



THE DEVON SCHOOL OF YOGA

POST GRADUATE TEACHER TRAINING & YOGA THERAPY COURSE

SYLLABUS

2010 / 2011

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INTRODUCTION

This course aims to inspire, empower and support qualified Yoga Teachers by drawing from the plethora of Yogic/Eastern traditions and yoga therapy. By honouring the uniqueness of the individual as both student and teacher of yoga the course develops intuition and confidence.

We aim to provide a space to facilitate the deepening of personal yoga practice thereby inspiring yoga teaching. The course presents a 'toolbox' of Yogic and Eastern practices to apply in personal practice, when teaching classes and when working one-to-one with yoga as a therapeutic healing art.

The course will challenge old beliefs, allowing exploration of underpinning values and philosophy and inspiring personal transformation, thus expanding and exploring the creative spirit of the yoga teacher.

This course meets the Skills for Health National Occupational Standards set by the British Council for Yoga Therapy (based on Dec 2008 draft) to practice as a yoga therapist and for insurance purposes. It is recognised by the Independent Yoga Network.

A Devon School of Yoga Post Graduate Teacher Training and Yoga Therapy qualification will be awarded to students who complete all coursework and assessments successfully.

Those students who choose to specialize with their three case studies and project will have their subject of special interest noted on their diplomas i.e. back pain / pregnancy / asthma etc.

SYLLABUS

COURSE HOURS

Total course hours: 404 hours (inclusive of tutor led and student work)

Tutor led: 144 hours

Student work: 200 hours (approximately 5 hours per week including homework, personal practice and case studies)

Additional tutor led: 60 hours (weekly class / workshop attendance)

COURSE CONTENT

Yoga as a Spiritual Discipline

- Developing the home / self practice
- Kriyas
- Mudras and Bandhas
- Asana
- Pranayama
- Meditation
- Raja Yoga / Ashtanga Yoga
- Mantra / Bhakti Yoga

Selected study of Yoga Philosophy, building on the basic knowledge from teacher training course including:

- Patanjali Yoga Sutra
- Hatha Yoga Pradipika
- Bhagavad Gita
- Upanishads

Yoga Therapy

Practicalities of working one to one with yoga therapy

- Dr Pillai yoga therapy system overview
- Listening skills and the therapeutic relationship
- How to analyse an individual using the appropriate yoga models and a case history (which includes using a health questionnaire, consultation / assessment of medical conditions and other factors conveyed by the client together with the acute/chronic nature of each issue and the client's priority for improvement)

- How to identify priorities for a Yoga Therapy Programme covering: preferences and needs of the client, current abilities or limitations, potential for improvement, time constraints for practice and choice of one to one sessions or small therapy group classes
- How to select and plan appropriate yoga practices and techniques based on the analysis: in a one to one therapy setting where a tailored initial home practice and further home practices are developed to suit the client's individual needs and in a therapeutic group setting: where group practices are personalized with appropriate modifications and variations for the needs of each client in the group
- Yoga techniques as used in therapeutic practice together with their effects: asana (postures), pranayama (breathing techniques), dharana/dhyana (concentration/meditation), yoga nidra (relaxation), bhavana (visualization), mantra (sacred sounds), mudra (gestures,) kriya (cleansing techniques)
- Contra-indications to the use of the above techniques
- How to adapt and modify the techniques for an individual's specific therapy needs
- How to plan a practice using these techniques to begin to meet the needs of the individual
- How to develop practices prescribed in ways appropriate to the specific individual.
- The application of support materials to help the client practice at home – materials could include written instructions, audio recording etc
- How to encourage and motivate the client to practise regularly; including appropriate aftercare

Cautions and contra-indications to Yoga Therapy

- The reasons for caution in proposing or excluding yoga practices for clients with major medical conditions or when such conditions are suspected
- The reasons for some caution in apparently minor complaints
- The types of contra-indications including: medical emergencies where Yoga Therapy should not be practised and where the client should be immediately referred to a medical practitioner, acute situations where Yoga Therapy should be temporarily stopped and extreme care situations where Yoga Therapy can only be practised in a greatly modified way

Study of mental / emotional health and illness

- Understanding how yoga affects mood and vice versa
- Recognising common mental/emotional health problems in ourselves
- Yoga and depression, anxiety, psychosis
- Looking at old, negative thought patterns that may affect mood
- Specific Yoga practices to help common mood disorders
- Emotion and the disease process.

Study of the pre and post-natal period

- Principles of pre and post-natal yoga
- Beneficial exercises, modifications
- Contra-indicated exercises

Study of professional issues

- Confidentiality
- Consent
- Documentation
- Professional boundaries
- Scope of professional practice
- Research

The Philosophical and Practical Foundation of the Five Phase System

Understanding and using the Five Phase System within yoga practice & therapy

- Five Phase/Elements as fundamental energy constructs which can be applied to any life process
- Five Phases resonance and inter-relationships
- Acts of observation
- Introduction to the natural functions and disharmony states of the Five Phase System: the Water Phase, the Wood Phase, the Fire Phase, the Earth Phase, the Metal Phase
- Relationship of part to the whole
- Psychology and the Five Phase System

Anatomy, Physiology and Pathology

The anatomy, physiology and pathology relevant to the medical conditions identified in a client to ensure appropriate Yoga practice is proposed

- The structure and function of the following systems of the body: cardiovascular system, respiratory system, blood, lymph and immune system, nervous system, endocrine system, reproductive systems, musculoskeletal system, digestive system, urinary and Integumentary system
- The pathology of commonly occurring ailments within and between each system including: the possible causes of disease, methods of diagnosis that are used, exacerbating and relieving factors, medical treatments and management

Study of Pain Management

Acknowledge, understand, transform and transcend pain using yoga practice

- Defining pain
- Nociceptive, neuropathic
- Causes of pain
- Assessing pain
- Management of pain

- Pain Threshold and how yoga can manipulate it
- Effect of pain on everyday life
- Somatisation of emotional pain into the physical
- Yoga practices that can help

Study and Practical Use of Subtle Energetic Models

- Shariras
- Koshas
- Nadis
- Meridians

Review of Ayurveda

- Samkhya Philosophy
- Gunas and Doshas applied to practice
- Seasonal / lifestyle guidelines

Shiatsu Massage Techniques

- Developing confidence in hands on assessment
- Coaching, and application in yoga teaching and therapy
- First Aid pressure points

Exercises to develop Ki energy awareness and intuition including Qi Gong

ASSESSMENT

Coursework and assessment will be in the form of:

- Three in-depth Yoga Therapy case studies – 5x sessions, reflecting the student's area of interest. (1500 words plus Yoga Therapy plan)
- Eight brief one to one yoga case studies – 3x sessions (750-1000 words)
- A 3000-5000 word project on a subject of special interest to the student, potentially involving research.
- Practical observation of one to one skills

Each student will be assigned a personal tutor from the teaching team according to the particular area of interest of the student, who will be available during the course for support and advice on case-studies, the project and any other course issues.

INDICATIVE READING LIST

Yoga Therapy & Restorative Yoga

Nagendra, Nagarathna & Monro. *Yoga for Common Ailments*. (Gaia. Note: out of print but available second-hand from Amazon)

Lasater, Judith. *Relax & Renew - Restful Yoga for Stressful Times*. (Rodmell Press)

Friedeberger, Julie. *The Healing Power of Yoga*. (New Age Books)

Mohan, AG. Mohan, I. *Yoga Therapy – A Guide to the Therapeutic use of Yoga and Ayurveda for Health and Fitness*. (Shambala 2004)

Gharote, M.L. and Lockhart, M. *The Art of Survival - A Guide to Yoga Therapy* (Unwin Paperbacks)

Dr. Swami Shankardevananda; *The Effects of Yoga on Hypertension* (Yoga Publications Trust Bihar)

Dr. Swami Shankardevananda; *Yogic Management of Asthma and Diabetes* (Yoga Publications Trust Bihar)

Dr. Swami Shankardevananda; *Yoga for the Digestive System* (Yoga Publications Trust Bihar)

Yoga Practice (Asana, Pranayama etc.)

Devon School Yoga – *Teacher Training Course manual* (Devon School of Yoga)

Schiffmann, Erich. *The Spirit and Practice of Moving into Stillness*. (Pocket Books)

Farhi, Donna. *Yoga mind, body & Spirit* (new Leaf)

Desikachar, TKV. *The Heart of Yoga – Developing a personal Practice* (Inner Traditions International 1999)

Swami Satyananda Saraswati. *Asana Pranayama Mudra Bandha*. (Yoga Publications Trust Bihar)

Swami Baddhananda Saraswati. *Moola Bandha*. (Yoga Publications Trust Bihar)

Meditation & Yoga Nidra

Swami Satyananda Saraswati. *Sure Ways to Self Realisation*. (Yoga Publications Trust Bihar)

Swami Satyananda Saraswati. *Yoga Nidra*. (Yoga Publications Trust Bihar)

Miller, Richard. *Yoga Nidra – The Meditative Heart of Yoga*. (Sounds True)

Yoga Philosophy

Sri Swami Satchidananda. *The Yoga Sutras of Patanjali*. (Integral Yoga Publications) *plus other translations of your choice*

Sri Swami Satchidananda. *The Living Gita*. (Integral Yoga Publications)

Swami Satyananda Saraswati. *Four Chapters of Freedom*. (Yoga Publications Trust Bihar)

Swami Satyananda Saraswati. *Nine Principal Upanishads*. (Yoga Publications Trust Bihar)

Swami Muktibodhananda Saraswati. *Hatha Yoga Pradipika*. (Yoga Publications Trust Bihar)

Hamilton, Sue. *Indian Philosophy - A Very Short Introduction*. (Oxford)

Pregnancy & Postnatal Yoga

Freedman, Françoise. *Yoga for Pregnancy, Birth and Beyond*. (Dorling Kindersley)
Dinsmore-Tuli, Uma. *Mother's Breath* (Sitaram)
Freedman, Françoise and Hall, Doriel. *Yoga for Pregnancy*. (Cassell Illustrated)
Teasdale, Wendy. *Yoga for Pregnancy*. (Gaia)

Anatomy, Physiology & Pathology

Coulter, David. *Anatomy of Hatha Yoga*. (Body and Breath Inc.)
Juhan, Deane. *Job's Body* (Station Hill Press)
Ball, John. *Understanding Diseases*. (Daniel)
Long, Ray. *The Key Muscles of Hatha Yoga* (www.BandhaYoga.com)
Grabowski & Tortora. *Principles of Anatomy & Physiology*. (Wiley International)
Ross & Wilson. *Anatomy & Physiology*. (Churchill/ Livingstone)
Blenkinsopp, A, Paxton, P. *Symptoms in the Pharmacy: A Guide to the Management of Common Illness*. (Wiley 2008)
Professional Guide to Pathophysiology (Professional Guide Series - Springhouse 2006)
British National Formulary and A concise medical dictionary

Therapeutic Relationship & Professionalism

Mitchell, A. & Cormack, M. *The Therapeutic Relationship in Complementary Health Care*. (Churchill Livingstone)
Understanding the Consultation: Evidence, Theory and Practice. (Usherwood 1999)
Martin, Philip. *The Zen Path Through Depression*. (Harper Collins)
Brach, Tara. *Radical Acceptance* (Bantam)

Shiatsu and Five Element Theory

Jarmey, Chris. *Acupressure for Common Ailments*. (Gaia)
Hicks, A&J, Mole, P. *Five Element Constitutional Acupuncture* (Churchill / Livingstone 2004)
Connelly, D. *Traditional Acupuncture: The law of the Five Elements* (Traditional Acupuncture 1994)
Hammer, L. *Dragon Rises, Red Bird Flies: Psychology & Chinese Medicine* (Eastland Press 1996)
Cowmeadow, Oliver. *Shiatsu: A Practical Introduction*. (Daniel)

Ayurveda

Morrison, Judith. *The Book of Ayurveda*. (Gaia 2001)
Svoboda, Robert. *Ayurveda, Health, Life & Longevity* (Ayurvedic Institute)
Blank, L & Tarabilda, E F. *Ayurveda Revolutionised: Integrating Ancient and Modern Ayurveda* (Hardcover 1998)

General Interest

Hirschi, G. *Mudras – Yoga in your Hands*. (Weiser Books 2000)
Ozanic, O. *The Elements of the Chakras*. (Element 1993)
Laszlo, Ervin & Corrivan, Jude. *CosMos*. (Hay House)

CDs & DVDs

Grilley, Paul. *Anatomy for Yoga* (Pranamaya)

Kraftsow, Gary. *Viniyoga Therapy for the low back, sacrum and hips* (Pranamaya)

Kraftsow, Gary. *Viniyoga Therapy for the upper back, neck and shoulders* (Pranamaya)

Swami Pragyamurti Saraswati. *Yoga Nidra CDs*. (Satyananda Centre London)

Dinsmore-Tuli, Uma. *Mothers Breath companion CD set*. (Sitaram)

Dinsmore-Tuli, Uma. *Sitaram Mother Nurture Yoga*. (Sitaram)

Holt, Eryl & Symes, Marion. *Simple Yoga for Pregnancy* (Quantum Leap)

Holt, Eryl & Symes, Marion. *Simple Yoga for Labour and Birth* (Quantum Leap)

Holt, Eryl & Symes, Marion. *Simple Postnatal Yoga* (Quantum Leap)