

## **50-Hour Cross-Disciplinary**

### Yoga Anatomy Essentials

#### *Technique, Training and Practice* **16 hours**

Experiential exploration of muscles and bones of human body

Earth Based Flows to target and support the muscles and joints of the body: exploration of anatomy of postures, transitions, modifications, benefits, contraindications and corresponding therapeutic essentials for each sequence

Multiple movement sequences to open, strengthen, relax and energize the body/mind

Yoga Therapeutic Essentials to address common injuries and pain

Iliopsoas Release Technique for stress release and relaxation

Sequences for engaging the breath, body, chakras, and subtle energetic systems

#### *Teaching Methodology* **3 hours**

Small group exploration, discussion and experiential activities

Creating an inclusive and compassionate learning environment with sensitivity to unique student needs

Encouraging student creativity and self-determination

Communication; the lost art of listening; giving and receiving feedback

#### *Anatomy and Physiology* **17 hours**

Practical anatomy and dynamic exploration of the physical body (muscles, bones, joints and range of movement)

Principles of structural and energetic alignment to ensure safety

Overview of multi-dimensional anatomy (intellectual, emotional, spiritual and physical)

Anatomy of stress and relaxation responses

Anatomy of balance and movement

#### *Philosophy* **6 hours**

Holistic understanding of the body to create and maintain health and wellness

Swadhyaya: Personal exploration of the various aspects of anatomy philosophy

Professional and Ethical Practices

#### *Practicum* **8 hours**

Practice teaching in small and larger groups

Design, teach, and sequence anatomy classes with a focus on therapeutic essentials

50 Contact Hours with Gabrielle Ananda Rickman, RYT 1000

**\*\*Can choose between this course or 50-Hour Beyond the Basics: The Subtle Energy Body, 50 hr Meditation in the Modern Age, 50 hr Beyond the Basics: Advanced Asana, and 50 hr Hands On Assists, to make up the 150 hours required for 300/500 hour Cross-Disciplinary Yoga Teacher Training.**