

# Yoga Therapy Training Course – an Extended Learning Programme

*“ Answering the many questions that arise after teacher training ”*

**Courses written and facilitated by Teacher Trainers Maria Kirsten & Judy Krupp**

We are now accepting **partial enrollments**. The course is an 8-day course, run over 4 weekends. We will run it every year, so if you miss a weekend this year, you can join in next year. All weekends include asana, pranayama and meditation practice, but each will have a particular anatomical and functional focus.

## **Weekend 1:**

- Posture analysis: structural and functional.
- Anatomy of breathing, the pelvis, hips and core, and application of functional movement in yoga asana.
- Developmental patterns and their application in yoga asana.
- Sequencing poses for hips, pelvis and core.

## **Weekend 2:**      Developing a therapeutic practice for hips

- Anatomy and functional movement of the spine and sacroiliac joint, and application in yoga asana.
- Scoliosis and sacro-iliac therapy.
- Principles for protecting the spine in yoga asana.
- Principles of pose modification and props, and application in yoga asana.
- Developmental patterns and their application in yoga asana.

## **Weekend 3:**

- Anatomy and functional movement of the shoulder girdle and thorax, and application in yoga asana.
- Rotator cuff injury prevention, and shoulder therapy.
- Developmental patterns and their application in yoga asana.
- The art of metaphorical teaching
- Anatomical and functional dissection poses.
- The fascial connection and tensegrity principle.
- Gait analysis.

## **Weekend 4:**

- Design a balanced asana class for a diverse array of students.
- Adjustment principles and application in yoga asana.
- Anatomy of systems: working with the nervous system, the fascial network, the fluids and the organs in yoga asana.
- Developmental patterns and their application in yoga asana.
- How to teach therapeutically.
- Building a therapeutic class for neck, shoulders and shoulder awareness.
- The art of ahimsa; application of the yamas and niyamas in teaching yoga.
- Restorative yoga principles.
- Partner work and energy work and application in asana.