

## **Hatha Yoga Teacher Training (HYTT) 300-Hour Program**

### **Course Outline: Body Reading and Hands-On Assists**

### **Elective Option – 10 Hours**

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#### *COURSE DESCRIPTION*

There are many ways of reading the body beyond the Western anatomical approach. Having the ability to understand the body from multiple perspectives enhances a person's ability to connect on a deeper level. Having a vaster understanding of the body and through practice, participants can begin using a more individualized approach.

Every yoga practitioner is different and their physical abilities as well as limitations will also be unique. This course will give the opportunity to grow more knowledge for individualized instruction rather than a blanket approach. We will look at clues communicated by the body in order to cultivate more subtle awareness in your own practice and enable others to do the same.

One way to assist is through hands-on adjustments, which can be an effective component of a yoga practice provided the person knows what they are doing. When we touch others in a pose, each assist should be done with an appropriate approach, the right intention, and awareness of why we are performing it. This workshop will help to develop foundational knowledge for recognizing when you should and shouldn't give hands-on adjustments, as well as for offering adjustments that are appropriate, effective, and safe.

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#### *LEARNING OBJECTIVES*

1. Look at the human body through different 'lenses' and theories in order to further appreciate the body as a spectacular, interconnected system.
2. Develop foundational knowledge in:



- How, why, and when to give others a hands-on adjustment; and
  - Recognizing clues communicated through the body in order to teach appropriately.
3. Give and receive adjustments and take home sheet of specific common and effective adjustments that can be used in classes.
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#### *PRE-REQUISITE ASSIGNMENT*

Visit [www.onbeing.org](http://www.onbeing.org) and listen to:

- Podcast – Compassion for Our Bodies with guest Matthew Sanford
  - Podcast – How Trauma Lodges in the Body with guest Bessel Van Der Kolk
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#### *POST-TRAINING ASSIGNMENT*

- Giving and receiving physical assists.
  - Written questions and reflections.
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#### *ENROLLMENT*

This course is open to the general public. 6 months to 1 year of regular yoga practice is recommended for participation.

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#### *COURSE COST*

\$175 + HST