

## **100-hr Cross Disciplinary — Yoga for Anxiety** **Course Syllabus**

### *Technique, Training and Practice* **32 hours**

Gentle yoga sequences and restorative postures designed to calm the nervous system and release tension and anxiety

Mindful self-compassion tools and practices

Specific breathwork practices to calm, centre and focus

Soul-healing meditations

Simple ways to shift negative thoughts with Cognitive Behaviour Therapy

Subtle energetic tools and supports to ease stress and anxiety

Self-care techniques and tools to help calm the nervous system

Liver support: nutritional, emotional, and soul-healing support for vitality

Techniques for anxious and depressive states

Trauma sensitive practices to support the release of the emotional, physical, and spiritual body/mind

Emotional awareness and the role of heart coherence to access inner guidance

Self-expression through movement, sounding, and expressive arts to unlock conditioned patterns

Constructive Resting Pose (CRP) technique to release, restore and revitalize the psoas muscle

Psoas attunement practices for daily living

### *Teaching Methodology* **10 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-expression, effective communication, the lost art of listening, and giving & receiving feedback

Designing sequences, techniques, and emotional balance-themed yoga classes with sensitivity to unique student needs

### *Anatomy and Physiology* **18 hours**

Adrenal health, the effects of adrenaline and the role of glucose and nutrition for anxiety

The life-saving liver and its complex functions. How to support it to de-stress and protect against physical and mental health issues

The contribution and effects of pathogens and their impact on the brain in situations of trauma, stress, and anxiety

The anatomical and physiological location and function of the psoas muscle

The psoas muscle's role as the primary messenger of the central nervous system

The role of the psoas as it relates to the autonomic nervous system (fight, flight, freeze, or fake it response) and survival

Anatomy of relaxation; the physiological, physical, emotional, and energetic response

Anatomy of stress; the physiological, physical, emotional, and energetic response

### *Philosophy* **30 hours**

Living Deeply: Mindful Self-Compassion in Practice

A holistic approach to anxiety, depression, and mental health

The path of awakening: Buddhist philosophy for transforming negative patterns and suffering  
The art of self-care and subtle ways to calm the nervous system  
Theory of Relaxation  
The impact of self-awareness and understanding of the body and its role in creating health and vitality (physical, emotional, spiritual, and intellectual levels)  
The energetics and resonance of the psoas and the connection to the first three chakras  
Emotional awareness, and the role of heart coherence to access inner guidance  
Swadhyaya: Self-study and personal reflection on your personal boundaries, adrenal health, and self-care practices  
The Four Allies in community, inter-personally, and intra-personally

***Practicum 10 hours***

Practice teaching in small groups  
Design and teach emotional balance-themed yoga experience

76 Contact hours with Carolyn Burke, Tamika Schilbe, and Misty Lucas  
24 Directed personal study (non-contact hours)

**Core Curriculum for the 500 hour Cross-Disciplinary Yoga Teacher Training**

Recommended Reading: **Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal** By Anthony William

[https://www.chapters.indigo.ca/en-ca/books/medical-medium-secrets-behind-chronic/9781401948290-item.html?s\\_campaign=goo-DSA\\_Books&gclid=Cj0KCQiAw\\_H-BRD-ARIsALQE\\_2MyODCA0-uFEaTshmUQU3tWHZSw99If0VZeRf-QYOOPH1EAKv6HMO4aAsy\\_EALw\\_wcB&gclsrc=aw.ds](https://www.chapters.indigo.ca/en-ca/books/medical-medium-secrets-behind-chronic/9781401948290-item.html?s_campaign=goo-DSA_Books&gclid=Cj0KCQiAw_H-BRD-ARIsALQE_2MyODCA0-uFEaTshmUQU3tWHZSw99If0VZeRf-QYOOPH1EAKv6HMO4aAsy_EALw_wcB&gclsrc=aw.ds)