



100-Hours Yin Yoga & Sound Healing Teacher Training Course



28 September – 7 October 2025

**Mediterranean Retreats Center
Lesvos – Greece**

www.mediterraneanretreatscenter.org

This comprehensive 100-hour Yin Yoga and Sound Healing Teacher Training course is designed for yoga teachers, wellness practitioners, and students interested in deepening their understanding of Yin Yoga and integrating sound healing techniques into their practice or teaching. Participants will learn to guide transformative Yin Yoga classes, incorporating sound healing tools such as gongs, singing bowls, chimes, and voice to enhance the healing experience.

Learning Outcomes:

By the end of this 100-hour training, participants will:

1. Be able to explain and integrate the principles of Yin Yoga
2. Experience a variety of sound healing instruments and voice to deepen the therapeutic effects
3. Be able to demonstrate the skills required to incorporate sound healing practices with Yin Yoga to promote physical, mental, emotional, and spiritual well-being
4. Develop a deeper awareness of the body's energetic field to support healing using Yin Yoga, sound and vibration.
5. Be able to teach Yin Yoga and sound healing classes to different levels, using skillful cueing and intelligent sequencing

Certification:

Upon successful completion of this 100-hour Yin Yoga and Sound Healing Teacher Training, participants will receive a Yoga Alliance International certificate allowing them to teach Yin Yoga integrated with sound healing techniques

Course Requirements:

- **Attendance:** Full participation in the course
- **Assignments:** Quizzes, teaching practice, and final exam
- **Practice Teaching:** Lead at least one Yin Yoga & Sound Healing session

Instructor:

This training will be led by experienced instructors with backgrounds in Yin Yoga, Yoga, sound healing, meditation, and energy work. Instructors will share their knowledge, personal experiences, and hands-on techniques throughout the course.

Jackie Rutledge



Jackie is a University lecturer with extensive experience as a health and wellbeing educator. She has completed a wide-range of yoga teacher training including RYT 200 and a further 300 hours in yoga therapy and integrative medicine. Her training in Yin Yoga comprises of over 200 hours and she attended a 6 day sound healing course in Rishikesh, India. She has taught on yoga teacher training courses and is currently teaching yin and sound healing classes in her local community. Jackie also organises and teaches on yoga retreats worldwide.

Through her multifaceted roles as an educator and yoga teacher she continues to make significant contributions to the health and wellness landscape fostering a holistic approach.

Massimo cantara

Massimo is originally a musician and has played drums and percussion in numerous groups both in England and Italy. He has hundreds of concerts throughout Europe and South America to his credit. In recent years he has dedicated himself to the study of sound, vibration and the effects of these on the human being.

Massimo graduated as a Yoga teacher (500h) with the international SYM school of which he was also a teacher, he also holds a diploma in Yoga



Therapy (300h) with Vasistha Yoga Foundation in Kerala, India. He has been teaching at his own center in Italy since 2010 and is a founding member of "Three Treasures Yoga," an international teacher training school. In addition to his professional activities as a practitioner in Holistic Disciplines and as a Shiatsu Teacher, in 1999 he founded Holismos Yoga & Wellness, a center for the promotion and practice of holistic disciplines, including Yoga, of which he is the director. Massimo is also an expert in Cranio Sacral Balance , Kinesiology and Shiatsu. In 2020 he debuts with his music CD "Elemental World", a sonic journey through the 5 elements. In 2021 he published his book "Hospital without Pain" Bio-natural disciplines in the hospital context Ed. Epigraphia, Salus series.

Course Structure:

- **Duration:** 100 hours
- **Prerequisite:** Minimum 6 months experience in yoga or sound healing

Module 1: Introduction to Yin Yoga (15 hours)

Objective: Gain a deep understanding of the principles and philosophy of Yin Yoga, its benefits, and the body-mind connection.

- **The Yin Yoga Fundamentals**
 - History and origins of Yin Yoga
 - The philosophy of Yin Yoga (Taoism, Traditional Chinese Medicine, and the 5 Elements)
 - Yin vs. Yang: The balance between the two energies
 - Principles of Yin Yoga
 - Propping
 - Yin Yoga postures
- **Anatomy and Energetics of Yin Yoga**
 - Fascia, connective tissue, and joint health
 - The role of the breath in Yin Yoga
 - Understanding the meridians and elements in relation to Yin Yoga poses
 - The impact of Yin Yoga on the nervous system
 - How Yin Yoga supports healing at the energetic level

Practical:

- Guided Yin Yoga practice
- Introduction to variations and prop use for accessibility in Yin Yoga

Module 2: Yin Yoga Sequencing & Teaching Methodology (15 hours)

Objective: Learn to create effective and balanced Yin Yoga sequences with skilful cueing cultivating a clear, confident teaching voice.

- **Understanding the Body's Needs**
 - Designing sequences based on anatomy and energetics
 - Targeting specific meridians and organs
 - Creating safe and effective classes for different levels
- **The Art of Teaching Yin Yoga**
 - Setting the tone: Creating a safe and healing space
 - Verbal cues and hands-on assists in Yin Yoga
 - Modifications for students with different needs (injuries, pregnancy, etc.)
- **Integrating Pranayama and Meditation**
 - The importance of pranayama in a Yin practice
 - Cultivating mindfulness and meditation in practice

Practical:

- Creating and teaching a short Yin Yoga class incorporating mindfulness and meditation
- Peer feedback and guidance

Module 3: Introduction to Sound Healing (20 hours)

Objective: Understand the foundational principles of sound healing and the healing properties of different sound tools.

- **The Science and History of Sound Healing**
 - The role of sound in healing traditions (e.g., Tibetan singing bowls, gong, shamanic drumming)
 - Sound as vibration and its impact on the nervous system and brainwaves
 - The role of sound in healing emotional, physical, and energetic imbalances
- **Types of Sound Healing Instruments**
 - Gongs, Tibetan singing bowls, tuning forks, chimes, and the human voice
 - Understanding how different frequencies impact different parts of the body
 - Introduction to chakra tuning with sound

Practical:

- Experience with various sound healing tools
- Practice sessions on using sound tools in a healing session (individually and in groups)

Module 4: Integrating Sound Healing into Yin Yoga (20 hours)

Objective: Learn how to effectively combine Yin Yoga and sound healing to deepen the meditative and therapeutic experience.

- **The Synergy of Yin Yoga & Sound**
 - How Yin Yoga creates a receptive state for sound healing
 - Techniques to integrate sound healing during long-held Yin postures
 - Timing the sound healing to the rhythm of the breath and the body's subtle energy shifts
- **Using Sound to Enhance Energy Flow**
 - Working with the chakras and energy meridians through sound
 - Guided sound baths: Structuring a sound healing experience
 - How sound can help release stored emotions and physical tension
- **Creating a Yin Yoga & Sound Healing Session**
 - Sequencing a Yin Yoga class with sound healing
 - Guidelines for creating the optimal soundscape in a Yin class
 - Using your voice for sound healing (mantras, chanting, or vocal toning)

Practical:

- Develop and teach a class that integrates Yin Yoga and Sound Healing
- Group work to create a themed Yin & Sound Healing class

Module 5: Sound Healing Techniques for Emotional & Spiritual Healing (15 hours)

Objective: Explore how sound healing can address deeper emotional and spiritual healing during Yin Yoga practice.

- **Sound and Emotional Healing**
 - How sound frequencies can release emotional blockages
 - Using sound to promote relaxation, emotional release, and emotional balance
 - Specific sound frequencies for different emotional states (e.g., anxiety, grief, depression)
- **Spiritual and Energetic Healing with Sound**
 - Sound healing for spiritual growth, awakening, and alignment
 - Working with mantras and sacred sound vibrations
 - Creating a spiritual healing environment with sound
- **Creating Sacred Spaces with Sound**
 - The importance of intention-setting when using sound for healing
 - Rituals and ceremony with sound to enhance the spiritual experience

Practical:

- Experiential sessions with sound baths focused on emotional release
- Guided exercises to create sacred spaces and incorporate sound healing tools

Module 6: Practice Teaching & Final Assessment (15 hours)

Objective: Refine your teaching skills and gain feedback to integrate both Yin Yoga and Sound Healing into your practice.

- **Practice Teaching Sessions**

- Teach a complete Yin Yoga class with integrated sound healing
- Peer and instructor feedback on your teaching style, sequencing, and integration of sound
- Adjusting for different student needs and creating a healing environment

Daily Schedule

- 08:00 Yang to yin yoga practice
- 09:45 Breakfast
- 10:30 Yin theory
- 11:45 Break
- 12:10 Asana breakdown
- 13:30 Lunch
- 15:00 Sound theory
- 16:15 Break
- 16:45 Yin and sound practice
- 19:00 Dinner
- 20:00 Occasional evening activity (e.g movie, soundbath, meditation, yoga Nidra)

COST: Shared accommodation 1150€ - single private room 1490€ (the price includes three meals per day, all tuitions and course materials, transportation and pick up/drop off from and to the airport, guided excursions during free time):

Location: Mediterranean Retreats Center



The building, which today has been completely converted into a center for yoga and study of energy and healing practices, was originally a traditional Greek tavern and small hotel. The facility, which overlooks the Gulf of Kalloni (the sea is only a few meters from the house), is completely secluded and nestled in an exceptionally beautiful natural setting. This area is a paradise for all birdwatchers who come to the island, especially in the spring months, from all over the world to admire pink flamingos, black and white storks, peregrine falcons and many other migratory birds of rare beauty. The gulf is an important breeding area for many fish species that make this stretch of sea teeming with life. Its location, the natural setting in which it is located, the peace, the silence and the strength of the elements, make this an ideal place to totally immerse oneself in the study

and practice of the various disciplines, leaving behind all the physical and emotional burdens that normally crowd our existences.



Types of accommodation

The center provides five rooms with bathrooms, A/C and balcony with sea view, and we also have another six rooms with bathrooms, A/C and balcony with sea view, available 800 meters away. We offer accommodations in double rooms with single beds and in single rooms (for an additional charge).

The food

All meals are carefully prepared by our staff directly in the large kitchen available at the center. The raw materials and ingredients, all locally produced, are of the highest quality because they are grown in a healthy, unpolluted



environment on nutrient-rich lava soil. Meals include breakfast, lunch and dinner. Plenty of fruit from our garden, herbal teas, water and various beverages are available throughout the day. Meals are vegetarian/vegan based with a strong middle eastern flavour.



The island of Lesbos.

This island, despite being a UNESCO World Heritage Site, does not have a tourist attendance comparable to other Greek islands such as Santorini, Mykonos or Rhodes. Lesbos is no less a generous and independent island, with its own well-defined profile in the Greek economy and full of interesting things to discover and, of course, to enjoy. It is the home of Sappho (a famous poetess of the classical period), the best Hellenic olive oil, the undisputed capital of ouzo, retsina (local flavored wine), boasts a curious and unique petrified forest, and its capital, Mytilene, is rich in historical vestiges and has a great student life that enlivens it even during the long winter months. The island's nature is lush and bountiful: millions of olive trees alternate with dense forests, but also leave room for desolate valleys and barren mountains. And then there is the endless coastline, for long stretches unknown to mass tourism, lonely but welcoming, familiar only to the nearly 300 species of migratory birds that choose to stop here each year. Lesbos is an island where Greek daily life is not dazzled by the easy money and somewhat kitsch of boorish and naive tourism. It lives its routine with optimism and appreciates the fact that those who come here have not chosen their destination at random.

How to get there

Lesbos is located in the archipelago of islands in the northeastern Aegean and is the largest of the group in size. Because of its importance, it has very easy connections to Athens, where there are several internal flights every day throughout the year. If you want to save money, there are good connections by ship, always every day of the year. Ships also stop in Chios and often go as far north as Thessaloniki.

From some European countries you can fly directly to Lesbos, which has a small but modern international airport. If you cannot find a direct flight to Mytilene, fly to Athens and from there take another flight to the island.

Infos and bookings:

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