



Locomotor System / Body

1: Low Back, Pelvis & Lower Limb

1. Anatomy and function of the lumbar spine, pelvis, hip joint, knees, feet, gait and posture.
2. Observation and palpation of pertinent structures.
3. Systematic presentation of disorders of the lumbar spine, pelvis and lower limb, specially as relevant to yoga teachers:
 - a. Most common disorders that a yoga teacher is likely to see in students
 - b. Cause of disorders and their development
 - c. Typical presentation of the important problems
4. The following disorders and more will be discussed:
 - Intervertebral disc problems
 - Instability, facet joint problems
 - Sacroiliac joint dysfunction
 - Soft tissue related disorders (muscles, ligaments, tendons)
 - Hip and knee arthritis
 - Meniscal and ligament tears of the knee
 - Dropped arches and hallux valgus.
5. Function-oriented approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
6. Classical yoga methods of Krishnamacharya combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility).
7. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
8. Outline of ayurvedic perspective and commonly used ayurvedic herbs.

Locomotor System / Body

2: Cervical and Thoracic Spine, Upper Limb

1. Anatomy and function of the thoracic and cervical spine, shoulder, elbow, wrist, hand.
2. Observation and palpation of pertinent structures.
3. Systematic presentation of important disorders of the thoracic spine, cervical spine and upper limb, specially as relevant to yoga teachers:
 - a. Most common disorders that a yoga teacher is likely to see in students
 - b. Cause of disorders and their development
 - c. Typical presentation of the important problems
4. The following disorders and more will be discussed:
 - Osteoporosis
 - Scoliosis
 - Neck pain due to muscular imbalances and posture
 - Cervical disc problems
 - Instability, facet joint problems
 - Rotator cuff tears and impingement syndrome of the shoulder
 - Epicondylitis (Tennis elbow, Golfers elbow)
 - Carpal tunnel syndrome
5. Function-oriented approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
6. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
7. Classical yoga methods of Krishnamacharya combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility).



Svastha Yoga Therapy Program

BUILDING ON TEACHINGS, FROM ANCIENT TO MODERN.



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Internal Medicine & Breath

3: Anatomy, Physiology, and Sequencing of the Breath, Respiratory and Cardiovascular Disorders

1. Experience and understand the functional anatomy and pathology of different breathing patterns.
2. Analyze and modify breathing patterns in different asana to address the needs of the student.
3. Functional approach to the breath using conscious modulation, gravity, body position, muscle action, relaxation etc.
4. Progressively sequencing the breath for students in steps from abdominal breathing to chest breathing, deep breathing, long breathing, and the bandhas.
5. Using sound and chanting to work on the breath therapeutically.
6. Disorder based considerations for specific conditions. For example, in respiratory and cardiovascular systems:
 - a. Asthma
 - b. COPD and other breathing difficulties
 - c. Holistic approach to prevention and therapy of heart disease
 - d. High and low blood pressure
 - e. Heart failure
7. Safety considerations in yoga sessions for clients with respiratory and cardiovascular issues, breathing difficulty and respiratory diseases.
8. Orientation on relevant disease-related ayurvedic guidelines concerning lifestyle, diet, and useful herbs.
9. Application of relevant traditional yoga concepts e.g. Brmhana, Langhana.

Internal Medicine & Breath

4: Neurological/Digestive/Immune systems, Pranayama, Yoga and Ayurveda

1. Safety considerations in yoga sessions for balance problems, movement disorders.
2. Observation and assessment skills: setting optimal and realistic goals based on physical limitations and challenges.
3. Working with the inner body awareness and the breath as a pathway to access physiological balance.
4. Disorder based considerations for specific conditions. For example:
 - a. Problems of ageing
 - b. Parkinson's disease, Multiple sclerosis, Stroke
 - c. Chronic pain, fatigue syndromes
 - d. Irritable Bowel Syndrome and digestive problems
 - e. Menstrual disorders
5. Visualization and imagination in yoga practice, to influence the physiology of the body with the tools of the mind.
6. Pranayama as a therapeutic tool:
 - a. Different types of Pranayama
 - b. Sequencing Pranayama
 - c. Relation to ayurveda
7. An overview of traditional yoga concepts related to pranayama: Nadis, Prana, Koshas etc.
8. Introduction to assessment of Ayurvedic constitution or prakrti and its use.



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Yoga Psychology / Mind

5: Yogic Mindfulness, Cognitive Changes, Depression, Addictions

1. Classical yoga concepts and texts relevant to mental health
 - a. Concept and importance of vritti-samskara cycle
 - b. Role of focus and stillness of the mind
2. Yogic mindfulness (smrti-sadhana)
 - a. Theory and applications
 - b. Mindfulness in asana
 - c. Mindfulness with the breath
 - d. Mindfulness in daily life
3. Cognitive reframing (pratipaksha bhavana and jnana vrttis)
 - a. Examination of cognitive thoughts from yoga perspective
 - b. Combating cognitive distortions
4. Depression and addictions
 - a. Overview of modern psychology perspective
 - b. Scope and role of yoga in the therapy
 - c. Principles of management
5. Setting priorities and devising a session plan for depression and related mental health issues.
6. Developing holistic yoga practices including asanas to support the above practices, combining body, breath, and mind.
7. Safety considerations for the yoga teacher. Managing the teacher-student, therapist-client relationship.
8. Perspective of ayurveda and useful ayurvedic herbs as relevant.

Yoga Psychology / Mind

6: Embodiment, Positive Psychology, Stress, Trauma

1. Embodiment as an essential wellness skill for the mind.
 - a. Modern view of importance of mind-body connection
 - b. Yoga insights into mind-body connection
2. Stress and trauma
 - a. Neurobiology of the stress response
 - b. Yoga tools to work with stress
 - c. Adapting yoga for clients with past trauma (trauma aware yoga)
3. Mantra meditation as a therapeutic tool
 - a. Psychology and theory
 - b. Common barriers and questions from students
4. Positive psychology practices, including scope and application.
 - a. Acceptance
 - b. Gratitude
 - c. Loving kindness
5. Sacredness, meaning, and devotion (isvara pranidhana and related practices)
6. Ritual practices and symbolism
 - a. Traditional and modern rituals, concepts and psychology
 - b. Creating simple rituals in yoga practice
7. The gunas (satva, rajas, tamas) and their role as a framework for mental health.
8. Safety considerations for the yoga teacher. Managing the teacher-student, therapist-client relationship.