

Inner Peace Yoga Therapy Asheville 2011/2012

Schedule

Generally speaking, the program's daily schedule is as follows:

- 6:30–7:00 Morning Meditation
- 7:00–8:30 Morning Asana Practice
- 8:30–9:30 Breakfast
- 9:30–1:00 Morning Class
- 1:00–3:00 Lunch and Free Time
- 3:00–5:30 Afternoon Class
- 5:30–6:00 Personal Asana Time
- 6:00–6:30 Evening Meditation
- 6:30–on Dinner and free time

Saturday, November 5th

Orientation, course overview, group exercises

Sunday, November 6–Thursday, November 10th

Functional Yoga Therapy

Instructor: Maria Kali Ma

Utilizing the techniques of ancient yoga practices, modern Structural Yoga Therapy techniques, Integrative Therapeutic yoga models and Ayurvedic yoga concepts, this program will delve deeply into hands-on assessment tools and their practical treatment applications. Beyond basic anatomy, physiology and range of motion experience, this class will explore advanced anatomy & physiology and its relationship to specific structural and physiological issues within the body. In addition, using the panchamayakosha model of yoga therapy, the human body will be studied as a sacred temple with all of its myriad complexities from both an assessment and individualized therapeutic application.

Participants will be guided in teachings pertaining to advanced postural assessment, range of motion, muscle strength & flexibility testing and practical ayurvedic concepts related to the assessment and treatment process. Specific tools will be taught; from the use of a goniometer, specialized balls for release, & Marma point concepts, to the understanding of the client's emotional anatomy and training in practitioner sensitivity & awareness. Most importantly, each participant will gain a deeper understanding of themselves in their own journey of enlightenment.

Each day will involve hands on work related to the specific topics being taught. Participants will both experience and facilitate all assessment techniques taught. Participants will have a more thorough understanding of specific symptomatic presenting issues, while maintaining the greater focus of the client as a fully integrative whole human being.

Friday, November 11–Monday, November 14th

Ayurveda and Yoga Therapy

Instructor: Dr. Marc Halpern

This course is designed for yoga teachers to advance their knowledge and training in both yoga and ayurveda. Participants will learn how to adapt yoga classes toward the specific needs of each individual. Graduates will be able to provide deeper instruction in the use of asana, pranayama, chanting, and meditation for healing based upon ayurvedic principles. Participants will also take a deep journey of healing inside themselves, exploring their own ayurvedic constitution and how to create a lifestyle that leads to inner peace and healing.

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Tuesday, November 15-Thursday, November 17th

Adapting Yoga for Heart Disease

Instructor: Nischala Joy Devi

Learn how to meet the special needs of cardiac patients. This curriculum is both instructional and experiential and is ideal for yoga teachers and health professionals who would like to safely share yoga with people living with heart disease. Specific topics include: the yogic view of disease, lifestyle and dietary considerations, risk factors, the physiology and psycho-social aspects of heart disease, and the adaptation of postures and breathing practices and relaxation techniques.

Friday, November 18th

Wrap up and review

Saturday, January 28-Monday, January 30th

Yoga for Chronic Pain

Instructor: Neil 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 biopsychosocial perspective. This knowledge will be integrated with the wisdom of yoga, enhancing and broadening your perspective of yoga as a preventative and rehabilitative modality.

Tuesday, January 31st

Healing our Backs with Yoga

Instructor: Lillah Schwartz

Transform chronic and acute back issues with this customized therapeutic program. Lillah will clarify the alignment and action principles of yoga, introduce a simple set of poses that can be applied to a wide range of back conditions, and offer a practical understanding of stretching physiology and how it applies to our yoga practice. The yoga philosophy skills of kindness, self-study, and reverence toward our greater Being will be exercised.

Wednesday, February 1-Friday, February 3rd

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.

Yoga for Cancer

Instructor: Antonio Sausys

This course integrates techniques, thoughtful insights and, why not!, humor, towards a very dynamic class intended to provide practitioners with tools to better understand and cope with life with cancer. Suitable for those having or having had Cancer as well as those related to it, rather than presenting random series, this workshop features the use of specific series and techniques to accomplish specific goals. These goals include coping with the secondary effects of treatment and surgery as well as establishing a new psychosomatic dialogue with the body towards a stronger identification with the Spiritual aspects of the self that cannot have cancer. The emphasis is on the relationship of the physical techniques with their mental and spiritual correlates to empower those with cancer towards personal realization.

Inner Peace Yoga Therapy Asheville 2011/2012

Saturday, February 4-Sunday, February 5th

Yoga Nidra

Instructor: Karen Soltes

Integrative Restoration (iRest) is a modern adaptation of the ancient meditative process of yoga nidra. During this workshop Karen guide you through the process of iRest using didactic lecture, interactive dialogue, and experiential practice. You will learn how iRest can serve as an effective tool that you can integrate into your professional and personal practice. iRest yoga nidra offers a clear-cut process for transformation and a context for how transformation unfolds as well as a framework for accessing the healing presence of pure Awareness in the healing process. This presentation will challenge and inspire you to approach yourself, your students, and yoga therapy as portals for experiencing the healing and ever-present nature of unconditioned, nondual awareness.

*Successful research has been conducted with the US Military to assess the efficacy of iRest for healing stress-related disorders (PTSD) in servicemembers returning from deployment in the Iraqi and Afghanistan warfronts. Significant research results have also been obtained using [iRest with the homeless](#) and [college students](#). The protocol for these studies was developed by Richard Miller, PhD and is written about in his book, *Yoga Nidra: The Meditative Heart of Yoga (Sounds True)* and in *The Sacred Mirror: Nondual Wisdom and Psychotherapy (Paragon House)* in the chapter “Welcoming All That Is.”*

Monday, February 6-Tuesday, February 7th

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.

Wednesday, February 8-Thursday, February 9th

Yoga for Depression

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 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 two-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.

Suggested for Practice: [Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga](#) (Broadway Books), [LifeForce Yoga to Beat the Blues – Level 1 & Level 2](#) (DVD) LifeForce Yoga® CD Series.

Friday, February 10th

Wrap up, program completion