

## Inner Peace Yoga Therapy Level 1 Course ~ Hybrid/Austin, TX 2022/2023

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

\*\*all times are listed in Central Time

For virtual modules	In-person Austin
8:00 9:30 Morning Asana & Meditation	7:00 8:30 Morning Asana & Meditation
9:30 10:00 Break	8:30 9:30 Breakfast
10:00 1:00 Morning Class (with 1 15 min break)	9:30 1:00 Morning Class
1:00 2:00 Lunch	1:00 2:30 Lunch
2:00 6:00 Afternoon Class (with 2, 15 min breaks)	2:30 5:30 Afternoon Class
	5:30 6:30 Daily wrap up and closing

-----Begin monthly virtual modules on Zoom-----

**Saturday/ Sunday, October 8 & 9, 2022**

### Intro to Yoga Therapy

**Instructor: Michele Lawrence**

On our first two days 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.

**Friday/Saturday, October 28 & 29, and Saturday/Sunday November 12 & 13, 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.

**Friday - Sunday, December 9-11, 2022**

### Yoga for Grief Relief

**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 both physically and emotionally and specially in regards to the yogic theory of Attachment. The methodology alternates theoretical lectures with experiential work.

**Friday - Sunday, January 6-8, 2023**

### 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 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 3-day training, you will learn and practice breathing exercises, easy postures, guided meditations, and

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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.

**Friday - Sunday, January 27-29, 2023**

### **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 the training.

**Friday - Sunday, February 10-12, 2023**

### **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.

### **March Pain Care Aware Foundations training.** Online, self-paced with weekly check ins.

In this 30 hour online self-paced professional development program, you will dive deeply into yoga teachings and pain science, explore pain as a human condition and learn how to foster fearlessness, hope and resilience in yourself and your students when there is pain. This is a first of its kind offering that combines pain science with yoga principles and compassionate practices to give yoga teachers and therapists the confidence and competence to help their students and clients with pain move from fear and fragility to self-efficacy, self-compassion and fearlessness.

Plus each Wednesday through March you will receive weekly emails to guide you in completing the online course within five weeks. In addition, there will be optional weekly Zoom community sessions and office hours. You will be guided to complete five to six hours per week of study. You always have the option to work at your own pace. Some may decide to enrol and complete the PCA Foundations online course early, and then review it along with us during these weeks.

**Important note: This PCA Foundations online course must be completed prior to attending the final week in Austin in April.**

**Friday - Sunday, March 31-April 2, 2023**

### **Yoga of Recovery**

**Instructor: Durga Leela**

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

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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.

-----The below modules will be in person in Austin-----

**Arrive in Austin the afternoon/eve of Friday, April 21**

**Saturday April 22 – Monday April 24, 2023**

### **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 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.

**Tuesday – Friday, April 25-28, 2023**

### **Pain Care Aware Certificate Level Teaching Groups Practicum** **Instructors: Neil & Lisa Pearson**

**Day One:** Pain Physiology and Specific Pain Related Conditions for Yoga Therapists

**Day Two:** Reconceptualizing Pain from the yoga teachers/therapists perspective, PCA Principles and Methodology, Awareness/Regulation and Movement Guidelines in practice

**Day Three:** Reconceptualizing Yoga Cuing Language, Compassionate Skills Practices.

**Day Four:** You will have opportunity to contemplate upon, then polish and hone your pain care aware teaching skills by teaching classes with your peers in small groups. You will receive and give peer feedback and participate in PCA group teaching evaluations. Receiving your PCA Teaching Certificate in our final ritual/ceremony will complete our time together.

**Saturday, April 29, 2023**

### **Wrap up & Closing**

**Instructor: Michele Lawrence**

On our final day of this Level 1 training, 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.