

YOGA Functional Anatomy and Physiology July 20-22 2018



This workshop introduces anatomical concepts in a fun and practical way so that you can discover those muscles and areas of the body that are restricting you and demonstrating ways that they can work specifically on those areas and integrate more holistically with the rest of the body.

Major Goals of this Workshop are:

- Develop a greater understanding of how different areas of the body influence the look and feel of asanas
- Learn how to release restricted areas and then to progress more efficiently while reducing the risk of taking stress into vulnerable areas.
- Learn how to progress you or your clients to the next level through a method of observation, analysis, setting and measuring goals and adapting to reach a desired outcome with a client

PROGRAM OUTLINE:



The technical component will cover following four areas:

1. **Hips:** Understand construction of the hip joint and how individuals may differ, the muscles around the joint and how they will influence movements in certain directions. Practical exploration of groups of postures under the headings of forward folding, hip rotations and hip ab/adductions will allow students to discover where they need to focus their attention and how to effectively work on increasing the ranges of motion.
2. **Shoulders:** Examine the shoulder girdle and shoulder joint, identify issues that influence range of motion and the potential for injury. We will consider common restrictions, use various alignment cues to find more comfort and help minimise the risk of repetitive strain issues.
3. **Spine and SI joint:** By understanding the construction of the spine and the surrounding muscles it becomes evident as to the types of movements that it is designed to perform in certain areas as well as the potential mechanism of injury. We will discuss the common spinal injuries such as herniated and bulging discs as well as discuss the possible causes of SI Joint pain.
4. **Fascia and Release:** There is lots of interest in the emerging information about fascia and how it might influence the yoga practice. In this workshop we explore what is meant by fascia, what its purpose is and what use we can make of our growing appreciation of fascia.. The practical component of this workshop explores connectivity and integrated bodies and detailed release of fascia

VENUE: AMANJIWA , Country Heights, Kuala Lumpur, Malaysia (Contact: Maizanahern@yahoo.com)

Program Additional Module :

Personal Training Skills for Yoga Teachers:

This component of the workshop is designed to provide the skills necessary for teachers to be able to tailor yoga programs to the needs of their personal clients. We will start the process of assessment and determine how best to progress your client in the direction they desire or require.

Summary:

My aim is to assist you in becoming a more professional and effective teacher by guiding you through:

- Foundation in evaluating asana (postures)
- Basics in body reading
- Determining strength and restrictions in clients
- Progressions and working with restrictions
- Practical implementation of concepts
- Guidelines on beneficial sequencing

Holistic Analysis of Body Mind and Movement:

- Using basic knowledge of Meridians, Energy, Energetic Constitution to release any restrictions in the body
- Learn basic shiatsu and acupressure and cupping techniques to improve circulation and general wellbeing

Be Prepared to Practice and Learn Lots!