

# From The Ground Up!

Blue Mountains Wellness Studio's holistic approach to the art of teaching yoga.

## ~ DETAILED TABLE OF CONTENTS ~

### **7. Terms Definitions**

- a. Anatomy and Physiology Terms and Working Knowledge.
- b. Common Sanskrit Terms.
- c. Common Medical Terms.
- d. Body Work Terms.

### **6. Teaching to Different Populations**

- a. Various Populations and Groups.
  - Adults. (athletes and non-athletes)
  - Seniors.
  - Teens, Youth and Children.
  - Pre and Post Natal.
  - Topic Specific Workshops.
- b. Persons in Recovery from and living with:
  - Surgery, High Stress, Loss/Grief.
  - Autoimmune Challenged.
  - Addictions, Trauma. (car accident, abuse, etc)
  - Amputees. Wheelchair.

### **5. The Art of Teaching Yoga**

- a. Ethics and Ethical Standards.
- b. Different Learning Types and Student Needs.
- c. Teaching Methods.
- d. Teaching Cues, Language and Voice.
- e. Props: How, When and Why.
- f. Your Teaching Style and What You Bring to the Classroom.

### **4. Poses ~ Asanas [Benefits and Contraindications]**

- a. Standing. (both feet)
- b. Balancing. (one foot)
- c. Seated.
- d. Inversions.
- e. Twists.
- f. Forward Bends.

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Blue Mountains Wellness Studio's holistic approach to the art of teaching yoga.

- g. Back Bends.
- h. Hand and Arm Balancing.
- i. Advanced Poses.
- j. Yoga for two people poses.
- k. Group Poses.

## 3. **Our Body... 'The Whole Enchilada'** [Anatomy & Physiology]

- a. Emotional, Mental and Spiritual.
- b. Physical.
- c. Astral.
- d. Chakras.
- e. Bandhas.
- f. Nadis.

## 2. **Breathing and Pranayama ~ Techniques and Effects**

- a. Ujjayi.
- b. Alternate Nostril Breathing.
- c. Satali.
- d. Nadi Sodhana.
- e. Bhastrika (I).
- f. Bhamari.

## 1. **FOUNDATION**

- a. Breathing.
- b. Posture.
- c. Gravity and our body on earth.
- d. In the beginning... History and overview of Yoga.
- e. Yogic lifestyle and thinking.