

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

### **Course Outline: Anatomy, Physiology and Biomechanics**

#### **Core Module – 20 Hours**

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#### *COURSE DESCRIPTION*

This course is designed to give an in depth understanding of the human body's physiological make up and how it pertains to yoga. We will explore muscles, joints, fascia, and more to empower participants to teach and practice in biomechanically safe ways. We will explore physics of movement and how it relates to our asana practice as well as how the anatomy of breathing and the nervous system are affected by the more subtle aspects of yoga.

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#### *LEARNING OBJECTIVES*

1. Gain in depth understanding of major muscles and joints.
  2. Learn to relate safe biomechanics to asana.
  3. Discover how all aspects of yoga affect our physical bodies.
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#### *PRE-REQUISITE READING*

Prior to the training, please review these sections of Trail Guide to the Body by Andrew Biel:

- Navigating the Body – Pages: 20-22, 34-39
- Shoulder & Arm – Pages: 61-66
- Spine & Thorax – Pages: 188-191, 194-195
- Pelvis & Thigh – Pages: 296-299, 302-305



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*POST-TRAINING ASSIGNMENT*

An essay / written reflection on one key concept covered during the weekend. This assignment would explain why this concept is relevant to present day yoga and how participants plan to use the information learned in their own personal practice or in their yoga classes.

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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.