***Teaching Yoga for Stress, Burnout & Fatigue – online course***

**Course CPD hours comprise:**

* Live online: 3 weeks x 3.5hrs x 2 days = 21 hours
* Home practice (videos x 4): 3 weeks x 4 hours = 12 hours
* Listening to pre-recorded lecture content (videos x 10) = 12 hours
* Home practice and reflection between course sections (2 x 5 hrs) = 10hrs
* Final assessment = 10 hours

**Total course hours: 65**

**Weekend 1: The Experience of Stress, Burnout and Fatigue**

***Lectures to watch before:***

1. What are Stress and Burnout? **Charlotte**
2. Relaxation Response and the Breath **Leah**
3. An overview of Fatigue and Associated Conditions – including ME/CFS **Charlotte**

**Weekend 1 - afternoon 1**

***Practices to do before:***

* Constructive Rest Position to Somatic Practices (Charlotte)
* all-fours to lunge, moving from psoas & diaphragm (Leah)

***Schedule:***

2-3pm - arriving short practice and introductions (Leah opens)

3.30-4pm – discussion: Q&A from first three lectures; overview

4.30-5.30pm – breakout groups: discussing the ‘feeling tones’ and responses of the practices and reporting back (end short meditation – *most afternoons end with a longer breath/meditation practice but less time for this with intros this first one*)

***Day between for home exploration in prep for following afternoon:*** from any of the practices for this weekend, aim to do 2-3 again and fill out self-reflective sheet on tracking nervous system activation, sense of tone, settling in the body, state of *gunas* in body and mind etc. (4 hours)

**Weekend 1 - afternoon 2**

***Practices to do before:***

* Z-legs, spine undulations and skull-sacrum polarity (Charlotte)
* Relaxation response (Leah)

***Schedule:***

2-3pm – discussion: signs and observations of the stress response (Charlotte)

3.30-4.30pm – discussion: breakout rooms – previous practice and how it felt within nervous system

5-5.30pm – lying breath practice (Leah)

**Weekend 2: Nervous System Safety**

***Lectures to watch before:***

1. Gunas and Doshas **Leah**
2. Inflammation and links to trauma, stress and effects **Charlotte**
3. Self-Compassion **Leah**
4. Polyvagal theory and skull-sacrum polarity **Charlotte**

**Weekend 2 - afternoon 1**

***Practices to do before:***

* somatic to Adrenal Response Exercise (Charlotte)
* standing practice; grounding, orientation (Leah)

***Schedule:***

2-3pm - discussion: Q&A from second four lectures and practices (Leah opens)

3.30-4.30pm – discussion: breakout rooms – how do they experience grounding and orientation?

5-5.30pm – soothing practice with touch

***Day between for home exploration in prep for following afternoon:*** from any of the practices for this weekend, aim to do 2-3 again and fill out self-reflective sheet on presence, ventral vagal tone, grounding, orientation and agency (4 hours)

**Weekend 2 - afternoon 2**

***Practices to do before:***

* all-fours explorations for fascial movement from the belly (Charlotte)
* Viparita Karani practice (Leah)

***Schedule:***

2-3pm – discussion: teaching language with considerations of trauma, polyvagal theory and gunas (Leah)

3.30-4.30pm – discussion: breakout rooms – previous practice and what might help students cultivate sense of grounding and safety; listen to their signals of ‘enough’ (Charlotte)

5-5.30pm – ending practice

**Weekend 3: Supporting the Student with Stress, Burnout and Fatigue**

***Lectures to watch before:***

1. Samskaras/ identification **Leah**
2. Contributing characteristics for stress, burnout & fatigue – teaching considerations **Charlotte**
3. Sound and Mantra **Leah**

**Weekend 3 - afternoon 1**

***Practices to do before:***

* chair practice to restorative supported inversion (Charlotte)
* slow Surya Namaskar version with sound (Leah)

***Schedule:***

2-3pm - discussion: Q&A from last three lectures, with a focus on teaching considerations

3.30-4.30pm - discussion: breakout rooms – previous practice and noticing samskaras/habits/conditionings/attachments; how to modify more rajasic practices towards langhana (Leah)

5-5.30pm - compassion meditation with Karuna Namaha mantra to close (Leah)

***Day between for home exploration in prep for following afternoon:*** from any of the practices for this weekend, aim to do one again – first practicing to experience and then following, making notes of any phrases or wording that resonate with you as invitational, non-striving and supportive for heightened nervous system responses. (4 hours)

**Weekend 3 - afternoon 2**

***Practices to do before:***

* somatics into restorative (Charlotte)
* Another from Leah – Chandra Namaskar?

***Schedule:***

2-3pm - discussion: breakout rooms – mindful teaching language and observations from home exploration (Leah)

3.30-4.30pm - discussion: final Q&A (Charlotte)

5-5.30pm - compassion meditation with Karuna Namaha mantra to close (Leah)

**Videos to film:**

1. Intro discussion video about the nature of the practices
2. Constructive Rest Position to Somatic Practices (Charlotte)
3. all-fours to lunge, moving from psoas & diaphragm (Leah)
4. Z-legs, spine undulations and skull-sacrum polarity (Charlotte)
5. Relaxation response (Leah)
6. somatic to Adrenal Response Exercise (Charlotte)
7. standing practice; grounding, orientation (Leah)
8. all-fours explorations for fascial movement from the belly (Charlotte)
9. Viparita Karani practice (Leah)
10. chair practice to restorative supported inversion (Charlotte)
11. slow Surya Namaskar version with sound (Leah)
12. somatics into restorative (Charlotte)
13. Chandra Namaskar? (Leah)