

Check List

M O D U L E 4

- ☐ Yin Yoga Sequencing
- ☐ Integrative Energetics
- ☐ An Experience Through The Chakras
- ☐ The Yin & Yang Organ System
- ☐ Pranayama For The Elements
- ☐ Yin Yoga & The 8 Limbs of Yoga
- ☐ Module Exam
- ☐ Insights