



YIN YOGA TRAINING MODULE 1

WITH BIFF MITHOEFER
& JULIA KUPKE



LISBOA 2025
25–30 OCTOBER

Join Biff and Julia for a 6-day immersive Yin Yoga Basic Training at Agora Lisboa. This 50-hour foundational training is a deep journey into the practice, philosophy, and essence of Yin Yoga. Open to both those wishing to teach and those seeking a transformative retreat experience.

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Go
with all
your heart

TRAINING PRESENTATION

We often experience life as a series of opposites —light and dark, stillness and movement — as if they must exist separately. Yin Yoga reminds us that these polarities are part of a greater whole. Through its philosophy and practice, Yin Yoga supports us in reconnecting with both inner and outer balance, allowing harmony and ease to emerge.

This 50-hour Foundation Training offers a holistic exploration of Yin Yoga — from its philosophical roots in Daoism to its physical and energetic expressions. We'll examine how yin and yang show up in our bodies, minds, and lives through Traditional Chinese Medicine, anatomy, and mindfulness practices.

Throughout the training, you'll:

- Deepen your connection to your inner self and discover your personal resources;
- Explore Yin Yoga postures, their effects, and adaptations for different bodies;
- Understand the energetic body and meridian theory;
- Learn tools to integrate meditation, breathwork, and mindfulness;
- Practice teaching in a way that is authentic and grounded.



TRAINING CONTENT

This training is designed to be practical and experience-based. Alongside theory, inspiration, and discussion, the emphasis is placed on shared experiences through practical exercises, active participation, and collaborative group learning.

What we will be exploring:

- The roots of Yin Yoga, Daoism & Buddhism
- Yin and Yang as complementary forces
- Cultivating yin qualities in life and teaching
- Anatomy for Yin Yoga: bones, fascia, muscles, organs
- Energetic anatomy and meridian theory (TCM)
- The nervous system, stress regulation & embodiment
- Emotions in the body & trauma-informed perspectives
- Mindfulness & meditation as core elements of the practice
- Safe and effective use of props
- Yin Yoga vs. Yin Restorative vs. Restorative Yoga
- Conscious language, silence, and space-holding
- Designing meaningful sequences & class structures
- Teaching with authenticity, presence, and intention



SCHEDULE

October 25–30, 2025

Saturday: 10:00 – 20:30

- Lunch Break: 13:00 – 14:30
- Dinner Break: 18:00 – 19:00

Sunday: 08:00 – 20:30

- Breakfast Break: 09:30 – 10:30
- Lunch Break: 13:00 – 14:30
- Dinner Break: 18:00 – 19:00

Monday: 10:00 – 18:30

- Lunch Break: 13:00 – 14:30

Tuesday: 10:00 – 17:30

- Lunch Break: 13:00 – 14:30

Wednesday: 10:00 – 20:30

- Lunch Break: 13:00 – 14:30
- Dinner Break: 18:00 – 19:00

Thursday: 10:00 – 17:30

- Lunch Break: 13:00 – 14:30

WHO IS THIS FOR?

This training is open to anyone—whether you wish to teach Yin Yoga or simply deepen your own practice. It's also a meaningful retreat space to connect with like-minded people, step into stillness, and explore the wisdom of yin.

Whether you've been practicing for many years, haven't yet found your practice, or are just beginning to explore yoga, meditation, or mindfulness—you are just right where you are right now and we're happy to welcome you to the circle.

PRICE:

Regular Price: €850

Agora Community Price: €650

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

Regular: €1.050 (instead of €1.180)

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 13: 50% of the total amount is refunded

Cancellation After September 13: No refund - However you can find someone to replace you in the training

CERTIFICATION

Upon completion, you'll receive a 50-hour Yin Yoga Basic Training certificate. This training qualifies as continuing education and offers a foundation for teaching.