

YIN YOGA BASIC TRAINING

WITH BIFF MITHOEFER AND JULIA KUPKE

19.10 - 24.10/2026



About this Yin Yoga Basic training

We often perceive life in terms of opposites and view them as mutually exclusive, as if there were only one or the other, or as isolated possibilities. Yin Yoga reminds us opposites existing at the same time as a nature of life and, through its practice and philosophy, supports us in reconnecting the polarities within and around us, thus allowing natural harmony and flow to emerge. This gives us the opportunity to make our experience and our own perception more integrative, allowing us to follow a path that brings gentleness, lightness, and connection.

The practice of Yin Yoga helps us understand that we don't have to be in a battle between polarities, but rather have the choice to create connection and balance, thus finding a peaceful path for ourselves. This exploration of ourselves allows us to incorporate the yin qualities into our relationships with others and our environment. **In this 50-hour Yin Yoga Foundation Training**, we examine the practice and philosophy from different perspectives, creating space for a holistic understanding of Yin Yoga. Connecting to the inner self, learning more about yourself, and discovering your own resources will guide us on this journey.



About this Yin Yoga Basic training

Participation in the 50-hour basic training enables you to not only live the practice and philosophy of Yin Yoga sustainably, but also to teach and share it. The training is also open as a retreat to anyone who wants to deepen their practice for themselves and seeks to connect with like-minded people.

During the training, we examine the relationship between yin and yang from the perspective of Daoism and use this background to develop a philosophical understanding of the practice. By examining the physical and energetical anatomy, we learn how yin and yang are also expressed in our bodies. A holistic understanding of human anatomy as defined by Traditional Chinese Medicine and other natural healing concepts plays a key role in Yin Yoga practice, enabling us to understand the impact and effects of formal practice on the body, emotions, mind, and nervous system. We examine yin postures on a universal level to gain a foundational understanding. Targeted exercises and group discussions also give us the opportunity to understand the individuality of each posture. This in-depth examination supports a deepening of our own practice and imparts the knowledge necessary to pass the practice on to others safely and effectively. During the training, we will also apply and learn additional techniques to facilitate the integration of meditation and mindfulness.

What this training includes

The training is designed to be practical and experience-oriented. In addition to theory, inspiration, and discussion, we primarily engage in shared experiences through practice, exercises, and experiential group sessions. We harness the power of collaborative learning and growth within a group. The 50-hour basic training creates an understanding of Yin Yoga so that you can pass on the practice with authenticity – both as a formal Yin Yoga practice and in other settings.

- History of Yin Yoga Practice
- Philosophical background to Daoism, Buddhism and differentiation from other yoga styles and traditions
- Polarities of Yin and Yang
- Cultivating Yin Qualities as a Life Practice
- Effect of the practice on a physical level
 - Physiology and anatomy of the body for the scope of the practice
 - Understanding the role of bones, muscles, tendons, ligaments and organs
 - Energetic anatomy
 - Understanding the role of energy flow (meridian theory and approaches from TCM)
 - Basic understanding of the nervous system, its regulatory capabilities and stress and relaxation states



- Effect of the practice on an emotional level
 - Location and movement of emotions in the body
 - Impulses from body-oriented healing and therapy approaches
- Effect of practice on a mental/mind level
 - Insight into the perspective of mindfulness teaching and meditation practice
 - Understanding of mind and thoughts
- Know basic Yin Yoga postures and understand their possible effects and intentions
- Contraindications and dealing with diseases and special challenges
- Use of aids and props
- Differentiation between Yin Yoga, Yin Restorative Yoga and Restorative Yoga
- Yin Yoga & Breathing
- Meditation and mindfulness in Yin Yoga practice
- Introduction to language, voice, words, silence and sound as tools for teaching
- Overview and Structure of Yin Yoga sequences and classes
 - Cycle of experience
 - Integration of movement, relaxation and mindfulness exercises and meditation
- Identify variants for passing on the practice
- Consciously design the external and internal setting for Yin Yoga practice
 - Maintaining your own space
 - Holding space for other people

The training consists of 6 in-person training days.

Who is this training for?

The training is aimed at those who want to pass on and teach the Yin Yoga practice, as well as those who want to deepen their own practice. It is aimed at yoga, meditation, and mindfulness teachers, as well as those working in therapy (physical and mental therapies), coaches, educators, social workers, and other helping professions. Likewise, the practice of silence, contemplation, and connection to the body proves to be supportive for people in creative professions and artists. The Yin Yoga practice and philosophy are so valuable because they can be applied to a wide variety of fields and retain their relevance even off the mat. We aim to meet everyone where they are in that moment and develop individual solutions for how to apply the practice. So, wherever you are right now, this is a perfect place to begin. 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.



Certification

Upon completion of the training, you will receive a certificate for a 50-hour Yin Yoga

Requirements

No previous experience with yoga, meditation, or mindfulness is necessary to participate in this training. 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'll definitely bring what you need for this training. We recommend sharing any medical conditions or limitations relevant to the training process so that we can address your needs together.

FAQ

Do I need prior yoga or teaching experience to join this training?

No prior experience is required. This training is open to everyone - whether you are completely new to yoga, have an established practice, or are already teaching. We meet you exactly where you are and support you in developing your understanding and practice from that place.

Is this training only for people who want to teach Yin Yoga?

Not at all. While the training qualifies you to teach Yin Yoga, it is also open as a retreat-style experience for anyone wishing to deepen their personal practice, explore Yin philosophy, or reconnect with themselves in a nourishing group setting.

What makes this Yin Yoga training different from others?

This training takes a holistic and experiential approach, weaving together philosophy, physical and energetic anatomy, emotional awareness, mindfulness, and group inquiry. Rather than focusing only on shapes, we explore Yin Yoga as a way of being - on and off the mat - rooted in Daoist philosophy and embodied experience.

What will I be able to do after completing the training?

After completion, you will have a solid foundation to teach Yin Yoga safely and authentically, design thoughtful classes and sequences, and integrate meditation, mindfulness, breath, and silence into your offerings. You will also gain tools to apply Yin principles to daily life, relationships, and other professional fields.

Is this training suitable if I have injuries, illnesses, or physical limitations?

Yes. Yin Yoga is adaptable and inclusive. We work with variations, props, and individual approaches. We recommend sharing any relevant medical conditions or limitations in advance so we can support you safely and consciously throughout the training.

What is the balance between theory and practice?

The training is strongly experience-based. While we explore theory, philosophy, and anatomy, much of the learning happens through practice, self-inquiry, group exercises, discussion, and embodied exploration. The goal is integration, not memorization.

How is Traditional Chinese Medicine (TCM) integrated into the training?

We introduce key concepts from TCM - such as meridian theory, energy flow, and organ systems - in an accessible and practical way. This knowledge helps deepen understanding of how Yin Yoga affects the body, emotions, mind, and nervous system, without requiring prior knowledge of TCM.

What is the structure of the training?

The training consists of 6 in-person training days, creating a contained and immersive learning environment. Each day includes Yin Yoga practice, meditation, theory, group exchange, and experiential learning sessions.

Will I receive a certificate?

Yes. Upon successful completion, you will receive a 50-hour Yin Yoga Basic Training certificate, which can be used to document your continuing education or support your teaching path.

What kind of group atmosphere can I expect?

You can expect a supportive, non-judgmental, and collaborative space. We value shared learning, authentic exchange, and holding space for one another. The group becomes an important part of the experience, offering connection, reflection, and inspiration.

DATES

Basic training: Monday, 19.10.26 – Saturday, 24.10.26

SCHEDULE

with breaks in between

Day 1 / Monday 10.00 – 18.30

Day 2 / Tuesday 09.30 - 17.30

Day 3 / Wednesday 10.00 - 18.30

Day 4 / Thursday 09.30 - 17.30

Day 5 / Friday 10.00 - 21.00

Day 6 / Saturday 11.30 - 21.00

PRICING

Regular: 950 euros

Returning training students: 850 euros (everyone, who already did a training with Agora, Jamtse or Julia Kupke)

Package Price for booking both trainings: 1800 euros

Get in touch with us if the investment required does not meet your financial situation

BOOKING

Access the link at Agora website
or email to: info@agora-lisboa.com