

Inner Peace Yoga Therapy Level 1 Course ~ September 2021 – May 2022 ~ Virtual

Daily Schedule: Generally speaking, the program's daily schedule is as follows (listed in Mountain Time):

- 7:00-8:30am (morning practice, sometimes these will be pre-recorded)
- 8:30-9:00 break
- 9-12 morning class (with 1 15-minute break)
- 12:00-1:00 lunch
- 1:00-5:00 afternoon class (with 2 15-minute breaks)

Intro: Saturday September 11 & Sunday, September 12, 2021

(Please note this first weekend does not include Friday)

Intro to Yoga Therapy

Instructor: Michele Lawrence

On our first day together, we will overview the expectations and outline of the course, get to know each other through group exercises and ice-breakers and discuss the pancamaya kosha model and well as other frameworks for understanding and assessing individuals. We will also outline and work in groups to understand the four basic guiding principles of yoga therapy.

Module 1: Thursday – Sunday; October 7-10, 2021

Functional Yoga Therapy™: Preparatory Skills and Tools

Instructor: Maria Shamas

This module explores advanced anatomy and its relationship to physical movement; along with practical treatment applications. The human body will be studied as a sacred temple with all of its myriad complexities for both assessment and individualized therapeutic application. Participants will be guided in teachings pertaining to advanced postural assessment, range of motion, basic muscle strength & flexibility testing, practical Ayurvedic concepts related to the assessment and treatment process, understanding of the client's emotional anatomy and training in practitioner sensitivity & awareness. Participants will both experience and facilitate all assessment techniques taught, through this gaining a more thorough understanding of specific symptomatic presenting issues, while maintaining the greater focus of the client as a fully integrative whole human being.

Module 2: Friday – Sunday, November 5-7, 2021

Yoga for Chronic Pain

Instructors: Neil & Lisa Pearson

Yoga therapists require an understanding of the pathophysiology of common disease processes in order to provide individualized yoga instructions and ensure the safety of students and clients. Equally important is a clear understanding of tissue healing and the neurophysiology of pain. Over three days, you will explore common injuries, diseases and pain from a bio psychosocial perspective. This knowledge will be integrated with the wisdom of yoga, enhancing and broadening your perspective of yoga as a preventative and rehabilitative modality.

Module 3: Friday – Sunday, December 10-12, 2021

Yoga of Recovery

Instructor: Durga

This is the first comprehensive course to combine Ayurveda and Yoga with traditional recovery tools to offer a more holistic mind, body, spirit approach to addiction and self-destructive behaviors. This course is for therapists, social workers, addiction counselors, sponsors, yoga teachers, Ayurvedic practitioners etc. Anyone interested in a more holistic and complete view of the problem and its solution. Bringing the west (12 Steps) and the East (Yoga and Ayurveda) together offers us a truly empowering approach to counseling those who embark on a program of recovery. It is the evolution of the solution. Upon completion of the course you will have the skills to introduce the healing potential of the holistic sciences of Ayurveda and Yoga into your own life and those around you.

Module 4: Friday – Sunday, January 14-16, 2022

Yoga for Depression & Anxiety

Instructor: Amy Weintraub

For thousands of years, yogis have understood what current research in neurobiology and clinical observations are demonstrating that, working with a body and breath-based practice, we can

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manage our moods. **LifeForce Yoga** interweaves the power of an ancient discipline with current scientific findings to help you release what's no longer serving you – without a story attached! In this three-day training, you will learn and practice breathing exercises, easy postures, guided meditations, and other experiential yogic tools for mood management that are not often taught in regular yoga classes but are useful in working therapeutically with individuals and groups.

Module 5: Friday – Sunday, February 11-13, 2022

Ayurvedic Yoga Therapy

Instructor: Chinnamasta Stiles

This training is based on an integration of teachings from Patanjali's Classical Yoga text the Yoga Sutras and Chinnamasta's & Mukunda Stiles' insights into Ayurvedic Yoga. Much of the material was sourced from teachings given in individual sessions to Dr. Paul Copeland in India during 1971-73 by Krishnamacharya. Paul was presented a unique practice based on Krishnamacharya's fundamental teaching principle of "adapting to the individual". The method incorporates Classical Hatha, Tantra, and Raja Yogas to form a continuum of training that integrated the five bodies (pancha kosha) model of yogic anatomy. It is both profoundly practical and deeply spiritual. The training covers all practices of Mukunda Stiles' book, *Ayurvedic Yoga Therapy*, and is taught by Chinnamasta. It is advisable for students to read the book and Chapter 2 of *Yoga Sutras of Patanjali* by Mukunda Stiles prior to coming.

Module 6: Friday – Sunday, March 4-6, 2022

Yoga for Cancer

Instructor: Laura Kupperman

One out of two men, and one out of three women will receive a cancer diagnosis in their lifetime; virtually all of us have been touched by cancer in some fashion. The good news is that research increasingly demonstrates the benefits of yoga to help ease many of the symptoms associated with cancer treatment, and there is a growing need for yoga teachers skilled in this area. Using the Pancha Maya model we will learn to skillfully work with survivors of any type of cancer, at any stage of recovery. We will explore how yoga can positively impact the physical effects of cancer and its treatment, and also how to address the energetic, mental, emotional, and spiritual components of a cancer diagnosis.

Module 7: Friday – Sunday, April 8-10, 2022

Yoga for Grief

Instructor: Antonio Sausys

Grief is the body's response to loss, any loss. When going through any given condition, we not only lose the 'dream of a healthy life' but we also experience the loss related to the restrictive nature of the condition's symptoms. It is then important to identify some symptoms related to grief and to learn ways to address them. In this workshop participants will learn about the physical symptoms of grief, its psycho-neuro-immunological bases and a set of simple Yoga exercises to address them while aiding the psychological transformation of grief into a resource of personal growth. A comparative analysis is made of the Western and Eastern models of the Psyche stating the importance of the 'psychic centers' involvement (particularly the 'Heart Chakra') both physically and emotionally and specially in regards to the yogic theory of Attachment. The methodology alternates theoretical lectures with experiential work.

Module 8: Thursday – Saturday, May 12-14, 2022

The Chakras and Healing

Instructor: Jessica Patterson

Discover how the chakra system can clear and heal obstacles, freeing you to move closer toward balance, gratitude, and grace. Closer, that is, to yoga. The chakras provide us with a structured model for deep therapeutic inquiry and transformation, as well as a map for understanding the evolution and expansion of our consciousness (the knowing principle, what we are aware of). Far from being merely esoteric and "new agey," the chakra system is a practical tool for all yogis. Chakras are the energetic centers where prana, or the vital life force, is either channeled or trapped. Each chakra corresponds to

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unique relationships in our lives and is associated with specific physical, psychological, emotional, and spiritual considerations. We can deepen our understanding of the energetic centers through their associated asanas, bija (seed) mantras, elements, intentions, and qualities. Using these powerful investigative tools, we will explore the central qualities and questions governed by each chakra, and listen into the conversations among them. begin to reveal (and help heal) emotional, energetic, psychological, physical, spiritual, and relational imbalances.

Wrap up, Integration: (half day) Sunday, May 15, 2022

How the Practice Heals & Putting it All Together Instructor: Michele Lawrence

On our final weekend of this Level 1 training, students we will review how the practice heals through asana, pranayama, mudra, mantra and meditation. We will also do a final wrap up together and prepare students as they embark upon the rest of their studies in the 800 hour certification course. A certificate ceremony will be held to recognize and congratulate students for completing this portion of the training.

50 Hour Homestudy (begins Oct concludes May):

There are 2 main components to this home study assignment:

1. **Case assessments:** Using the tools provided in Module 1, conduct case assessments for 3 clients. For each client, interview them, assess their needs and situation, and provide a personalized yoga therapy plan to help them. Complete a yoga therapy plan form for each client and then complete a short write up about your experience of doing it, how it felt for you and what you have learned in the process. In addition to your 3 clients, assess yourself and develop a personalized yoga therapy program. Write up your personal assessment and your experience of following it.
2. Write a research paper on the Yogic Treatment of Disease. The topic can be your choice (e.g. Cancer, Depression, etc.) Provided in your manual is a guideline for areas of consideration in your research paper.