



Teacher Training Advanced 300hr Curriculum

"The Body" w/ Maria and Brandy

Anatomy & Biomechanics

Musculoskeletal System

- Musculoskeletal System Review
- Connective Tissue & Fascia
- Location & Movement Terminology
- Muscle Movement & Contraction
- Joint Movements & Mobility
- Muscle Pairs & Pose Examples

Spine & Back Anatomy

- Spinal Regions & Vertebrae
- Back Muscles
- Spinal Functions
- Spinal Movements

Core Anatomy & Psoas

- Core Form & Function
- Core Fundamental Teachings
- TA & Engaging Deeper Abs
- Pelvic Floor
- Psoas Introduction
- Psoas Common Issues
- Psoas Teaching Considerations

Pelvic Anatomy

- Pelvis & Hips Anatomy Intro
- Hip Muscles
- Hip Movements
- Lower Legs Anatomy
- Knee Functions & Issues
- Fostering Knee Health
- Adapting for Knee Pain
- Foot Pain & Issues
- Teaching for Foot Health
- Shoulder Girdle Introduction
- Shoulder Girdle Function & Issues

Physiology

Physiology, General

- How Yoga Supports Health & Physiology
- Nutrients, Vitamins, Minerals
- Cells & Cellular Biology
- DNA, Genes & Epigenetics
- Epigenetics & Lifestyle Research

Nervous System & Stress

- Nervous System Overview
- Vagus Nerve
- Fight-or-Flight, Relaxation, Polyvagal
- Good Stress & Chronic Stress
- Why Yoga Works

Respiration

- Respiratory Anatomy, Breathing Physiology
- Respiratory Anatomy Part 2

Brain

- Brain Anatomy Models
- Brain Physiology & Hemispheres
- Brain Health, Lifestyle & Yoga

Immune System

- Immune, Lymph & Microbiome
- Terrain vs Germ Theory
- Toxins Prevalence & Impact
- Detoxification
- Immune Disorders & Healing
- Immunity & Yoga

Digestive System

- Digestive System Physiology
- ENS & Gut-Brain Axis
- Digestion & Energy
- Issues & Conditions
- Digestion & Yoga
- Ayurveda Cooking and Cleansing

Cardiovascular System

- The Circulatory System
- Heart Issues & Conditions
- Heart Health & Yoga

Endocrine System

- Endocrine (Hormonal) System
- Pineal Gland
- Hormonal Issues & Health

Adapting in General

Beginners

- Beginners Introduction
- What Students Want & Need
- Promoting Student Safety
- Sequencing for New Students
- Clarity of Teachings
- Choosing Pose Versions for Beginners

More Student Types

- Intermediate / Advanced
- Mixed Level Classes
- Seniors

Pregnancy

- Pregnancy & Yoga Introduction
- Pregnancy & Adaptations by Trimester
- Yoga Practices for Pregnancy

Pain

- Sensation & Pain
- Working with Pain
- Chronic Pain
- Chronic Pain & Yoga

Back & Spinal Issues

Back Conditional In General

- Back & Spinal Conditions Introduction

Upper Back, Neck, & Shoulder Issues

- Upper Back & Neck Issues
- Upper Back & Neck Care - General Approach
- Upper Back & Neck Care - Asana
- OPLL

Low Back Pain

- Intermediate / Advanced
- Mixed Level Classes
- Seniors

Issues of the Spine

- Pregnancy & Yoga Introduction
- Pregnancy & Adaptations by Trimester
- Yoga Practices for Pregnancy

Musculoskeletal Issues

Hip Issues

- About Hip Issues
- SI Joint Anatomy & Issues
- Sciatica & Piriformis Syndrome
- Hip Strengthening Exercises
- Poses for Hip Health & Hip Issues

More Musculoskeletal Issues

- Pregnancy & Yoga Introduction
- Pregnancy & Adaptations by Trimester
- Yoga Practices for Pregnancy

Mental Health

- Mental Health / Emotional Health Intro
- Mental Health & Yoga
- Anxiety
- Anxiety & Yoga
- Depression
- Depression & Yoga
- Diagnosable Disorders

Inflammation & Arthritis

- Mental Health / Emotional Health Intro
- Mental Health & Yoga
- Anxiety
- Anxiety & Yoga
- Depression
- Depression & Yoga
- Diagnosable Disorders

Neurological Conditions

- Headaches & Migraines
- TBI & Concussion
- Epilepsy
- Multiple Sclerosis (MS)

Yoga Nidra

- Yoga Nidra Intro
- Yoga Nidra Practice