

# Yoga Therapy Diploma Schedule 2021 Intake

## Module 1: 12 to 15 March 2021: Face to Face

### *Friday (a.m)*

Introduction to the course and to each other. Foundational principles of Yoga Therapy.

### *Friday (p.m)*

#### **Therapeutic use of Asana – “Core”, Abdominals, Laterals and Twists.**

The development and maintenance of the internal support structure is fundamental to our ability to achieve postures that will allow us to move efficiently both physically and energetically. There has been a great deal of focus on the 'core' in the past and this will be investigated for its veracity and usefulness in yoga therapy. The way in which twists and lateral stretches can be used to improve physical strength, breathing patterns and integrity will also be considered.

### *Saturday (a.m)*

#### **Therapeutic use of Asana - Forward bends and seated postures.**

Forward bending is the most frequent way we move the spine, and yet many of us experience limitations in the ability to lengthen our back bodies comfortably or to sit upright. We'll explore the mechanics of forward bending and how to assess it with simple asana. We will observe to enhance ability to identify dysfunctional movement patterns, and practice ways to adapt asana to facilitate appropriate range of movement and stability in the spine.

### *Saturday (p.m)*

#### **Therapeutic use of Asana - Pawanmuktasana + Relaxation.**

Experiential practice and discussion of the therapeutic benefits of specific joint freeing movements (pawanmuktasana). The afternoon will end looking at guided relaxation techniques that can help promote states of deep rest.

### *Sunday (a.m)*

#### **Therapeutic use of Asana – Backbends.**

The most frequent reported type of pain worldwide is low back pain. Research evidence suggests that certain forms of asana can improve low back pain. Teaching experience suggests that back bending poses can mobilise, strengthen, and stabilise the back, but depending upon the condition of the person and how they are done, back bends can also aggravate back pain. We'll explore the mechanics of backbends, observe patterns of movement in each other to improve observation skills, and experience various ways to adapt asana to facilitate healthy movement and stability in the spine.

***Sunday (p.m)***

**Clinical Practice: Posture, Movement and Joint Assessment.**

The skill of an effective yoga therapist to assess a client efficiently at the beginning of a Therapy session is vital to making the client feel at ease and drawing out the information necessary to determine where the client is in their body, breath and mind. This session will look at the ways in which we can glean information from seeing a client stand and move, including how the client interprets and comprehends instructions.

***Monday (a.m)***

**Clinical Practice: Breathing Assessment and Restorative Poses.**

This session will look at the ways in which we can glean information from seeing a client breathe and ways in which to assist them into a comfortable relaxation position. The information gained allows the therapist to support the client from where they are and to illuminate the areas that are the priority for short and long-term goals. An experiential session with plenty of practical work.

***Monday (p.m)***

**Clinical Practice: Principles for designing therapeutic home practices.**

Yoga therapy home practices differ from yoga class sequencing in many regards and it is vital to understand what to consider in designing an effective and efficient one for clients. We'll discuss choosing elements to serve the priorities of the client, with a clear rationale, that help the client move toward achieving their goals. We discuss sequencing with fewer elements, maximizing holistic integration of effects across the kosha's (asana, breath, attitude, intention, and joy), and building a practice for different times of day

**Module 2: 17 and 18 April 2021: Live Online**

***Saturday (a.m)***

**Yoga Models- The Koshas and Yoga Models.**

These sessions will look at how to interpret physical, mental and emotional issues from the point of view of the models drawn from yoga philosophy. This session is an exploration of the five koshas as a framework for therapy and an overview of the yoga models.

***Saturday (p.m)***

**Yoga models- Doshas.**

An introduction to the Ayurvedic Doshas (constitutional types and imbalances) and how to take constitution into consideration and address the imbalances in therapy.

***Sunday (a.m)***

**Clinical Practice: Interviewing Principles and Techniques.**

Building on the foundation of a safe, clear space we will practice the skills that deepen the therapeutic relationship. Interviewing is an essential therapeutic skill used to elicit information relevant to understanding the client's condition, abilities, and priorities. Development of a personalised yoga therapy practice adapted to the individual begins with learning what the client wants and needs to improve the quality of his/her life. Formulating this into clear, shared goals, shapes the intention and rationale for the practice given.

***Sunday (p.m)***

**Yoga models: Prana vayus**

This session focuses principally the relationship of the prana vayus (energy currents) with the breathing mechanism and how to apply these in therapy.

**Module 3: 22 and 23 May 2021: Live Online**

***Saturday (a.m)***

**Clinical Practice: Integration and Personal Therapy Plan preparation.**

In this integration session we will answer questions, discuss information, and practice skills taught in the first two training modules in order to review and consolidate learning about Therapeutic adaptation of asana in yoga therapy; designing home practices; interviewing to form a relationship and gather information; standing, moving, and breathing assessment procedures and the yoga conceptual models of the koshas, doshas, gunas, and prana vayus.

***Saturday (p.m)***

**Restorative Yoga: Savasana variations for Yoga Therapy.**

This session aims to introduce variations of Savasana, with good understanding of the intention and process of the pose, setting up, observation skills, musculoskeletal and energetic alignment, and modifications for therapeutic application.

***Sunday (all day)***

**Physical structure, function and common musculo-skeletal conditions.**

This session will focus on the spine, alignment and movement patterns, as well as common medical conditions. There will be special emphasis on balancing stability and mobility, scoliosis and swayback tendencies.

**Module 4: 2 to 5 July 2021: Face to Face**

***Friday (a.m)***

**Physical structure, function and common musculo-skeletal conditions.**

This session will focus on the anatomy of the pelvis and hip joint, alignment and movement patterns as well as common medical conditions.

***Friday (p.m)***

**Physical structure, function and common musculo-skeletal conditions.**

This session will look at the anatomy of the shoulder girdle, alignment and movement patterns, as well as common medical conditions.

***Saturday (a.m)***

**Therapeutic use of Asana: Standing postures.**

This set of postures focus mostly on our foundation, the ability to stand our ground, feeling secure and balanced. We will look at how they are particularly useful to help realign and strengthen the feet, ankles, knees, hips, pelvis and spine, improve proprioceptive awareness, balance, strength and stamina. We will also explore the use of gravity, the difference between rigidity and pliability, and how to build and enhance the circulation of prana. We will also review some of the common contra-indications of standing poses

***Saturday (p.m)***

**Therapeutic relationship: Orientation to Yoga Therapy Clinic and yoga therapy clinical skills.**

The Yoga Clinic is the laboratory in which students put into practice knowledge and skills learned on the course, and add to this learning through live supervision, interaction with clients, and team discussion. The clinic sessions follow a set structure designed to facilitate learning for students and high quality clinical care for clients. We'll review all the procedures, documents, and skills required to be a therapist in Clinic. This session will look at the skills you need to develop to work in one-on-one situations and provide an orientation to the procedures of the Yoga Therapy Clinic. We will practice the skills necessary to start providing therapy as a team in the Yoga Therapy Clinic.

***Sunday (all day)***

**Pranayama: Basic Principles and Breath Assessment methods.**

In this module we will learn how to assess a student's breathing capacity and endurance. We will be exploring the methods that allow a student to regain control over the breath, in a way which is appropriate to their level of health, and which gives them access to the physiological and mental benefits of pranayama. We will learn how to give beginners awareness and control of the breath, and particular attention will be given to simple techniques allowing you as a teacher to meet the needs of people who have no established relationship to their breath and may have difficulty building one. We will study the protocol which leads progressively to greater control over the breath, and comprises diverse methods which eventually create access to more advanced pranayama techniques

***Monday (a.m)***

**The Philosophy of Wellness- Integration Module**

***Monday (p.m)***

**Yoga Philosophy: Yoga Therapy in Yogic Texts: The Yoga Sutras part 1**

Explore the deep teachings of the Yoga Sutras and their relevance to yoga therapy

**Module 5: 4 and 5 September 2021: Live Online**

***Saturday (a.m)***

**Physical structure, function and common musculo-skeletal conditions.**

This session will focus on the anatomy of the knee, lower leg and foot, alignment and movement patterns, as well as common medical conditions.

***Saturday (p.m)***

**Neurophysiology- The Science of Wellness**

***Sunday (a.m)***

**Case Study: Orientation and working 1-1. Interviewing and Documentation- Case study Preparation**

The case studies are an opportunity for working alone as a Yoga Therapist with Supervision. As with the Clinic practice, repetition and integration are the keys to learning new knowledge and skills and incorporating them into your existing skill set. Be prepared to reference back to the guidance provided in this session and these documents as valuable resources to guide your development as a yoga therapist during the course.

***Sunday (p.m)***

***Yoga models: The Gunas.***

This session focuses principally on the three gunas (energy and consciousness) and the relationship of the prana vayus (energy currents) with the breathing mechanism and how to apply these in therapy.

**Module 6: 9 and 10 October 2021: Live Online**

***Saturday (a.m)***

**Medical conditions: Heart and Cardiovascular**

An exploration of heart and cardiovascular disorders.

***Saturday (p.m)***

**Medical conditions: Respiratory**

An exploration of respiratory disorders.

***Sunday (a.m)***

**Practical Clinic Session part 1**

***Sunday (p.m)***

**Yoga Nidra.**

In this session we will look at the healing benefits of relaxation, then move into guidance on using yoga nidra in a therapeutic context, a review of the key stages of yoga nidra and yoga nidra teaching tips in the context of using this powerful practice in a therapeutic setting.

**Module 7: 12 to 15 November 2021: Face to Face**

***Friday (all day)***

**Medical conditions: Heart and Cardiovascular**

An exploration of heart and cardiovascular disorders

***Saturday (all day)***

**Pranayama: Therapeutic Adaptation**

***Sunday (a.m)***

**The philosophy of wellness- Integration part 2**

***Sunday (p.m)***

**Clinical Practice: Preparation for 1st Assessment- Practice and Integration.**

***Monday (a.m)***

**Practical Clinic Session part 2**

***Monday (p.m)***

**Therapeutic use of Asana: Integration and Mudras**

**Module 8: 8 and 9 January 2022: Live Online**

***Saturday (a.m)***

**Yoga for Mental Health: Anxiety disorders.**

The Yoga Sutra 1.2 defines yoga as “stilling the fluctuations of the mind.” Worry, stress, and fear have always been with us humans and many people still seek out yoga to help manage stress. Yoga was developed to help provide clarity, guidance, and tools for transformation from suffering to enlightenment. We will discuss the symptoms of anxiety, yoga conceptual models for understanding fear and anxiety, and yoga practice tools for lessening and transforming these states of mind.

***Saturday (p.m)***

**Yoga Models: The Pranic body- Chakras.**

An exploration of how the 7 main chakras relate to habitual thought / emotion patterns and how to use the chakra model in therapy.

***Sunday (all day)***

**Yoga Research**

Research is intended to objectively evaluate the ability of an intervention to cause an effect. Yoga research is intended to evaluate whether or not the claims made about yoga’s potential to heal can be objectively demonstrated. The evidence obtained from these studies is increasingly used to promote yoga’s acceptance and inclusion as a therapeutic modality; therefore it is important for yoga therapists to have some ability to read and understand the yoga research literature. We will search for articles, and learn how to identify the relevant details of participant population, intervention, and assessment. This module will prepare you to conduct your own literature review and to incorporate findings from the literature into a therapeutic class plan.

**Module 9: 12 and 13 February 2022: Live Online**

***Saturday (a.m)***

**Meditation part 1**

Yoga therapy is holistic, taking in account the needs of the whole person. Meditation is a key yoga practice for working with the mind and facilitating transformation. We will explore how to sequence, language, and use various objects of attention in order to build capacity to practice and teach meditation. We’ll also expand the repertoire of preparatory practices and objects of meditation focus. We’ll practice and practice teaching meditation to deepen your own connection to Self-guidance and expand your capacity to enable students and clients to experience enhanced states of concentration and connection as well.

***Saturday (p.m)***

**Medical Conditions: Digestive Health**

***Sunday (am)***

**Medical Conditions: Nutritional Health**

***Sunday (p.m)***

**Yoga Philosophy: Yoga Therapy in Yogic Texts: The Sutras 2/3**

**Module 10: 18 to 21 March 2022: Face to Face**

***Friday (a.m)***

**Practical Clinic Session part 3**

***Friday (p.m)***

**Medical conditions: Yoga for Insomnia Part 1**

Explore techniques and approaches within an organized cumulative and personalized format that promotes deeper mental and physical relaxation for easier and better quality sleep.

***Saturday (a.m)***

**Physical structure, function and common musculo-skeletal conditions.**

This session will focus on hypermobility and Scoliosis.

***Saturday (p.m)***

**Physical structure, function and common musculo-skeletal conditions.**

The session will look at osteoporosis and osteoarthritis

***Sunday (a.m)***

**Yoga for Mental Health: Depression.**

***Sunday (p.m)***

**Meditation part 2**

***Monday (all day)***

**Medical conditions: Yoga for back care.**

Back 'problems' are an increasingly common condition but we need to understand that a client's assumptions are not always accurate. In this module we will discover how to combine the information provided by the client with what we observe to decide which techniques to explore to help, where caution is needed and what may be contra- indicated.

**Module 11: 7 and 8 May 2022: Live Online**

***Saturday (a.m)***

**Medical conditions: Autoimmune**

An exploration of auto-immune conditions

***Saturday (p.m)***

**Business skills: Preparation for independent yoga therapy practice.**

This module is a personal insight into the business of practicing as a Yoga Therapist.

***Sunday (a.m)***

**Yoga Models: Integration of Yoga Models.**

In this session we practise selecting which yoga models are most appropriate to use when evaluating different clients and formulating their therapy plan.

***Sunday (p.m)***

**Medical Conditions: Yoga for Insomnia part 2**

**Module 12: 25 and 26 June 2022: Live Online**

***Saturday (a.m)***

**Bhavana: Using imagery in Yoga Therapy**

***Saturday (p.m)***

**Medical Conditions: Medical background of Cancer**

***Sunday (all day)***

**Medical Conditions: Pain and its Management.**

We will look at the differences between acute and chronic pain and recommendations and practices for dealing with different degrees of pain. We will review what contributes to pain changing from acute to chronic, pain gates and what affects them. The module will also cover pain medication and relevant side effects for therapy, how pain affects relationships and the psychological issues relating to pain.

**Module 13: 9 to 12 September 2022: Face to Face**

***Friday (all day)***

**Medical Conditions: Yoga for Cancer practical session.**

Following on from module on common medical conditions (cancer) we will learn practical skills for working with clients who have been affected by cancer and review what practices may or not be appropriate for specific circumstances.

***Saturday (a.m)***

**Yoga for Mental Health: Eating disorders,**

Along with anxiety and depression, eating disorders and experience of trauma are widespread and many individuals with these conditions are drawn to yoga practice as a way to self-regulate and improve their conditions. Elements of yoga practice and cueing language can be health promoting and provide positive coping strategies, but some can also be triggering and lead to exacerbation of symptoms. We will discuss the symptoms of eating disorders and trauma, yoga conceptual models for understanding them, and yoga practice tools for lessening and transforming these states of mind

***Saturday (p.m)***

**Yoga for Mental Health: Addiction**

We will discuss the symptoms of eating disorders and trauma, yoga conceptual models for understanding them, and yoga practice tools for lessening and transforming these states of mind

***Sunday (a.m)***

**Yoga for Mental Health: Trauma.**

***Sunday (p.m)***

**Clinical Practice: Teaching therapeutic Groups.**

In this session we will explore how to develop the skills needed to teach Yoga Therapy to a small group in order to prepare for the Eight-week Group Course Assignment

***Monday (all day)***

**Pregnancy and Postnatal Yoga Therapy.**

Pregnancy is not an illness. However, it does bring with it some issues that Yoga Therapy can help with, and those who are pregnant might also desire support for other conditions that

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were already present. We will look at ways of working safely with pregnant women and tools that might be appropriate in 1-1 work. This will include working with the Koshas and Vayus that might be most prominent during that time and common conditions that affect women during pregnancy. We will also look at Postnatal conditions and how Yoga practices can be applied in a therapeutic way to benefit women after they have given birth

#### **Module 14: 15 and 16 October 2022: Live Online**

***Saturday (a.m)***

**Business Skills: Scope of Practice-Boundaries, Registration, Associations.**

***Saturday (p.m)***

***Medical Conditions: Neurological conditions***

***Sunday (all day)***

**Medical Conditions: Mindful Yoga in Supportive and Palliative Care plus managing grief.**

With an aging population and an emphasis in policy on rehabilitation and person-centred care, yoga has practical utility for those facing life-limiting illness. In this session we will learn about working within supportive and palliative care in healthcare settings

#### **Module 15: 26 and 27 November 2022: Live Online**

***Saturday (a.m)***

**Therapeutic relationship: Challenges, Maintaining, Ending and Referring.**

Establishing a therapeutic relationship begins with creating a safe space in which to meet, with clear intentions and communication so the therapist and clients know what to expect from the time together. Establishing a therapeutic relationship is an essential part of a healing relationship and it requires development of skills that differentiate yoga therapy from yoga teaching. We'll discuss how to embody the principles and concepts that form the firm foundation of yoga therapy.

***Saturday (p.m)***

**Yoga Philosophy: Yoga Therapy in Yogic Texts: The Bhagavad Gita 3/3**

***Sunday (a.m)***

**Therapeutic relationship: Challenges**

***Sunday (p.m)***

***Meditation part 3***

#### **Module 16: 13 to 15 January 2023: Face to Face**

***Friday (all day)***

**Therapeutic Women's Health: Fertility, Well Woman, and Yoga Therapy.**

How yoga therapy can offer support for disorders and symptoms of the menstrual cycle and menopause. The latter part of the day will look at yoga therapy for people who are trying to conceive naturally as well as those undergoing fertility treatment.

***Saturday (a.m)***

**Therapeutic use of Asana: Inversions + shoulder work.**

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Why invert? This is one of the questions that we will address: the therapeutic value and uses of inversions and how safely to achieve their benefits for people who have medical conditions and / or little experience of yoga. Inversions also go hand in hand with developing strength and flexibility of the shoulders and arms, so we will spend some time on related techniques and postures focusing on those areas

***Saturday (p.m)***

**Therapeutic use of Asana: Chair Yoga.**

Yoga is truly for every body. So what do you do when your physical body is otherwise disabled, ill, injured, infirm, tired? Or you can't get up from the floor once your body is there? Or your joints don't move with anything close to fluidity and your muscles don't respond to your wishes? Or when your mind begins to feel very strange, as if it belongs to someone you don't know.

Age, chronic illness, surgery, injury all affect how yoga can manifest in a body. In this module you will learn the adaptations of classic yoga asana in order to respond to the students/clients who need (or want) the extra support of a chair in both sitting and standing practices. This is an active practice, bringing all the benefits of classic asana to people who might otherwise not receive them.

***Sunday (a.m)***

***Course Review and consolidation.***

***Sunday (p.m)***

**End of course celebrations with mantras**