

	Chapter 1	Chapter 2	Chapter 3	Chapter 4	Chapter 5	Chapter 6	Chapter 7	Chapter 8	Chapter 9
90 minutes	1.1 Yin Yoga	2.1 Yin Yoga	3.1 Yin Yoga	4.1 Yin Yoga	5.1 Yin Yoga	6.1 Yin Yoga	7.1 Yin Yoga	8.1 Yin Yoga	9.1 Yin Yoga
45 minutes	1.2 Yin Qualities	2.2 A Functional Approach to Practice	3.2 Anatomy: How does Yin Yoga work?	4.2 Anatomy: Joints	5.2 Anatomy: Spine	6.2 Anatomy: Hips	7.2 The Elements in Daoism	8.2 How to Teach Yin Yoga	9.2 The Divine Feminin
45 minutes	1.3 What is Yin Yoga	2.3 Anatomy: Introduction to Fascia	3.3 Your Yoga	4.3 Anatomy: Spine	5.3 Anatomy: Hips	6.3 Anatomy: Shoulder	7.3 The Elements & Meridians	8.3 Teaching Styles	9.3 Prayer & Intention
45 minutes	1.4 Principles of Practice	2.4 Interoception	3.4 Sequencing in Yin Yoga	4.4 Posture Studies	5.4 Posture Studies	6.4 Posture Studies	7.4 The Elements & Emotional Qualities	8.4 Holding Space	9.4 Being Water
45 minutes	1.5 The Dao I	2.5 The Dao II	3.5 The State of the Feminine	4.5 Posture Studies	5.5 Posture Studies	6.5 Posture Studies	7.5 The Elements & Postures	8.5 The Dao III	9.5 The Dao IV
90 minutes	1.6 Yin Yoga	2.6 Yin Yoga	3.6 Yin Yoga	4.6 Yin Yoga	5.6 Yin Yoga	6.6 Yin Yoga	7.6 Yin Yoga	8.6 Yin Yoga	9.6 Yin Yoga
60 minutes	1.7 Mind & Heart	2.7 Where is Your Location	3.7 Witness Consciousness	4.7 Awareness	5.7 Who am I?	6.7 Beyond Presence	7.7 Self-Inquiry Overview	8.7 Self-Inquiry – A Daily Practice	9.7 Graduation Ceremony
30 minutes	1.8 Contemplation	2.8 Contemplation	3.8 Contemplation	4.8 Contemplation	5.8 Contemplation	6.8 Contemplation	7.8 Contemplation	8.8 Contemplation	9.8 Invitation to Graduation
60 minutes	1.9 Significance of Spiritual Heart	2.9 I-Feeling	3.9 History of Advaita Vedanta	4.9 Sat Chit Ananda	5.9 Ramana	6.9 Witness Consciousness	7.9 The Natural State	8.9 Teaching Self-Inquiry	
30 minutes	1.10 Meditation	2.10 Meditation	3.10 Meditation	4.10 Meditation	5.10 Meditation	6.10 Meditation	7.10 Meditation	8.10 Meditation	
30 minutes			3.11 Yin Yoga Self-Practice	4.11 Yin Yoga Self-Practice	5.11 Yin Yoga Self-Practice	6.11 Yin Yoga Self-Practice	7.11 Yin Yoga Self-Practice	8.11 Yin Yoga Self-Practice	