

Yoga Asana

Participants will practice, observe, evaluate, and assist in yoga asana practice to develop an eye for creating life-balance based on the Kosha, Mahabhuta and Chakra overlay models. Participants will also receive access to Deborah's "Loving Nature Asana" which brings yoga as therapy in asana practice into the light of these teachings. With the knowledge gained from these ancient models and Deborah's techniques, participants will be able to implement specific therapeutic applications for various issues; thus allowing students/clients to access a deeper, more integrated and holistic presence in their body.

Developing a dialogue for follow-through with these modalities and for educating and integrating their significance into asana practice.

With a focus on asana (active and restorative) students will demonstrate ability through one on one practicum, journaling assignments, and question/ answer sessions. These are designed to require each student to think through and document several applications with real situations with individual needs using the Koshas, the Mahabhuta and the Chakras as a format for assessment and treatment.

Pranayama

Participants will develop the ability to observe and evaluate habits and patterns of breathing. They will learn Deborah's practical "Pranayama for Life" breathing techniques and the benefits of conscious breathing. These particular techniques were developed through the lens of the Pancha Maya Kosha, the Mahabhuta and the Chakras. Participants will learn to apply these techniques to a broad range of students/clients.

With a focus on Pranayama (useful classical contemporary breath awareness practices) for assessment and treatment students will demonstrate ability with one on one practicum, journaling assignments, and question/answer sessions designed to require each student to think through and document several applications with real situations with

individual needs using the Koshas, the Mahabhuta and the Chakras as a format for assessment and treatment.

Meditation/Visualization

Participants will learn to apply Deborah's "Meditation for Life" meditation and visualization techniques derived from the ancient teachings to their personal and professional practice. These practices focus on healing the energetic and neurological centers of the Chakras in an effort to bring awareness to our human qualities and heal imbalances in our bodies and minds.

Participants will learn Deborah's Elemental Body Scan and Bhuta Shuddhi; both of which cultivate our connection to and purification of the elements which make up our physical bodies.

Participants will also develop the ability to listen and interpret a client's response to a meditation/ visualization experience; thus helping to illuminate the individual's mental state, creating discernment, intuition, and trust in a higher source.

With a focus on meditation and visualization techniques for assessment and treatment students will demonstrate ability with one on one practicum, journaling assignments, and question/answer sessions designed to require each student to think through and document several applications with real situations with individual needs using the Koshas, the Mahabhuta and the Chakras as a format for assessment and treatment.

Rationale

Through the useful lens of the multi-dimensional models of the Pancha Maya Kosha, the Pancha Maha Bhuta and the Chakras, we will look at how recent research in neuroscience, preventative medicine and management of various physical, emotional and spiritual diseases points to vast possibilities for the future of Yoga as therapy. We will explore how these teachings reflect the necessity of understanding nature as

teacher as set forth in the Vedas and Upanishads, the Samkhya system, Ayurveda, Tantra and the earth-based teachings of the Rishis.

Participants can effectively implement these modalities from wise ancient teachings to modern populations and develop an individualized practice consistent with the client's condition.

Course Attendance and Requirements:

Full attendance required

200-hour yoga teacher training, C-IAYT, medical and wellness practitioners, or equivalent with knowledge of anatomy, asana, pranayama, meditation and basic yoga philosophy. Must apply and be accepted.