



wisdOM of the body™

Yin Yoga, Breathwork & Embodiment Training

SANKOFA YOGA



WISDOM OF THE BODY™

50HR YIN YOGA, BREATHWORK & EMBODIMENT TRAINING

“Work through what the body remembers. Breathe through what it holds.”



October 2025
www.sankofayogacenter.com/ybt



Course Syllabus - Fall 2025
October 2025

Developed & Facilitated by Dr. Tamisha J. Ponder, PhD, ERYT, RMT

COURSE DESCRIPTION

The body is a gateway to wisdom that words cannot touch. This training is an invitation to come home—not to who you think you should be, but to the truth of who you already are. Through the practice of Yin yoga, breathwork, and somatic awareness, we learn that healing is not something we force—it is something we feel our way into.

Wisdom of the Body™ Yin Yoga, Breathwork & Embodiment Training (YBT) is a **50-hour** immersive teacher training designed to integrate the art of *Yin yoga with breathwork, somatics, and deep embodiment practices*. In this training, we do not approach Yin yoga for rest—but for reckoning, reverence, and return. We work through what the body remembers and breathe through what it holds. It is for anyone who feels called to slow down, listen deeply, and reconnect with their body's natural wisdom.

At its core, this training is about returning to the body. Everybody breathes, and everybody has the capacity to reconnect with the body's wisdom, no matter where they start. This training is a journey into embodiment, transformation, and the deep listening that allows us to be truly present with ourselves and others.

COURSE OBJECTIVES & LEARNING OUTCOMES

This immersive training is designed to:

- **Reclaim Yin as a Practice of Presence:** *Learn to approach Yin yoga not just for rest, but as a space for reckoning, reverence, and return.*
- **Deepen Inner Listening:** *Cultivate embodied awareness and trust in the body's natural wisdom through stillness, sensation, and breath.*
- **Integrate Breathwork & Somatics:** *Explore how breath and subtle movement support emotional release, nervous system regulation, and healing.*
- **Understand the Body as a Site of Memory:** *Recognize how trauma, emotion, and life experience live in the body—and how to meet them with compassion.*
- **Develop an Embodied Teaching Voice:** *Design Yin yoga and breath-centered practices rooted in intuition, presence, and trauma-informed care.*
- **Hold Space for Others:** *Build the capacity to guide individuals and groups through slow, supportive, and transformational practices.*
- **Return to Yourself:** *Anchor your personal practice in deep listening, spiritual alignment, and the sacred intelligence of your own body.*

Upon completion, participants will receive a certificate of completion. The certification ensures a total of twenty (50) continuing education credits (CECs) with Yoga Alliance with each module with its own respective credits.

PROFESSIONAL APPLICATIONS

This certification prepares you to:

- **Offer Trauma-Informed Yin Yoga & Breathwork Classes**
Lead public or private sessions rooted in nervous system awareness, emotional presence, and deep somatic listening—offering a unique and healing experience beyond typical yoga classes.
- **Integrate Embodiment into Existing Roles**
Bring somatic and breath-centered tools into your work as a yoga teacher or practitioner, therapist, social worker, bodyworker, educator, or wellness practitioner to support emotional regulation, self-awareness, and client empowerment.
- **Support Communities in Deep Healing Spaces**
Facilitate community circles, retreats, and workshops that center rest, repair, and embodied transformation—especially for those navigating grief, trauma, burnout, or identity-based stress.
- **Develop a Personal or Professional Niche in Embodiment**
Use your certification to specialize in slow, intuitive, and culturally-rooted wellness practices—building offerings that reflect your own lived experience and voice.
- **Expand Your Scope as a Teacher or Space Holder**
Add depth and dimension to your work as a yoga teacher, meditation guide, or facilitator with practices that honor the body as a sacred site of memory, resistance, and wisdom.

WHO IS THIS TRAINING FOR?

This training is for anyone drawn to the deeper layers of practice—those who want to move beyond poses and into the wisdom the body holds.

Whether you're a seasoned teacher or a devoted student, a caregiver, artist, organizer, or simply someone navigating the complexity of life—this space was created for you.

We don't approach Yin yoga solely for rest, but for **reckoning, reverence, and return**.

In this practice, we **breathe through what the body holds** and **listen to what it remembers**. Yin Yoga becomes a pathway to presence, to healing, and to homecoming.

If you're ready to slow down, explore breath as a tool for liberation, and reconnect with your body's natural wisdom—**you belong here**.

COURSE SCHEDULE & DATES

The training course comprises **four live-virtual sessions** and a **closing weekend in-studio** (virtual options available).

MODULE 1 | *Introduction to Yin Yoga and Embodiment*

Wednesday, October 1 @ 6:00 pm - 8:30 pm VIRTUAL

MODULE 2 | *The Art of Stillness and Transformation*

Wednesday, October 8 @ 6:00 pm - 8:30 pm VIRTUAL

MODULE 3 | *The WisdOM of Breathwork and Somatic Awareness*

Wednesday, October 15 @ 6:00 pm - 8:30 pm VIRTUAL

MODULE 4 | *Trauma, Release and Connection*

Wednesday, October 22 @ 6:00 pm - 8:30 pm VIRTUAL

MODULE 5 | *Closing Weekend: Immersive Practice, Integration & Graduation*

The final module will take place in person at our studio (300 Main Street, Laurel, MD), pending health and safety guidelines. Should conditions change, we will transition to livestream learning via Zoom.

- Saturday, October 25 @ 9:00 am - 5:00 pm IN-STUDIO (virtual options available)
- Sunday, October 26 @ 9:00 am - 5:00 pm IN-STUDIO (virtual options available)

In addition to training sessions, students will complete readings, homework, a daily yin and breathwork practice, contemplative writing, meet with peers asynchronously, and attend Yin and breathwork classes (in-studio, virtual, or local).

TUITION & REGISTRATION

The cost of our 50-hour YBT is **\$800**. Applicants will be required to submit an **information form** and pay the non-refundable **\$265** deposit to gain entry into the training.

Tuition of \$800 must be payable as follows:

- **Paid-in-Full:** 10% Early Bird Discount is available for those paying in full by September 1, 2025.
- **Payment Plan Option:** **\$265** non-refundable and non-transferable deposit, followed by two split payments; a) the first payment of **\$265** drafted from your card on file on *September 15, 2025*, and b) the second payment of **\$265** drafted from your card on file on *October 15, 2025*.

TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, \$265 from the applicant's deposit amount will be retained by the program. However, such an amount can be applied towards a future training program.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

Questions regarding tuition balance, please contact info@sankofayogacenter.com

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training. **We employ cameras on policy.** In the case of any **emergency absences**, please notify the program director immediately. If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options.

Students may miss only ONE live virtual session, and must watch the replay prior to the next live session. **Attendance to the live closing weekend in full is MANDATORY.**

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director do not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. **Please discuss attendance concerns with Dr. Ponder at prior to enrolling.**

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

REQUIRED RESOURCES

1. **The Complete Guide to Yin Yoga** by Bernie Clark
2. **Yin Yoga: Principles and Practice** by Paul Grilley
3. **The Politics of Trauma** by Staci K. Haines
4. **The Breathing Book** by Donna Farhi

SUGGESTED RESOURCES

- *The Language of Yin* by Gabrielle Harris
- *Breath: The New Science of a Lost Art* by James Nestor
- **My Grandmother's Hands** by Resmaa Menakem
- *Discovering the Body's Wisdom* by Mirka Knaster
- *The Wisdom of Your Body* by Hillary L. McBride

CERTIFICATION REQUIREMENTS

In addition to attending all training sessions, there are few other certification requirements:

Written hOMework/Distance Assignment

- Students are **required to have a daily home Yin Yoga Practice** during the training.
- Students are required to complete **hOMework assignments and journal entries based on their readings** from the assigned texts and meditation practices.

Recorded Breathwork Practices

Over the course, students will record breathwork practices to be reviewed with feedback. The recording will be due prior to the closing ceremony. The exact date/time will be provided within the manual.

Yin Yoga and/or Breathwork Classes *(Tracked via Google Form)*

- Students are required to attend **four Yin Yoga or Breathwork classes** during the training and submit reflections on teaching style, space holding, and technique. These four classes are included in your tuition and may be taken **in-studio or online** at Sankofa. You may also substitute **one class** with a **group counseling session** if you choose.
- **NOTE:** *If you are not local or unable to attend Sankofa classes due to scheduling, you are welcome to take Yin or Breathwork classes **at a local studio** or through **online platforms** that align with the spirit of this training.*

Practice Teach 4 Sessions Minimum

(Feedback sent via Google Form) Students will conduct 4 sessions of practice teaching.

QUESTIONS?

Contact us:

Email: info@sankofayogacenter.com **Phone:** 240-786-7182