

Inner Peace Yoga Therapy Level 1 Course ~ September 2020 – May 2021 ~ Williamsburg, VA

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

6:30 8:15 Morning Asana & Meditation

8:15 9:00 Breakfast

9:00 12:00 Morning Class

12:00 1:30 Lunch

1:30 5:00 Afternoon Class*

5:00 6:00 Daily wrap up, integration, meditation and closing*

*Sundays afternoon class ends at 4pm with wrap up between 4 and 4:30.

Intro: Saturday September 26 & Sunday, September 27, 2020

(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: Monday – Thursday, October 12-15, 2020 (This is the only module that is offered during the week.)

Functional Yoga Therapy™: Preparatory Skills and Tools

Instructor: Maria Mendola

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 20-22, 2020

Healing with the Chakras

Instructor: Nischala Joy Devi

In Healing with the Chakras. Nischala Devi, weaves compassionate knowledge of the physical to the intuitive wisdom of the mystical for a complete understanding of who we really are. Within us there are whirling vortices of energy, chakras. These chakras contain valuable information about the mundane as well as the subtle aspects of our every action and thought. Connected through channels that flow up and down our spines, the Chakras infuse vitality and knowledge to every facet of our being. With the stresses of everyday life, the energetic flow is often hindered. The result is lethargy, anxiety, depression or even disease. Observing and adjusting images of ourselves, we release old paradigms from the subtle bodies and gain control of our very life force. As these pathways are unlocked, the pent up energy effortlessly flows, we are able to heal everything from simple ailments to the life threatening diseases.

Module 3: Friday – Sunday, December 4-6, 2020

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

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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 15-17, 2021

Yoga for Depression & Anxiety, Trauma Instructor: TBD

Module 5: Friday – Sunday, February 19-21, 2021

Yoga for Chronic Pain

Instructors: Lisa & Neil Pearson (virtual)

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 6: Friday – Sunday, March 12-14, 2021

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 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.

Module 7: Friday – Sunday, April 16-18, 2021

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 8: Thursday – Saturday, May 13-May 15, 2021

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.

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Wrap up: Sunday, May 16, 2021

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

On our final day 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 October 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 a subject related to Yoga Therapy. 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.