

# YIN YOGA & INNER WORK *EMBRACING THE YIN PATH*

**WITH BIFF MITHOEFER AND JULIA KUPKE**  
27.10 - 01.11 / 2026



## About this training program

The Yin archetype invites us to stop striving and to pause our habitual attempts to fix or change ourselves and the world without first meeting what is already here. This is not an invitation to passivity or resignation. Rather, it is an invitation to acceptance as the ground from which meaningful transformation can arise. In Yin Yoga and mindfulness practice, acceptance is not the end of the path, it is the beginning. It asks for honesty, presence, and a willingness to relate to ourselves and others as we truly are. From this place, change becomes organic rather than forced.

Embracing the Yin Path – Yin Yoga & Inner Work is a 50-hour training program that explores what it truly means to live with presence, connection, and integrity. It invites participants to deepen their personal practice while developing the inner capacities that support authentic, relational, and embodied life. For teachers and other professionals, this can be an opportunity to weave those qualities into other fields.



## What this training includes

This training weaves together Yin Yoga practice, mindfulness, inner work, and experiential learning. Alongside daily Yin practices and meditation, participants are introduced to practical tools that support self-awareness, connection, and relational clarity, both on and off the mat. Key elements of the training include:

- Daily Yin Yoga practices, body-based and mindfulness meditation, as well as somatic awareness
- Inner work and self-inquiry practices to deepen self-connection and clarity
- Mindfulness-based communication practices
- Experiential practices exploring connection, boundaries, authentic relating and presence through movement, touch, and group practices
- Exploration of the archetypes of Warrior, Healer, Teacher, and Visionary as inner resources for balance and integrity
- Creative approaches to teaching, including the use of story, poetry, and metaphor to support embodied learning

The archetypal framework draws inspiration from nature-based traditions and elemental wisdom. Each archetype represents a different quality of being and teaching, and their balance supports equanimity, resilience, and compassion - for ourselves, and all our relationships. All relational and somatic practices are offered with clear invitations, choice, and respect for personal boundaries.



## Who is this training for?

This training is open to:

- Practitioners who wish to deepen their personal Yin practice and inner work
- Yin Yoga teachers and yoga teachers from other styles
- Mindfulness practitioners and meditation teachers
- Therapists, coaches, and facilitators interested in embodied and relational approaches

The training is suitable both for those who teach and for those who feel called to explore Yin Yoga and inner work as a path of personal development. No emphasis is placed on performance or perfection - curiosity, openness, and a willingness to engage with oneself are key.

## Certification

This is a 50-hour Yin Yoga Teacher Training.

The training consists of approximately 45 contact hours. To receive a certificate of completion, participants are asked to complete an additional 5 hours of independent study within 30 days after the training. The independent study may include personal practice, reflection, or integration of the training content. Participants are invited to share their experience in written form via email. Submissions are not graded or evaluated. Upon completion, participants will receive a 50-hour Yin Yoga Teacher Training certificate.

## Requirements

- A regular yoga or mindfulness practice is recommended
- Prior Yin Yoga experience is helpful but not mandatory
- An openness to self-reflection, experiential learning, and group processes
- Willingness to engage in somatic and relational practices in a respectful and consent-based way

This training does not require advanced physical ability. Practices are offered with variations and invitations rather than fixed forms. 'Yin Yoga & Inner Work - Embracing the Yin Path' is an invitation - not an obligation. You are welcome exactly where you are, and you are encouraged to listen to your own sense of timing and readiness.

## FAQ

### **Is this training only for Yin Yoga teachers?**

No. The training is open to Yin Yoga teachers, yoga teachers from other traditions, mindfulness practitioners, and people who feel called to deepen their personal practice and inner work.

### **Is this training more physical or more introspective?**

Both. The training includes daily Yin Yoga and gentle movement practice, as well as meditation, self-inquiry, and relational practices. The physical practice supports inner exploration rather than performance.

### **Do I need prior experience with Yin Yoga?**

Prior Yin Yoga experience is helpful but not required. A regular yoga or mindfulness practice and openness to experiential learning are more important. Our open classes are a possibility to get in touch with the practice. You might also want to read Biff's book *The Yin Yoga Kit*.

### **Will there be hands-on or partner practices?**

Yes, some practices involve relational and experiential elements such as movement, conscious listening, or simple partner explorations. All practices are offered with clear invitations, choice, and respect for personal boundaries. Participation is always optional.

## FAQ

### **Is this training therapeutic or trauma-focused?**

This training is not a therapy training. However, it is trauma-aware and emphasizes presence, choice, and self-regulation. Participants are responsible for caring for their own needs and seeking additional support if needed.

### **Is this training suitable if I don't plan to teach?**

Yes. Many participants join primarily for personal development, inner work, and deepening their Yin practice. Teaching is explored as a quality of presence, not only as a profession.

### **How physically demanding is the training?**

The Yin practice is gentle and adaptable. No advanced physical ability is required, and modifications are offered throughout the training.

### **What does the independent study include?**

The independent study supports integration of the training and may include personal practice, reflection, journaling, or creative inquiry. There is no grading or evaluation. We are there for questions and support.

## **DATES**

Yin & Inner Work – Module 2: 27.10.26 – 01.11.26

## **SCHEDULE**

*with breaks in between*

Day 1 / Tuesday 09.30 - 17.30

Day 2 / Wednesday 10.00 - 18.30

Day 3 / Thursday 09.30 - 17.30

Day 4 / Friday 10.00 - 21.00

Day 5 / Saturday 11h30 - 20.00

Day 6 / Sunday 08.30 - 18.00

## **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](mailto:info@agora-lisboa.com)