

ACU-YIN

INTEGRATED TRAINING

by Prianca Shharma & Shiran Michaeli

- JANUARY 30TH -
FEBURARY 6TH
SOUTH GOA



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ABOUT THE TRAINING

In a globalized world, many of us are initially drawn to the physical aspects of yoga — the more Yang, muscular side of asana practice. But as the journey deepens and the body becomes more attuned, students naturally become curious about what lies beneath the surface: the channels, points, and subtle architecture that classical Chinese medicine has mapped for thousands of years.



ACU-YIN is a unique and immersive training that combines the deep, meditative stillness of YinYoga with the precision of acupressure and Traditional Chinese Medicine. You'll explore the subtlebody through long-held, floor-based postures that support release and introspection, while learning to read and work the sinew channels, meridians, and acupoints that these very postures stimulate.



WHO THIS COURSE IS FOR

This course is designed to advance and elevate an existing practice, and is open to all yoga teachers who have completed their 200 hour basic training.

*** If you are not already a yoga teacher but are keen to go deeper with yin purely for your own self-practice, please do reach out for a conversation.*

Perfect For:

Yoga teachers wanting to expand their offerings
Yin and meditation lovers ready to deepen their path
• Those drawn to acupressure, Chinese medicine, and the subtle body

• Bodyworkers and healing practitioners seeking a structured channel map
• Seekers of stillness, self-inquiry, and soul-level growth

Whether you're called to guide yin & acupressure journeys or simply wish to expand your personal practice, ACU-YIN will leave you grounded in classical theory, elevated by hands-on experience, and connected to the wisdom of the channels.



YOUR FACILITATORS

PRIANCA SHHARMA

Prianca is a teacher of yoga, meditation and a facilitator of healings including craniosacral therapy. A Mysore-trained ashtanga yogi, she has developed a deep love for yin, and also teaches pre-and post-natal yoga. Having spent the past 10 years heading up the teaching faculty at one of India's leading yoga schools where she taught vinyasa, hatha and yin yoga, Prianca is thrilled to be launching her own trainings in 2024.

As an international guest teacher Prianca holds retreats and events across the globe, bringing her powerful voice, love of anatomy and artistry in adjustment to locations including Berlin, Barcelona, Bali and Portugal. Prianca says: *"I came to yoga with scepticism in my mind and pain in my heart, but yoga was the spark that gave me back everything that I had lost: stability, connection and eventually the seed of happiness which had been uprooted through years of neglect. It's been twelve years now since I started walking this path of healing. The more I learnt about and integrated these beautiful practices into my daily life, the clearer it was to me that I had found my purpose."*



YOUR FACILITATORS SHIRAN MICHAELI

Shiran is a leading acupuncture, breathwork, and energy healing practitioner based in South Goa, with over two decades of experience spanning breathwork, Chinese medicine, yin yoga, and somatic practice.

He is the founder of Breathing Journey, where his work spans private client sessions, professional training programs, and corporate wellness.

Shiran developed the ACU-YIN framework himself – integrating classical acupressure, sinew-channel (TMM / Jing Jin) theory and yin yoga into a single teaching method. He has taught this material in depth through “Beyond The Surface,” his own course for experienced healing practitioners and yoga teachers, covering classical acupressure, the 8 Extraordinary Vessels, Qi Gong, and Hara diagnosis.

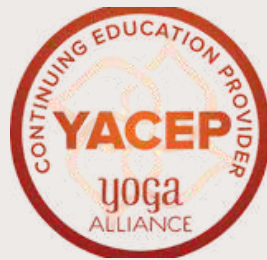


THE CERTIFICATION

Yin Yoga Teacher & Acupressure/TCM Training — 65hrs

This 65-hour training is divided into 50 hours of Yin Yoga and 15 hours of Acupressure & Chinese Medicine theory, blending Eastern philosophy with hands-on, applied bodywork skills.

Upon completion, you'll receive a certificate that counts as Yoga Alliance Continuing Education (YACEP) hours, recognized globally.



THE COURSE

INTEGRATION IS EVERYTHING

Our course is designed to truly integrate these two powerful practices, and we teach in the way we want you to learn, which is a fully woven and immersive method.

The yin modules will be taught by **Prianca**, and acupressure & Chinese medicine by **Shiran**, with many modules featuring both facilitators holding space in conjunction.

The course is a 65hr accreditation taught over a week. Each day will run from 7am-5pm.



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MODULES INCLUDE

Introducing the depth and deliciousness of yin, we explore the core patterns, postures and physiology and place them in a wider study of the subtle realms, energy body and meditation practice.

PRINCIPLES OF YIN Positioning it in wider yoga/movement practice Introduction to Yin yoga.

Yin as mutual support Principles of observation and stillness

PHYSIOLOGY

Myofascial release

Mobility & Joints

Muscular expansion

TECHNICAL DELIVERY

Postures and patterns

Use of props. Somatic tools and integrative methods

[CONTINUED]



MODULES INCLUDE

NEUROSCIENCE Vagus Nerve
Psychosomatic Effects of Yin
What happens to the brain
during yin

MEDITATION Yin as a starting – boundaries
and self-compassion
Mantra chanting as a meditation tool

ENERGETICS Meridians/Dantian
Chakra System/Nadi Application to
yin and mantra individually

ART OF SPACE

HOLDING Integrating
the modalities
Storytelling Curating
class themes
Compassion/ethics
Safety and support



MODULES INCLUDE

ACUPRESSURE & CHINESE MEDICINE

Zang Fu theory: the organ systems, their functions, and their emotional correspondences

Five Phase (Wu Xing) theory: how the elements map onto the body, seasons, and practice

TMM / Sinew Channels (Jing Jin): the channel system that yin postures directly stimulate

Pose-to-channel mapping: which yin shapes open which meridians, and why

Ting points & classical acupoints: location, function, and safe application

The 8 Extraordinary Vessels: an introduction to the deeper reservoirs of the channel system

Hara diagnosis: reading the abdomen as a diagnostic tool

Qi Gong foundations: simple practices to cultivate and sense qi in your own body first



YOUR INVESTMENT



INDIA BASED TRAININGS

Training:

Private stay-1250 GBP

Sharing stay- 975 GBP

Triple stay- 825 GBP



Investment Includes-

- *Your tuition for ACU+YIN – 65 Hour Training includes:*
- *7 nights shared accommodation*
- *Daily nourishing brunch*
- *Afternoon snacks*
- *Unlimited tea, coffee & filtered water throughout the day*
- *65-hour certification upon completion (50hr Yin + 15hr ACU)*
- *Comprehensive training manual*
- *All course materials and study resources*

This is a fully immersive experience designed so you can focus deeply on your practice, learning, and transformation – while we take care of the rest.

YOUR HOME DURING THE TRAINING



INDIA BASED TRAININGS

Training:

Private stay-1250 GBP

Sharing stay- 975 GBP

Triple stay- 825 GBP

Investment Includes

Your tuition for ACU+YIN– 65 Hour Training includes:

- *7 nights shared/private accommodation*
- *Daily nourishing brunch*
- *Afternoon snacks*
- *Unlimited tea, coffee & filtered water throughout the day*
- *65-hour certification upon completion (50hr Yin + 15hr Mantra)*
- *Comprehensive training manuals*
- *All course materials and study resources*

This is a fully immersive experience designed so you can focus deeply on your practice, learning, and transformation — while we take care of the rest.

To know more about your venue for the training, you can visit-<https://www.instagram.com/palmtreesyogaresort/>

BOOKING TERMS

THESE ARE IMPORTANT AND NONNEGOTIABLE.

PLEASE READ IN DETAIL

*Confirm your space with a **non-refundable deposit** of £200. Balance can be paid in any currency in cash on arrival/ first day of training.*

Payment plans are available if needed, please connect with us directly to discuss it.

If there is any unforeseen circumstance which forces us to cancel your training, you will be offered alternative dates, and if these are not suitable, a full refund will be given.



2027 DATES

(South Goa) Start
date January 30th
Training: Finish date:
February 6th

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TO BOOK

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2027 DATES

(South Goa) January 30th – February 6th

TO BOOK

We require an advance of 200 pounds to reserve your spot.

www.yogawithprianca.in/trainings

We are here for questions and looking forward to connect.

KINDLY EMAIL US TO RESERVE YOUR SPOT
SEE YOU IN GOA
WITH LOVE AND GRATITUDE
PRIANCA & SHIRAN



ACU+YIN

TRAINING
SOUTH GOA
INDIA

