

Functional Yoga Therapy™ – Advanced Assessment & Treatment Planning

I. PREPARATORY WORK (Students will have access to the Learning Management System on October 1, 2021 for Introductory information):

Prep work will be divided into 2 sections:

SECTION I:

1. **Models of Healing in Yoga Therapeutics** – Video lecture; reading in manual & quiz
2. **The Functional Yoga Therapy™ Process** – Video lecture, reading in manual & quiz
3. **How to Do an Intake-Body Scan Session** – Video lecture, reading in manual, Complete an Intake/Body Scan on a client & submit finding to Mentor; Quiz
4. **Advanced Concepts in Postural Assessment** – Video lecture; reading in manual, complete a postural assessment on a client & submit finding to Mentor; Quiz
5. **TMJ & Yoga Therapeutics** – Reading of articles, Quiz

SECTION 2:

1. **Ayurveda Therapeutics: Introductory Concepts** – Video lecture; reading in manual, complete a personal Dosha test; Quiz
2. **Scoliosis and Yoga Therapeutics** – Watch videos; reading in manual, reading of handouts, Quiz
3. **Trauma Release Yoga & Tapping: body-based somatic therapies** – Watch Videos; reading of articles, Quiz
4. **Tele-Yoga Therapy** – Video lecture, Quiz
5. **Assessing Gait Virtually** – Handout, video a gait assessment no more than 1 minute long on yourself following instructions and submit. Quiz
6. **The Yoga Therapist as Research Practitioner** – Video lecture, read articles, Quiz
7. **Yoga for Large Bodied People** – Watch Video, read article, Quiz (OPTIONAL)

II. LIVE VIRTUAL BEGINS NOVEMBER

Please note the following schedule is to the best we know, some things may change, but dates/times will remain the same.

Functional Yoga Therapy Advanced Assessment Techniques – Live Virtual Training; November 11-14, 2021	
Days/Times (Arizona)	Topic – Who’s Teaching - Other
DAY 1: Thursday Nov 11	PROPS Needed: Ball kit, double balls in sock, strong long exercise elastic, pole or broomstick
Noon – 12:45	<ul style="list-style-type: none"> • Maria: Opening Welcome • Syllabus, Manual, general housekeeping
12:45 – 1:30	Pulse Diagnosis with Pulse slides
1:30 – 2:15	Feet Powerpoint (point out slide 11 for dorsiflexion assessment later)
2:15-2:30	<ul style="list-style-type: none"> • Q&A & break
2:30-4p	<ul style="list-style-type: none"> • Students watch video: DORSIFLEXION ASSESSMENT AT WALL (2:08) <ol style="list-style-type: none"> 1. Practice on self & do 3-part mobility plan – Reassess Dorsiflexion on self 2. Back to Group • Break & Movement Refresh Video: Foot Relief Joy (20:24) • Break into Pairs: <ol style="list-style-type: none"> 1. Watch Single leg stance video (5:43) 2. Refer to page 28 manual for protocol for overpronation/oversupination 3. Check each other; do protocol together & Re-check single leg stance 4. Back to Group • Q&A: 10”
4p-5:15p	<ul style="list-style-type: none"> • Break into Pairs: <ol style="list-style-type: none"> 1. Watch Overhead Squat video (5:50) 2. Also see p. 28 manual 3. Assess each other, then do protocol together (powerpoint slides 14&15), reassess each other

	<p>4. Watch Thoracic Rotation videos: Thoracic Rotation (6:27); Thoracic Rotation SEATED (8:14) (Seated is Optional)</p> <ul style="list-style-type: none"> • Break – 10”
5:15-5:45p	<p>TOOLS FOR SUSTAINED JOY: Hip Mobility/Knee Balance (15:43)</p> <ul style="list-style-type: none"> • Wrap-Up
<p>DAY 1: HOMEWORK Watch Videos/Experiential:</p> <p>Rolling patterns video; read article: Rolling Patterns. Try rolling patterns for yourself. Before you do it, consider a short assessment such as holding a single leg stand (if you’re good at this, do it with your eyes closed) noticing which way you fall out. Then do rolling patterns. Wait just one minute and do the single leg stand again. Is there a difference.</p> <p>In morning wake early for: check pulses, check tongue, mug of hot water, garshana, oleation, movement practice</p>	

DAY 2: Friday, Nov 12	PROPS NEEDED: yoga gear, ball kit, pole/broomstick
9am-9:20am	Maria: Good Morning. Q&A: discussion of Day 1 homework
9:20-9:50am	Maria: Lecture - Understanding Gait & Assessing Large Movements (30”)
9:50- 10:15am	BREAK; Movement Refresh Video: Ball Rolling the Kinetic Chains (12:51)
10:15am-11:30am	<ul style="list-style-type: none"> • Break into pairs: (75 minutes total) – Do the following on each other: (<u>Only watch videos if need to</u>) <ol style="list-style-type: none"> 1. Foot assessment (using form in your folder) 2. Single leg stance (refer to p.28 manual) 3. Overhead squat (refer to p.28 manual) 4. Thoracic Rotation (refer to p.28 manual) Thoracic Rotation seated (optional if needed) 5. Gait analysis: from prior short video and photos of your partner (refer to p.33 for greater reference) 6. <u>Discuss the above findings with partner, create a short treatment plan & practice with each other.</u> 7. <u>Re-assess:</u> Single Leg Stand, Overhead Squat, Thoracic Rotation – is there a difference?
11:30 - Noon	Questions; discussion of use of goniometer; reference to manual p. 73-75
Noon - Lunch	
1p – 1:30pm	Yoga Nidra
1:30-2:30	<p>Maria: *<u>Advanced Assessments part 1</u>– Use of Manual & Reference to short videos <i>*Each Advanced Assessment segment with Maria: includes virtual assessing, live assessing or referral to manual and video, and experiential with students working on each other virtually.</i></p> <p>Virtual Assessment: watch videos (6 minutes/20 seconds), break into pairs & check each other (30 minutes)</p> <ol style="list-style-type: none"> a. Pulsing (0:36) b. Dorsiflexion/plantar flexion; check for hyperextension (2:17) <p>Page 73-75</p>

DAY 3: Saturday, Nov 13	
8am-10am	PROPS NEEDED: yoga gear, blanket, Sadhana & Learning Segment with Torrey Postal – Neurogenic Yoga & EFT
10:15am-10:30am	Maria: Good Morning. Q&A from homework
10:30-11:00am	*<u>Advanced Assessments part 2</u>
Maria demos	<ol style="list-style-type: none"> 1. Virtual & In-Person: (30”) <ol style="list-style-type: none"> a. Pec Minor check (Manual & Maria) b. Shoulder internal/external rotation (manual & Maria shows goniometer in person) also JF’ing c. Shoulder flexion (video 2:07) (Virtual standing angel) page 90 manual – Maria Shows in person and goniometer d. Carrying angle (manual – Maria shows in person goniometer)
11:00- 11:30	2. Students break into pairs and practice virtual (30 minutes)
11:30 - Noon	3. Q&A – 10”
	TOOLS FOR SUSTAINED JOY: Hip balance with pelvic blocks (17:41)
Noon - Lunch	
1p-1:40	Maria: *Advanced Assessments 3 & Appropriate treatment guidelines
1:45-2:15p	<ol style="list-style-type: none"> 1. Virtual Assessment: watch videos (7minutes, 29 seconds total), break into pairs & practice (30”) <ol style="list-style-type: none"> a. Psoas test (2:18) Thomas Test b. Psoas test alternate: single leg stance (0:58) c. Rectus abdominis/Transversus abdominis (1:48) d. Glute Max test (2:25) 2. In-Person Assessment – Maria demonstrates (15”) – NO VIDEOS <ol style="list-style-type: none"> a. Psoas test b. Rectus abdominis/Transversus abdominis c. Glute max test

2:15-3:00	Maria: Treatment guidelines – discussion of protocol in manual and Q&A;
3:00-3:30	Shoulders/Scoliosis powerpoint slides - Upper Body Issues - shoulder issues: Shoulder pics, winging scapula techniques (slo-mo @ wall). Refer students to: Shoulders: p.100-102, 120, 133-136 and for Scoliosis: 109-114, 125, 126,
3:30-4	TOOLS FOR SUSTAINED JOY: Core stabilization practice (11:26)
4-5P	Maria does virtual assessment on one student - other students helping
<p>DAY 3: HOMEWORK</p> <ol style="list-style-type: none"> 1. Look over the Assessments that were taught in the last 2 days. What patterns are you noticing in your own body? Start formulating a plan of care for yourself. 2. Movement Refresh video (11:08) - This video is optional. It does have a short practice for knee decompression and hip release. CONSIDER DOING THIS IN THE MORNING BEFORE CLASS. 	

DAY 4: Sunday, Nov 14	PROPS NEEDED: yoga gear, ball kit, yoga strap, Q-tip, 2 tennis balls in athletic sock, Avery dots
8:30am-9:30am	Maria – Yoga for Scoliosis Sadhana Practice, Experiential
9:45-11am	<p>*<u>Advanced Assessments with Maria part 4</u></p> <ol style="list-style-type: none"> <u>1.</u> Virtual Assessment: Watch videos (6 minutes total); break into pairs to practice (30”) <ol style="list-style-type: none"> a. Prone knee flexion (0:51) b. Alternate: knee flexion seated (1:23) c. Hip internal/external rotation (2:06”) Alternate: joint freeing #5 (hip external and internal rotation) d. Glute external rotation (1:30) <u>2.</u> In-Person Assessment: Maria demonstrates assessments (20”) <ol style="list-style-type: none"> a. Knee flexion test prone b. Hip external/internal rotation prone (goniometer) c. Glute external rotation check
11-11:50	TOOLS FOR SUSTAINED JOY: 1. Shoulder Practice (17:28); 2. Rotations (13:27)
Noon - Lunch	
1p-3p	<ol style="list-style-type: none"> 1. Body to Jaw Alignment – TMJ - Lecture & Experiential 2. Break into pairs: Assess virtually 3. Q&A – 15” 4. Break – 10”
3:15-4:30p	Maria Live – Virtual Assessment on one student with everybody helping: 60 minutes
4:30-5p	**GRADUATION CELEBRATION**
DAY 4 Homework:	
<ol style="list-style-type: none"> 1. Jaw assessment on self (5:38); 2. Create your plan of action; 3. Movement Refresh – TMJ self-release work (12:48) 	

DAY 5: Monday, Nov 15	PROPS NEEDED: Yoga gear, ball kit, Q-tip, 2 bath towels same size, pole/broomstick, chair
9-11am	<p>Leslie Howard, C-IAYT – Pelvic Floor Yoga Therapy</p> <p>In this workshop we will locate, assess, soften, stretch, strengthen and exercise the muscle groups of the pelvic floor, discuss Mula bandha, abdominal health and how to utilize the pelvic floor in asana. The workshop will begin with anatomy, lecture and discussion, followed by subtle experiential movements to awaken your understanding of this often-ignored area. Leslie has provided us with an excellent 20-minute video of a session with a client. The link will be made available.</p> <p>Break: 15”</p>
11:15-12pm.	Discussion of what is expected for Final Exam
	GOOD – BYE

III. POST-WORKSHOP

Students will secure a client for a 4-part Final Test – Students will have 2 weeks to complete after workshop unless another plan has been discussed with Mentor and Maria.

- 1. Intake process – do on own with client chosen, create brief write up and send to Mentor.**
- 2. Assessment of client: can be done in person or virtual with mentor present (Zoom) – (no more than one hour).**
- 3. Treatment plan development: student will speak with mentor to discuss treatment plan (15 minutes). Then, on own, will teach treatment plan to client.**
- 4. Follow-up with client: Student will follow up with client to re-assess, change and/or update treatment plan, and then submit findings to mentor.**
- 5. Certificate of completion will be sent to each student when they have finished.**

IV. Maria will host two group coaching sessions planned for the students