



Yoga Therapy Australia
Personal Practices for Individual Needs

FOUNDATIONS COURSE

THE VINIYOGA APPROACH FROM A THERAPEUTIC PERSPECTIVE

OUTLINE OF CURRICULUM

Introduction to Yoga Therapy (2 hours)

- Origin of Yoga: the goal of Yoga Darsana in comparison with other schools of thought – Mimamsa, Nyaya, Vaisesika, Samkhya & Vedanta.
- The journey of Healing and Spirituality
- Pain (Duhkham) as a motivation for transformation
- The meaning and purpose of yoga from the perspective of healing
- Viniyoga in Yoga Therapy: A holistic Individualized approach.
- Yoga vs. Yoga Therapy: practice and application
- Yoga Therapy and its role in health management
- Defining Yoga from the perspective of healing

2. Yoga Sutra on Healing: An Introduction (10 hours)

- Duhkham (pain) and its role in healing.
- Understanding the causes for duhkham and its implication on various aspects of life
- Parinama (change): the problems and hope coming from change
- Samskara (conditioning) in perpetuating illness and suffering, Yoga as a process of re-conditioning the mind – vyuthana to nirodha samskara.
- The root cause: Avidya (ignorance), the relationship between Purusa (the Self) and Prakrti (matter) – the eternal confusion.
- The role of gunas in healing.
- The various roles mind plays in illness and the healing process.
- The yoga of perfect actions: Kriya Yoga as a model for healing
- The healing paradigm: Heyam, Hetu, Hanam, Upayam – various levels and dimensions
- Pacification and Purification in Yoga Therapy
- What supports healing? Yama & Niyama in healing
- Asana and Pranayama: how to apply them in healing
- Deeper cleansing process: Pratyahara, dharana, dhyana and Samadhi
- The fuel for transformation: Sraddha & Isvara Pranidhana

3. Principles of Asana practice for Yoga Therapy (6 hours)

- Establishing a relationship with body – creating a perfect union
- Meaning and Definition of asana in relation to healing
- Combining breath with movement – principles, benefits, application
- Breathing technique and its role in therapy
- Ahimsa and relaxation principles in therapeutic application of asana
- Role of mind in asana practice – power of intention, visualization and focus
- Static and dynamic ways of asana practice and its application in therapy
- Classification of asana with specific reference to therapy at physical, physiological and psychological levels.

4. Classical Asana Techniques (Asanas important for therapy) (8 hours)

- To include the Sanskrit name and significance in healing
- Classical way of going into and coming out of each asana
- Different ways of modifications possible for each asana and their application
- Teaching methodology guidelines

6. Pranayama & Meditation: Principles and practice (6 hours)

- Role of Prana in healing
- Definition of pranayama, purpose and benefits
- Panca Vayu and their role in the body, implications for health.
- Concept of amrtam and digestive fire – significance of this model in healing.
- Application of principles of Pranayama in yoga therapy
- Components – Recakam, purakam, kumbhakam – understanding their effect on the physical, physiological and psychological system.
- Effects of pranayama: Brhmana, Langhana, Samana and their application in healing
- Role of Bandhas, Mantra & Bhavana in therapy.
- Meditation – purpose, process and models in healing.
- Integrating pranayama and meditation in asana.

7. Asana & Pranayama – Principles of Course planning (6 hours)

- Introduction to course planning and its application in therapy
- Purpose: Concepts of Ahimsa, Sthiram and Sukham, Prayatna Saithilyam
- Concept of vinyasa Krama
- Principles of course planning
 - o Studying the goal posture and its requirement
 - o Flexibility and strength
 - o Selection of simple postures to achieve the needs
 - o Sequencing the postures
 - o Counter-pose – coming out of vinyasa
- Course planning for a single goal and multiple goal postures with examples

- Course planning for specific effects in relation to therapy.
- Course planning in pranayama, progression in practice

8. Viniyoga (application of yoga) – Principles and practice (6 hours)

- Observation – foundation for yoga therapy.
- Methodology of observation.
- Observation of spine, joints and muscles.
- Modification of asana based on observation.
- Form and function with reference to therapy.

0o0

***The total program offered is approximately 70 hours. This includes theoretical principles (as outlined above), as well as asana, pranayama, meditation practices, question and answer sessions and assessment reviews.**

PLEASE NOTE: *This curriculum is indicative and hours are estimates. The program may be subject to change.

0o0