

50-Hour Cross-Disciplinary

Yoga Anatomy Essentials

Technique, Training and Practice **16 hours**

Experiential exploration of muscles and bones of human body

Explore postures that target and support the muscles and joints of the body: exploration of anatomy and alignment of postures, transitions, modifications, benefits, contraindications and corresponding therapeutic essentials for each posture

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

Yoga Therapeutic Essentials to address common injuries and pain such as sacroiliac and low back pain, neck pain, knee pain, shoulder pain and wrist pain.

Exploration of sequencing and connection of physical body and subtle energetic systems

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 online

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

50 Contact Hours with Misty Shakti Lucas, E-RYT 500, RYT 1000

Core Curriculum for 300/500 hour Cross-Disciplinary Yoga Teacher Training