

## **YogaAnatomy.net Fundamentals - Teacher Trainer Version**

Vidya Yoga is pleased to offer this amazing training to students of this teacher training. This Anatomy course completes and satisfies the 30 hour Yoga Alliance requirement for this section of the training.

Here are their tips for how to explore this material:

- *It is helpful to take notes.* This material is dense and layered, and you'll notice that taking your own notes is a helpful way to encourage yourself to absorb and assimilate what you're learning so you can bring it into your own teaching and practice.
- *Don't be discouraged if you find more questions than answers.* As T.K.V. Desikachar used to say, "The recognition of confusion is a form of clarity."
- *Know that your relationship to this material will change over time, and be patient with yourself.* You have access to this website for life. That means you may re-visit the material as often as you like as you evolve in your practice and yoga life. Like your yoga practice, what sparks in you from day to day will be different depending on what's going on in your life. Many of our students revisit this material over years and notice something new each time, and we're thrilled to be a part of their ongoing inquiry.
- *Applying the course to your own body is the best way to concretize this information.* Throughout the course, we'll supply examples for how to engage with injuries, difficulties, and normal physical changes due to the fluctuations of life. By trying out the ideas yourself, instead of simply watching the students on-camera, you'll be equipping yourself with more subtle knowledge about your own practice, and cultivating your storehouse of ideas for how to work with students.

# Full Curriculum & Topics Discussed

## Foundational Units

- Unit 1 - Building Blocks: Sthira & Sukha / Connective Tissue / Bones / Muscles (02:05:50)
- Unit 2 - Breath: Prana & Apana / Diaphragm / Ujjayi / Bhandas (02:08:23)
- Unit 3 - Muscle Physiology: Strength / Flexibility / Movement / Joints (02:14:29)
- Unit 4 - Spine: Curves / Disks / Backpain (02:07:53)
- Unit 5 - Lower Limbs: Foot / Knee / Hips / Pelvis / Walking / Alignment in Standing Postures (02:02:12)
- Unit 6 - Upper Limbs: Hands & Wrists / Forearm / Elbow / Shoulder / Alignment in Inversions (01:53:07)

## Application Material - presented within 2-hour units

- Unit 7 - Anatomy in Asana: Asana Philosophy + Begin Standing Poses Asana Library Introduction / Tadasana / Virabhadrasana I / Virabhadrasana II / Virabhadrasana III
- Unit 8 - Anatomy in Asana: Pain & Sensation + Standing & Seated Postures Pain & Sensation: A Body-Mind Perspective (mini-unit) / Trikonasana / Prasrita Padottansasana / Vrksasana / Paschimottanasana / Janu Sirsasana
- Unit 9 - Anatomy in Asana: Vinyasa + Floor Postures Breath & Movement: Asana & Vinyasa (mini-unit) / Ardha Matsyendrasana / Sukhasana & variations / Cobra / Pigeon / Bridge / Balasana
- Unit 10 - Anatomy in Asana: Arm Supports + Wrap Up; Final Exam Wheel / Down Dog / Chaturanga / Headstand / Savasana / Wrap-up Module

## Application Material - presented modularly:

### Mini Units:

- Approaching Asana: Our Philosophy on Asana Analysis (Library Intro) (25:32)
- Pain & Sensation: A Body-Mind Perspective (35:49)
- Breath & Movement: Asana & Vinyasa (32:38)

### Asana Library:

1. Tadasana / Mountain Pose (23:27)
2. Virabhadrasana I / Warrior 1 (28:16)
3. Virabhadrasana II / Warrior 2 (22:10)
4. Virabhadrasana III / Warrior 3 (24:50)

5. Utthita Trikonasana / Extended Triangle Pose (19:14)
6. Prasrita Paddotanasana / Wide-Stance Forward Bend (15:38)
7. Vrksasana / Tree Pose (17:13)
8. Paschimottanasana / Seated Forward Bend (18:45)
9. Janu Sirsasana / Head to Knee Pose (21:40)
10. Ardha Matsyendrasana / Half Lord of the Fishes Pose (17:20)
11. Sukhasana / Easy Posture (& other seated postures) (16:18)
12. Bhujangasana / Cobra Pose (35:46)
13. Balasana / Child's Pose (13:35)
14. Eka Pada Rajakapotasana / One-Legged Royal Pigeon Pose (13:25)
15. Setu Bhandasana / Bridge Pose (25:25)
16. Urdhva Dhanurasana / Wheel Pose (33:14)
17. Adho Mukha Svanasana / Downward-Facing Dog Pose (24:21)
18. Chaturanga Dandasana / Four-Limbed Stick Pose (23:15)
19. Salamba Sirsasana / Supported Headstand (16:42)
20. Savasana / Corpse Pose (20:29)

#### **Extras & Reference Material**

- Video Glossaries
- Bonus Material