

## **Inner Peace Yoga Therapy Level 1 Course ~ April – December 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 April 30 & Sunday, May 1, 2022**

**(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 as 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, May 12-15, 2022**

### **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, June 24-26, 2022**

### **Pain Care Yoga**

**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, July 15-17, 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.

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### **Module 4: Friday – Sunday, August 19-21, 2022**

#### **Bedside Yoga - Yoga and End of Life Care**

**Instructor: Molly Lannon Kenny**

In sutra 2.3, Patanjali tells us that abhinivesha or “*fear of death*” is one of the five obstacles to happiness. In many commentaries, one will find that this is also said to be the hardest to overcome, even for those most steeped in the practice. End of Life care is a unique opportunity to share space and accompany people - both those who are dying and those who are losing a loved one - in this most intimate and profound moments of life's journey. In this module, we will first look at faith foundations - across a variety of traditions - and how they offer us some sense of stable ground through this process. We will explore specific tools and practices to support people in all stages of end of life, as well as what we can offer to those in profound grief. We will learn some of the key vocabulary and considerations for end of life care, and finally we will look at specific movements, shapes, and physical touch that may offer some respite and relief for those on this journey.

### **Module 5: Friday – Sunday, September 16-18, 2022**

#### **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 6: Friday – Sunday, October 21-23, 2022**

#### **Yoga of Stress Resilience**

**Instructor: Dr Shailla Vaidya**

One of the greatest challenges in life is finding ways to deal constructively with stress. Stress affects us physically, mentally, and emotionally. In the short term, it can affect our well-being and our relationships. In the long term, it can undermine our health. We now know that stress is one of the major factors that predispose us to chronic diseases. Fortunately, in recent years, great strides have been made in our understanding of the stress response and how to work constructively with stress. In this three-day course, we will review the science of human function and factors that make us more vulnerable to the effects of stress. We will also learn how to use self-care techniques from the ancient tradition of yoga, including movement, breathing techniques and meditation to help us build resilience through the daily stressors we experience in our lives.

### **Module 7: Friday – Sunday, November 11-13, 2022**

#### **Yoga Therapy across the Cancer Care Continuum – Instructors: Smitha Malliah and Anne Pitman**

In the three days of this module, we will cover yoga therapy across the cancer care continuum from Diagnosis, to Treatment, to Survivorship and beyond. Specific topics include: Cancer perspectives, beliefs and attitudes, stress and cancer, cancer in different age groups, shock of diagnosis, PTSD and Cancer-related trauma, prehabilitation, side effects of treatment and yoga therapy response, guidelines for safety precautions and contraindications, working with caregivers and couples, benefits of individual and small group yoga therapy, cancer and yoga research, adjusting to the new normal after cancer, case studies, and creating a yoga class sequence for particular needs.

### **Module 8: Friday – Sunday, December 2-4, 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

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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 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, December 11, 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 May concludes December):**

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.