



KARINA SMITH

Yin Yoga & Chinese Medicine

25 Hour Functional Anatomy for Vinyasa Yoga

Teacher Training

March 2021 Australian Yoga Academy Prahran

Information Pack

Thank you for your interest in this 25 Hour Functional Anatomy for Vinyasa Yoga Teacher Training, facilitated by Karina Smith.

This comprehensive training is available for already qualified yoga teachers. The intention of this course is to refresh the basics of skeletal variation for all major joint complexes in the human skeleton, as well as the actions required in the soft tissues of the body for when we are practicing a yang style of yoga.

This training aims to build confidence in teachers when cueing a yoga sequence from a functional rather than aesthetic intention. A functional intention allows a room full of yoga students to discover their own body and how to find their personal version of traditional yoga asanas. By applying this functional intention, this training also aims to continue offering yoga in an accessible and inclusive format, rather than a prescriptive “one size fits all” format.

The course offers a comprehensive presentation of human anatomy, as well as discussion style conversation around important topics such as:

- Why do we stabilise our joints?
- When to give options in a sequence and when to give a universal cue?
- How do skeletal variations and physical proportions impact a yoga asana?
- Compression as a healthy inclusion of physical movements.
- Do you really understand what you are saying with your cues?
- Can you start to find your own language for common cues?
- Being mindful of cueing the students according to what you feel in the posture.
- What is the intention of the asana as opposed to what it “should look like?”

There will be daily opportunities to teach each other in order to apply the information learned as well as refining your language and cueing skills.



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Course Delivery and Dates.

The course will be held over 1 x Friday night and 2 x weekends in March 2021 at The Australian Yoga Academy Prahran.

- 1 online zoom room meet and greet on **Friday 19th March** 6:30 – 7:30pm
- 2 x weekends Saturday and Sunday 11am – 5pm: **20th, 21st, 27th, 28th**

March 2021.

Doors will be open from 10:30am for arrival. Daily practice begins at 11am.

Daily structure.

Each day will start with a guided yoga practice, which will loosely inform the anatomical content delivered on that day.

Discussion sessions will follow where common cues and anatomical ideas will be workshopped.

Each day will include an anatomy presentation of major synovial joint complexes, and the actions/roles of the muscular tissues around that complex. Practical teaching exercises will be spliced into this session in order to help integrate the content.

Key yoga asanas will be workshopped from a functional perspective.

Later in the day we will have a “cue lab” where students can bring forward cues that they do not understand and the group will explore the cue together.

The days will finish with group teaching practice and feedback.

Location and Parking.

We will be training together at The Australian Yoga Academy in Prahran in their beautiful and well-equipped teacher training facility.

Address: 42 Clifton Street Prahran.

Please allow ample travel time to arrive each day (and find a car park!).



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The best car parking plan is to utilise the King Street Carpark which is a five minute walk from the studio.

You are welcome to bring snacks and meals, as the space has a small kitchenette with cutlery, crockery, tea, and a fridge for storage.

Course Requirements

- Participants must have a minimum certification of 200-hour foundational yoga teacher training.
- A minimum of **three full days** of attendance in order to receive a certificate.

Suggested Reading:

The following texts are not compulsory for the training; however, they are excellent texts to support your anatomy learning if you would like some extra preparation and post-training references:

- **Yoga Anatomy.** Leslie Kaminoff.
- **Your body your yoga.** Bernie Clark

Accreditation.

Continued Professional Development points (CPD) are available for this training through both Yoga Alliance and Yoga Australia.

If you are a graduate of AYA, this training can be added towards your 350hour or 500hour training with the Australian Yoga Academy.

Investment:

Early bird Price \$625 ends Friday 12th February 2021

Full Price \$725

Bookings:

To register your place in the training please book online: www.australianyogaacademy.com

Contact:

If you have any further questions regarding the training, or you wish to connect please email: karinasmithyoga@gmail.com