIN POSTURES + MODIFICATIONS

Detailed breakdown of Yin postures, prop usage, modifications, functional alignment, and variations for different bodies.

04

MERIDIAN THEORY + ENERGETICS

Introduction to meridian theory, energetic pathways, subtle body concepts, and energetic balancing principles integrated into Yin traditions.

05

MEDITATION + MINDFULNESS

Mindfulness practices, concentration techniques, breath awareness, stillness practices, and meditative inquiry integrated into Yin Yoga.

06

SEQUENCING YIN CLASSES

Creating intentional Yin sequences that support grounding, energetic balance, nervous system regulation, and thematic class experiences.

07

FUNCTIONAL ANATOMY

Skeletal variation, compression vs tension, functional movement principles, and individualized practice approaches.

08

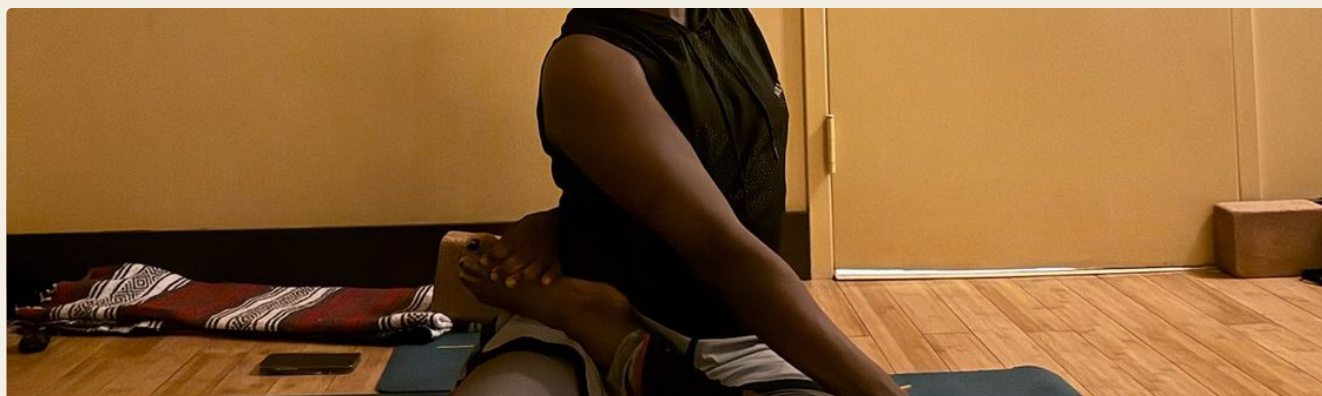
TEACHING METHODOLOGY

Voice, pacing, room atmosphere, energetic presence, cueing, emotional safety, and the subtle art of teaching slower practices.

09

YIN VS RESTORATIVE

The similarities and distinctions between Yin Yoga and Restorative Yoga methodologies and intentions.



DEPTH BEYOND FLEXIBILITY

Yin Yoga is often misunderstood as simply stretching or passive flexibility work. In reality, Yin asks for far more presence than flexibility ever could.

Students are encouraged to move beyond external achievement and into a more subtle relationship with practice and self-study.

This training approaches Yin Yoga not as performance, but as a practice of listening, surrender, mindfulness, and embodied awareness.

PATIENCE

AWARENESS

PRESENCE

NERVOUS SYSTEM REGULATION

EMOTIONAL SENSITIVITY

ENERGETIC AWARENESS

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

Offered entirely on demand, so you can move through the material with spaciousness and flexibility, revisiting it as often as needed while integrating the teachings into personal practice and teaching.



RECORDED LECTURES

each module at your own rhythm

GUIDED PRACTICES

Yin sessions to take yourself

POSTURE BREAKDOWNS

functional alignment for every body

SEQUENCING INSTRUCTION

templates for full-length classes

PHILOSOPHY MODULES

Yin/Yang theory + meridian study

MEDITATION PRACTICES

stillness training for your work

DOWNLOADABLES

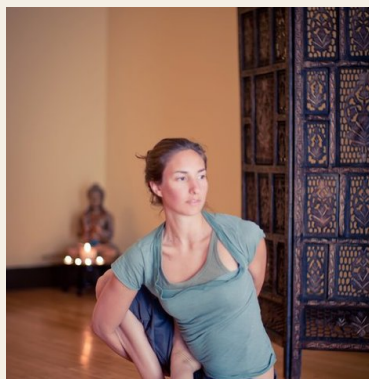
manuals, scripts, prop guides

SELF-STUDY

reflection + integration prompts

TEACHERS WHO LIVE IT

Revolution Yoga's teacher trainings are guided by founder and director Amanda DiGiovanna, lead teacher trainer at Revolution Yoga, whose own study spans yoga, philosophy, and Ayurveda.



LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- Restorative Yoga and Yoga Nidra Training with Evangeline Houlihan
- Restorative Yoga Training, Jivamukti Yoga School (Lakshmi Devi)
- Ayurvedic Health Consultant, studied under Naina Mairbali
- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappel)
- 200-Hour Vinyasa Teacher Certification, Sonic Yoga (2007)

STUDENT EXPERIENCES • IN THEIR OWN WORDS

“

This training changed the way I understand stillness and practice. I'm a vinyasa teacher. Yin gave me tools and a kind of patience I didn't know I was missing.

GRADUATE • YIN YTT, 2024

“

I'm a runner. I came in skeptical of long holds. I left with a completely different relationship to my body.

GRADUATE • YIN YTT, 2024

INVESTING IN YOUR PATH

\$247

*Online · Self-Paced
Lifetime access*

FORMAT

ON DEMAND · SELF-PACED

Self-guided online, from anywhere.

START

SAME DAY YOU ENROLL

Begin the same day you enroll.

ACCESS

LIFETIME ACCESS

Lifetime access to all modules and updates. Your pace, no deadline.

01

ENROLL ONLINE

Enroll at shop.revolutionyogaspaces.com/products/yin-yoga-teacher-training-online.

02

CHECK YOUR EMAIL

Access details arrive by email right after purchase.

03

LEARN IN GOOGLE CLASSROOM

Self-paced in Google Classroom. Includes modules, demonstrations, manual, guided practices, scripts, and downloadable resources.

04

YOUR CERTIFICATION

Yin Yoga Teacher Certification on completion. Yoga Alliance CE credits available for current RYT's. In-person immersions may be offered in the future; join the interest list.

COMMON QUESTIONS

DO I NEED TEACHING EXPERIENCE?

No. While many Yin students are existing yoga teachers, the training is approachable for dedicated practitioners as well.

IS THIS TRAINING ONLINE ONLY?

Currently, yes, fully on demand. In-person immersions may be offered in the future. Email us to be notified.

IS YIN YOGA THE SAME AS RESTORATIVE YOGA?

No. They share an outward stillness but differ in intention. Yin works connective tissue through long-held passive stress; Restorative supports the body fully with props for nervous system recovery. Module 09 covers both in depth.

DO I NEED TO BE FLEXIBLE?

No. Yin is a functional approach: we work with skeletal variation rather than asking every body to look the same in every shape. Flexibility is a byproduct, not a prerequisite.

CAN BEGINNERS JOIN?

Yes. We welcome dedicated practitioners with at least 6 months of practice. The training itself walks you through everything you need.

HOW LONG DO WE HOLD POSTURES?

Typical Yin holds range from 3 to 7 minutes. The training covers when to hold longer, when to come out earlier, and how to read the practitioner.

IS THIS YOGA ALLIANCE ELIGIBLE?

Yes. RYT's receive Yoga Alliance continuing education credits upon completion.

08 • ENROLL + CONTACT

STEP INTO QUIET DEPTH

An invitation to slow down, listen more deeply, and explore the subtle power of Yin Yoga as a practice of mindfulness, awareness, and embodied presence.

ON-DEMAND ENROLLMENT

**ENROLL TODAY •
BEGIN TODAY**

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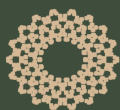
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CALL

516.619.6421

HOW ACCESS WORKS

Self-paced in Google Classroom. Access details arrive by email right after purchase.



Revolution Yoga Institute for Yoga Studies • Rockville Centre, NY