



OPTIMAL STATE

865 CERTIFIED YOGA THERAPIST TRAINING PROGRAM PHYSICAL HEALTH SERIES OUTLINE

Program Director: Amy Wheeler

SYNCHRONOUS LEARNING

The Optimal State Physical Health Series Program is comprised of three parts. We are not offering this program in individual segments at this time. Online classes are held Friday mornings 10:00am-11:00am PST on the Zoom Platform. Residential modules are held at the Comfort Inn Suites near the Ontario Airport (in Southern California) for ease of traveling students.

The three segments of the program include:

- Residential Physical Health Module I in September
- Online Physical Health Module II October to February
- Residential Physical Health Module III in March

PROGRAM FUNDAMENTALS:

Yoga Foundations

Includes yoga philosophy based on Patañjali's Yoga Sutras, Hatha Yoga Pradipika and Bhagavad Gita; yoga teachings about the nature of mind, the guna-s or forces of nature; and the yogic framework for health and disease including the pañcamaya system, the 4-step model of healing, cakras, vayu-s, etc.

Biomedical and Psychological Foundations

Includes the anatomy and physiology of the brain and related physical body. We will review of various commonly-encountered conditions from the allopathic point of view; mechanisms of disease, treatment options and prognosis to facilitate integration of yoga therapy with conventional medicine; psychological concepts and mental health conditions; and stages of human development - physical, social and emotional. This section will also include the ayurvedic/samkhya framework of disease and healing and ayurvedic/samkhya subtle anatomy. Additionally, it will include western Psychology and Psychophysiology.

Teaching and Therapeutic Skills

Includes principles of establishing the teacher-student relationship; communication skills including listening and giving feedback; teaching methods for group and individual classes; and adjusting teaching for learning style differences. This course will also focus experiencing the effects of asana, pranayama, meditation, chanting and bhavana techniques for different illnesses and pathologies (as applied to the individual person).

We will discuss modifications for asana, pranayama, meditation, chanting and bhavana and how they apply to individuals and the disease process. Contraindications will also be discussed for all of the techniques. We will also prepare the students for their practicum experience by having classroom role-playing for intakes, writing courses for short- and long-term goals, and teaching yoga therapy practices to other students in the cohort.

PROGRAM FUNDAMENTALS (cont.)

Yoga Tools and their Application

Includes teaching actual clients asana, pranayama, dhyana and chanting; skills of a yoga therapist (intake and assessment, observation, eliciting goals and expectations, and providing instruction) and therapy course planning for short- and long-term goals (selection of appropriate tools, sequencing and modification over time.) We will bring in live clients to work with from the community to be yoga therapy clients. This work will be the essence of the course. Hands-on application of asana, pranayama, dhyana and chanting is the specialty of our program.

Professional Ethics and Practices

Include ethics (personal integrity, ethics of a therapist including knowing when referral is the best option); knowledge of regulatory laws and good business practices; the value of personal professional development; and the value of saṅgha (community).

TOPICS COVERED:

Functional Yoga for Spinal Health

Students will learn about the western medical anatomy of the spine, common weaknesses and injuries, and solutions for pain management. The module will continue with a full examination of the eastern yogic model of spinal health, as it pertains to each individual's physical, breath, mental, personality and emotional bodies. Students will complete a self-analysis and observe the bodies of other students in the class. Students will understand the significance of a well-functioning spinal column for health, happiness and beyond. Students will practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

Functional Yoga for Hips, Knees and Feet

Students will learn about the western medical anatomy of the hips, knees and feet; common weaknesses and injuries; and also solutions to manage pain. The module will continue with a full examination of the eastern yogic model for healing the lower joints holistically, treating the individual and not the injury. Students will complete a self-analysis and observe the bodies of other students in the class. Students will understand the significance of healing the hips, knees and feet, and will practice teaching functional movement patterns for increased quality of life. Students will assess from a Yoga Therapy perspective, practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

Functional Yoga for Shoulders, Elbows and Hand

Students will learn about the western medical anatomy of the shoulders, elbows and hands, common weaknesses and injuries, and also solutions to manage pain. The module will continue with a full examination of the eastern yogic model for healing the upper joints holistically, treating the individual and not the injury. Students will complete a self-analysis and observe the bodies of other students in the class. Students will understand the significance of healing the shoulders, elbows and hands, and practice teaching functional movement patterns for increased quality of life. Students will assess from a Yoga Therapy perspective practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

TOPICS COVERED (cont.)

Yoga & Digestive Disorder

Students will learn both the western view of the digestive system, and continue to learn about the digestive system from the yogic and ayurvedic models. Students will learn and practice YT techniques how to ease stress-related symptoms for individuals who are experiencing digestive disorders such as IBS, GERD, diarrhea, constipation and Crohn's Disease, weight loss and metabolic syndrome. This module will include opportunities for YT students to teach stress management, yogic suggestions for eating, exercise, therapeutic yoga postures, therapeutic yoga breathing techniques and yogic meditation. Students will learn about YT as a complementary modality to psychological and medical services and proper referral guidelines. Students will assess from a Yoga Therapy perspective practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

Yoga Therapy & Cardiovascular and Respiratory Disorders

Students will learn both the western view of the cardio-respiratory system, and also learn about healing the cardio-respiratory system from the yogic and ayurvedic models. Students will learn and practice YT to ease stress-related symptoms for individuals who are experiencing cardio respiratory disorders such as COPD, asthma, and smoking cessation. This module will include opportunities for YT students to teach stress management, yogic suggestions for eating, exercise, therapeutic yoga postures, therapeutic yoga breathing techniques and yogic meditation. Students will learn about YT as a complementary modality to psychological and medical services and proper referral guidelines. Students will assess from a Yoga Therapy perspective practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

Yoga Therapy & Nervous System Disorders

Students will learn both the western view of the nervous system, and also learn about healing the nervous system from the yogic and ayurvedic models. Students will learn and practice YT to ease stress-related symptoms for individuals who are experiencing nervous system disorders such as Parkinson's, ALS, MS, and seizure disorders. This module will include opportunities for YT students to teach stress management, suggestions for eating, exercise, therapeutic yoga postures, therapeutic yoga breathing techniques and yogic meditation. Students will learn about YT as a complementary modality to psychological and medical services and proper referral guidelines. Students will assess from a Yoga Therapy perspective practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

Yoga Therapy & Endocrine System Disorders

Students will learn both the western view of the endocrine system, and also learn about healing the endocrine system from the yogic and ayurvedic models. Students will learn and practice YT to ease stress-related symptoms for individuals experiencing endocrine system disorders such as autoimmune disorders, Fibromyalgia, chronic fatigue, and Lupus. This module will include opportunities for YT students to teach stress management, yogic suggestions for eating, exercise, therapeutic yoga postures, therapeutic yoga breathing techniques and yogic meditation. Students will learn about YT as a complementary modality to psychological and medical services and proper referral guidelines. Students will assess from a Yoga Therapy perspective practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

TOPICS COVERED (*cont.*)

Yoga Therapy & Women's Health

Students will learn both the western view for issues related to women's health at different stages of life as well as healing women's issues from the yogic and ayurvedic models. Students will learn and practice YT to ease stress-related symptoms for individual clients who experience difficulty in menopause, fertility challenges, PCOD, and unbalanced menstrual cycles. This module will include opportunities for YT students to teach stress management, yogic suggestions for eating, exercise, therapeutic yoga postures, therapeutic yoga breathing techniques and yogic meditation. Students will assess from a Yoga Therapy perspective practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

ASYNCHRONOUS LEARNING

Learning at your own pace and on your own time of Subtle Anatomy video/audio asynchronous learning. *Listen to the provided recordings throughout the 7-month program for nourishment and to understand how these teachings are fundamental to the course.*

HOMEWORK/QUIZZES

Expect 2 hours a week in homework or quizzes each week during this course.

TESTS

Expect two 50 point tests during the 16 weeks online portion of this course.

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

