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yogasynergy

## **Yoga Synergy – Applied Anatomy & Physiology of Yoga – Online Course**

### **Starting Date 2017:**

8 August (register by 3 August)

### **Cost:**

AU\$ 587 (ZAR 5 990)

Students of Jim Harrington pay only ZAR 5 150

### **Who can register:**

The online courses are open to everyone, not just for yoga teachers. It is advisable that you complete the YogaSynergy Yoga Fundamentals Course first.

Both courses are also recommended for people who work in other modalities: pilates teachers, personal trainers, physiotherapists and so on.

### **Why is the course worth it?**

The Yoga Synergy Applied Anatomy and Physiology of Yoga is a must do for anyone who is a serious practitioner of yoga or any of the similar related exercise forms.

Although this course has the word *yoga* in its title, it is a very practical way for anyone to learn about how to achieve wellness through posture, movement and breathing. The information can be useful for anyone doing the simplest walking exercise to those practicing rigorous sports, martial arts or dance.

The course is explained simply and practically by the teachers who have combined experience of over 60 years teaching yoga, practicing as physiotherapists and lecturing at Universities.

The course is 120 hours online study, and counts for 60 CEC points.

### **Teaching Topics**

Each of the week's Topics is subdivided into several sections. Each has specific learning objectives that, once achieved, can be practically applied to your yoga, exercise or therapy. Below are listed the main teaching topics and some of the learning objectives.

- Week 1: Introduction to the applied anatomy and physiology of yoga
- Week 2: Applied functional anatomy of the upper limb (A)
- Week 3: Applied functional anatomy of the upper limb (B)
- Week 4: Applied functional anatomy of the lower limb (A)
- Week 5: Applied functional anatomy of the lower limb (B)
- Week 6: Applied functional anatomy of the lower limb (C)
- Week 7: Applied functional anatomy of the spine and the torso (waist, chest, neck and head)
- Week 8: The effects of exercise and breathing on the cardiopulmonary system
- Week 9: The effects of exercise and breathing on the nervous system
- Week 10: The effects of exercise and breathing on the body systems (A)
- Week 11: The effects of exercise and breathing on the body systems (B)

- Week 12: Comparative eastern/western applied anatomy and physiology of exercise and breathing
- Week 13: Exam

### **Course Assessment and Certification**

The most important thing you can achieve from this course is information. However, if you wish to receive a certificate of successful completion then you need to pass 2 online multiple choice exams (in weeks 7 and 13) and submit an assignment. You do not have to do any of these assessment criteria, if you wish to just do the course and learn what you do on the way, but we have repeatedly found that it is studying for the exams and attempting the assignment which provides maximum benefit.