

MODULE 1

THE BODY: Asana Alignment, Anatomy, Physiology & Biomechanics

KASS VISOKEY

50-hour Module / 66-hour 200TT

This module will provide you with an integrative expert level education in yoga asana, anatomy, physiology and biomechanics

- You will gain a deep understanding of the body and biomechanics that goes far beyond teaching asana alone
- This well-rounded approach in vinyasa yoga is perfect for students who wish to deepen their self-inquiry practice as well as those who want to become a registered yoga teacher
- You will develop the tools to teach skillfully, think critically, and uncover the teacher that is true to you
- The curriculum includes a study on the historical context of asana as well as an in-depth breakdown of asanas
- You will learn the Sanskrit names and be able to define the names of the postures
- You will learn and understand each of the poses' benefits, modifications, progression and regression, and most importantly how to properly and safely transition in and out of each pose
- *You will gain a deep understanding of anatomical and alignment principles plus benefits and contraindications of the physical postures
- *You will be instructed and be able to teach classical Surya Namaskar A, B and C with proper form, alignment and breath while understanding its purpose and benefits
- *You will begin to understand how each pose works with one another as we begin to approach the art and science of sequencing asanas to achieve particular effects safely
- *You will understand the different categories of poses (standing, seated, twists, inversions, backbends, arm balances and others), know a variety of poses within each category and understand the physiological and psychological effects
- You will gain insight from the most current and practical applications blending eastern and western teachings to understand the principles of anatomy, physiology and body mechanics
- You will gain a deep understanding of neuro-muscular systems and other systems of the physical body and how these apply to the practice of yoga and how yoga can be used to address each of these systems therapeutically
- You will confidently build and develop the skills to structure, organize and teach you how to teach others in a relevant and practical way. You will gain the awareness of how to make the practice accessible to all, learning how to use props to improve, to modify and even enhance the practice.