

THE YIN PATH OF THE ARCHETYPES

AN INTRODUCTORY WEEKEND TO MODULE 2

WITH **BIFF MITHOEFER**
& **JULIA KUPKE**



LISBOA 2025
1-2 NOVEMBER

ABOUT THE WEEKEND

Through the Yin practice we engage in a Yoga practice that serves as a life practice and beautifully blends into possibilities of our own inner work.

Through his studies with Angeles Arrien, Biff Mithoefer began weaving her teachings on the Four Archetypes — **Warrior, Healer, Teacher, and Visionary** — into the Yin practice. This integration offers tools and perspectives to bring our inner experiences into everyday life.

With curiosity and compassion, we're invited to look within, to better understand ourselves, and to begin recognizing the wholeness that is already present.

In this Introduction Weekend, we'll explore the concept of the Archetypes as a way to perceive ourselves and others. Step by step, we'll journey through each Archetype — supported by Yin Yoga, somatic and mindfulness practices, and rituals — to experience their presence within us.

These lenses help us integrate the insights from our inner work, both on and off the mat.

FOR WHO?

This weekend is open to all, and especially valuable for Yin Yoga teachers who wish to deepen their ability to hold space, see their students clearly, and teach from a place of authentic presence.

For those wishing to continue the path, this weekend also serves as an introduction to the 50h Module 2 Training of the Jamtse School of Yin Yoga.

PROGRAM:

Saturday 1st: 10h -18h

Sunday 2nd: 9h -17h

PRICE:

Regular Price: €330

Early Bird (until July 25): €280

Agora Members: -10% discount

PACKAGE PRICE -10% (FOR WEEK TRAINING AND WEEKEND INTRO):

Regular: €1.050 (instead of €1.180)

Early Bird: €950 (instead of €1.005)

Full payment is required to secure your spot

Payment plans available on request

Travel, meals, and accommodation are not included

CANCELLATION POLICY

Cancellation Before September 20: 50% of the total amount is refunded

Cancellation After September 20: No refund - However you can find someone to replace you in the weekend