



# OPTIMAL STATE

## COMMUNITY DAY SCHEDULE & TOPICS

Date	Morning	Afternoon
January 1-4-2020	<b>Alzheimer's/ Dementia.</b> Case study, biomedical information, assessment and therapeutic plan for Alzheimer's/ Dementia. An overview of how to work as a Yoga Therapist.	<b>Building Business.</b> Using the yamas and niyamas to be the foundation of building your ethical business. Practicing yamas and niyamas in marketing, advertising and student care of the keys to success.
February 2-1-2020	<b>Purusha &amp; Prakriti &amp; Prana.</b> Lecture on the relationship between P-P-P and how to use this model for healing in Yoga Therapy context. Also discuss the spiritual roots as they are described in Yoga Philosophy.	<b>Scope of Practice.</b> Group discussions on the IAYT Scope of Practice in Yoga Therapy. Explain in detail how each part of the Scope of Practice must be grounded in Yoga Philosophy.
March 3-7-2020	<b>Addiction for Teens.</b> Case study, biomedical information, assessment and therapeutic plan for Addiction in Teens. An overview of how to work as a Yoga Therapist.	<b>Daily Practice.</b> Discussion and group learning around the importance of self-care, daily reflection on actions, relationship with mentor, outside source used to see yourself more clearly
April 4-4-2020	<b>Grief &amp; Loss.</b> Case study, biomedical information, assessment and therapeutic plan for someone experiencing grief. An overview of how to work as a Yoga Therapist.	<b>Ethics is Yoga Therapy.</b> Go over the IAYT Code of Ethics, policies for forming a complaint, how to protect yourself and your business.
May 5-2-2020	<b>Samkhya Model.</b> Lecture on the samkhya model, including the tanmatras, rajas, tamas and sattva guna, etc.	<b>Creating Yoga Mind.</b> The healer cannot heal if they are not in sattva. Use the Optimal State model to evaluate your current lifestyle and patterns and understand what it would take to begin living in sattva more often. Professional responsibility for self-care and staying in balance in the career of Yoga Therapy.
August 8-1-2020	<b>Anxiety &amp; Depression in Teens.</b> Case study, biomedical information, assessment and therapeutic plan for Anxiety and Depression in Teens. An overview of how to work as a Yoga Therapist.	<b>Assessment Samanam Sodhanam.</b> Lecture on definition of healing the symptoms vs. getting to the root cause of the suffering.
September 9-5-2020	<b>Finding Sattva.</b> Lecture and experience pertaining to sattva, states of mind leading to sattva, how to get there using yoga philosophy, what the experience is like from the inside out	<b>Building Functional Group.</b> Lecture and group discussion on group yoga therapy in a community setting, pros and cons, must still have a personal assessment of each person if it is considered yoga therapy, and track each person's progress.
October 10-3-2020	<b>Panch Maya Assessment.</b> Lecture on the panca maya model as described in the upanisads and also the secular version given by Desikachar	<b>Optimal State of Living.</b> Lecture of the overview of the OSOL system of healing based on all of our charts and theory.
November 11-7-2020	<b>Yoga Therapy for Children.</b> Lecture and discussion on how Yoga Therapy is adapted for children, especially with assessment, goals and tools. Case study, biomedical information, assessment and therapeutic plan for a 9 year old child experiencing bed wetting. An overview of how to work as a Yoga Therapist.	<b>The Bird Model from the Upanisads</b> The ancient Upanisads give us a beautiful method for looking deeply into the 5 layers of the human system. The texts asks us to reflect on the wings, head, tail and torso of the bird and how they correspond to our human system. This model can become a deep object of meditation for all of us.