



OPTIMAL STATE 865 CERTIFIED YOGA THERAPIST TRAINING PROGRAM ESSENTIAL FRAMEWORK OUTLINE

Program Director: Amy Wheeler

SYNCHRONOUS LEARNING

The Optimal State Essential Framework Online Program is comprised of five parts. We are not offering this program in individual segments at this time. Class meets online Wednesday evenings 4:00pm-6:00pm PST on the Zoom Platform.

The five segments of the program include:

- The T. Krishnamacharya & Optimal State Teachings
- Asana Vinyasa Krama & Therapy Modifications
- Asana Class Sequencing for Groups and Individuals
- Pranayama Techniques, Ratios and Sequencing
- Meditation Steps, Sequencing and Chants

The T. Krishnamacharya Teachings

T. Krishnamacharya was a master Yogi who, over his lifetime, taught classical asana, and yoga therapy to yoga for the mastery of the siddhi powers and spiritual aspirations. T. Krishnamacharya managed to keep these pearls together with an underlying framework that runs through all of the different expressions of his yoga teachings; the golden string that holds the pearls together. Join us for this program to understand the golden string, and learn how each expression of Krishnamacharya yoga is beautifully compartmentalized, as well as a part of a comprehensive yogic system of thought.

Asana Vinyasa Krama & Therapy Modifications

Each asana in the system of T. Krishnamacharya is taught as a “vinyasa” or step-by-step process. The specific steps are given to go into the vinyasa, and also to come back out. Each step in the sequence has a special purpose and placement for maximum effectiveness. We will review the classical vinyasa krama for several main yoga postures. Then we will look at each one of these postures from the perspective of the posture’s therapeutic uses and examine the subtle qualities theoretically produced by each of the poses. We will discuss the effect that each posture has in terms of the potential to imprint on the human system, when practiced with consistency and appropriate effort. Curriculum and handouts will be given to help each student understand the material and to use as a reference.

Asana Class Sequencing for Groups and Individuals

Classical asana sequencing is the basis for sequencing a Yoga Therapy lesson. First we must understand the function of the poses and how they work together to obtain certain effects on the body and mind. This foundation is built by knowing how to sequence an asana class classically. Once we understand the rules of sequencing, then the rules can be modified for specific therapeutic uses. This course will help Yoga Teachers feel more confident in sequencing group Yoga classes. However, it will also make Yoga Therapists understand how to sequence for individuals who are wanting Yoga Therapy for functional use. Curriculum handouts will be given to help students understand the material and also to be used as a reference. Homework on writing sequences will be given and then reviewed for correctness.

Pranayama Techniques, Ratios and Sequencing

Pranayama is considered the most useful and healing tool in the yogic system of T. Krishnamacharya. Pranayama is very powerful and can be used to heal if used properly, or hurt if used improperly. Come and learn the classical order of teaching for the different pranayama-s. Come learn how each classical form of pranayama can be modified for a person that needs healing. Come to understand the subtle impressions that each pranayama creates in the body for health, healing and beyond. Curriculum and handouts will be given to help each student understand the material and to use as a reference.

Meditation Steps, Sequencing and Chants

There are at least 10 main steps in classical meditation practice. These steps are part of an ancient ritual that prepares the mind to go deeply into meditation and help us to become the master of our Self. It should also be noted that for many people, these ancient ritualistic steps that help us to link to our object of meditation are quite difficult to master and sustain in practice over time. Thankfully it is possible that we can gain much benefit from breaking the 10 steps down to a mere 3 or 4 simple steps, and get much of the same benefit for therapeutic purposes. Come and learn how to get the most out of a meditation practice. Curriculum and handouts will be given to help each student understand the material and to use as a reference.

ASYNCHRONOUS LEARNING

Learning at your own pace and on your own time of Patanjali-s Yoga Sutra video/audio asynchronous learning. *Listen to the provided recordings throughout the 12-month program for nourishment and to understand how Patanjali-s teachings are the foundation of the T. Krishnamacharya system of Yoga.*

HOMEWORK/QUIZZES

Expect approximately 2 hours of homework or quizzes assigned each week from classes (90 hours total).

TESTS

Expect four 50 point tests during this course.

COMMUNITY DAYS

99 hours over 9 Community Days of in-person get-togethers for community and connection. These full Saturdays held monthly will have didactic teachings on IAYT standard topics followed by socratic hands on application. Classes will be held at a Hotel near the Ontario Airport (in Southern California) to allow for large class sizes. We encourage potluck foods and community building. This class is live streamed for those students out area.

Boost your health, relationship and life into the *next level* of personal and professional *well-being*. Create your *Optimal State* of Living today.

