

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

### **Course Outline: Yoga for the Spine Immersion**

#### **Elective Option – 20 Hours**

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#### *COURSE DESCRIPTION*

This immersive and applied training will provide participants with an understanding of how to genuinely benefit and protect the spine in yoga – a subject often misunderstood and even avoided in contemporary yogic education. As we go through each course component, participants will “taste test” each asana and then see the residue created in the body. Andrea will make sure that each person has the intended experience of each exercise. We will make anatomy lessons and biomechanics simple and explore five different ways to help the spine and pelvis in yoga: biomechanics, traction, strengthening, stretching, and relaxation combined. We will experience first hand how to make the spine feel fantastic in asana and keep it free of injury. We will also discuss related concepts of non-violence and the modern context of yoga as it is generally taught in the west. Come prepared to have fun, explore theory and practice, unpack postural analysis, and learn how yoga benefits the spine.

- Participants will receive an overview of the physiology of how properly applied yoga helps the spine, how the spine is impacted by daily life, and a special yoga routine for the spine.
  - They will gain insight into how existing yoga is helping and sometimes harming the spine.
  - From this foundation, participants will move into experiencing elongation and natural curves of the spine.
  - Participants will learn how to create length in the spine and to protect the vertebral column and organs.
  - Participants will experience applied anatomy, look at the spine, and practice yoga to understand the effect of gravity and mechanics.
  - Participants will find a new sense of space, alignment, and length in their spine and pelvis.
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### *LEARNING OBJECTIVES*

1. Participants will gain a “3D” sense of their bodies and will have the ability to feel when they are honouring their anatomy and biomechanics. Participants will gain clarity on how to genuinely apply ahimsa (non-violence) in their practice and to heal with their practice.
  2. Participants will stop thinking of yoga asana as merely stretching the body but come to understand it in terms of the five key elements for balance: biomechanics, traction, strengthening, stretching and relaxation.
  3. Participants will gain a personal understanding of creating a “positive residue” in the body after asana and will be able to distinguish this from more confusing and less clear experiences after asana.
  4. Participants will learn to feel basic principles of anatomy as they practice and will understand what makes a dangerous or healthy asana for the spine.
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### *PRE-REQUISITE READING*

Optional: 30 Essential Yoga Poses by Judith Hanson Lasater

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### *ASSIGNMENT*

Each participant will choose one individual and offer a 1-hour private class using the techniques gained from this training. They will choose four techniques learned in the training and photograph or make short videos. Participants will write about the exercises they chose and why.

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### *ENROLLMENT*

This course is open to all yoga teachers with a minimum level of 200-Hour teacher training or equivalent (any style).

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*PranaShanti*  
Yoga Centre

*COURSE COST*

\$325 + HST (15 hours)

\$420 + HST (20 hours + certification)