

## **Eastern-Western Yogic Anatomy Audio Course**

**We have mapped out the IAYT Competencies for your convenience.**

**This map of the competencies can help you plan for further education to meet the requirements for IAYT Grand-parenting hours.**

**IAYT Accredited Yoga Therapy schools use Healing Yoga Institute courses for distance learning. We have mapped out the competencies that are met with each online course. We have also listed each competency as a learning objective, which you can cut and paste into your school syllabus for convenience in planning and implementing.**

### **Category 2.1. Anatomy and Physiology:**

- 2.1.1 Identifies the structure and function of major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.
- 2.1.2 Explains the biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.
- 2.1.3 Identifies common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.