

# Yoga Therapeutics with Hart Lazer

## **Module : 1 Upper back, Neck and Shoulders**

A wonderful opportunity for yoga teachers and yoga students to address upper back, neck and shoulder issues. We look at chronic neck and shoulder conditions related to everyday tension due to postural imbalance, as well as common injuries and chronic pain.

You will learn innovative adjustments as a vehicle to alleviating tension in the region of upper back, neck and shoulder. Using a variety of props, as well as movement based somatic releasing techniques, you will develop skills in releasing tension and resolving traumatic holding patterns in and around the upper back, neck and shoulders.

This module will look at some ways to reverse the effects of technology on our posture as address the health of the cervical spine in relation to the upper back and shoulders and help heal the effects of whiplash, frozen shoulder and other injuries.

## **Module : 2 Lower Back and Hamstrings**

Whether a result of postural imbalance, repeated use occupational injury, stress, or traumatic event, this module will interest yoga teachers and practitioners who want to deepen their understanding of the anatomical relationship of the lower back and hamstrings. You will be given assessment tools to learn how to identify particular conditions associated with lower back pain and how to create relief to those particular conditions, including sciatica, herniated disk, and lumbar compression.

You will learn how to create initial release and ease of tension, how to modify and adapt classical yoga postures as needed, as well as receive in-depth instruction for a wide range of restful postures supported by props.

The focus will be on how to create effective relief from the symptoms of pain, and then look at how to develop a practice that releases tension and develops supportive strength for a healthy spine.

## **Module : 3 Hips, Groins and Knees**

As teachers and students of yoga, many of us aspire towards hip opening, a requirement for many yoga poses. Though in doing so, most of us only ever attain a superficial sensation of stretch and don't really notice much change. In this module we will look at the essential components of the hip joint and get a clear understanding of true hip opening. With improved hip health, learn to enjoy a greater range of movement and freedom in the yoga practice and activities of everyday life.

In this module you will also learn the anatomical relationship between the joint systems of the hips and knees and their connection to the groins. You will be given a skill set that will help you to modify poses and work appropriately for individuals recovering from knee and hip surgery.

You will also develop approaches that build support for these joints along side a variety of adaptations for knee and hip pain or restriction.

## **Module : 4 Chronic pain, Anxiety and Depression**

Many people struggle with either depression or anxiety. Both of these have become more and more prevalent in a society that tends to favour material wealth over emotional and spiritual well-being. The emotional reactions to this alienating experience may range from feelings of low mood or listlessness to always being wound up, “on”, or in some way unable to relax. In almost all cases, difficult emotions are held trapped in the body, manifesting as tension and chronic pain.

This module will introduce you to the basics of nervous system theory, it is also an excellent starting place for those interested in **Module 5: Stress and Trauma**. In this module you will learn the connection between these forms of emotional imbalance and the prevalence of chronic pain in those who struggle with either depression or anxiety. The mind-body connection will be looked at with meditation and breath awareness in order to develop a compassionate attitude to emotional distress and physical pain. This work is of great value to teachers and students who wish to create conditions for whole-person healing.

**Suggested prerequisites for this module are Modules 1 - 3 of this programme.** Because of the common prevalence of chronic physical pain associated with anxiety and depression, we suggest that you take modules 1-3, as it is useful to have a skill set that allows you to know how to work with a variety of pain conditions in order to help create initial relief on the physical level, to then be able to work at the emotional and psychological levels.

## **Module 5: Stress and Trauma**

The ability to be present and in our bodies is deeply challenged by long-time chronic stress and trauma. Teachers and students of yoga will discover new ways to reclaim the body and become more present. You will be given approaches to asana and meditation practice designed to settle the nervous system.

You will learn how to read and assess the signs of nervous system distress and how to restore the nervous system to a healthy equilibrium. This has been shown to improve sleep, digestion, reproductive and respiratory function, as well as an over-all resilience needed to cope with the demands of life.

## **Module 6: Sexual Trauma**

**The prerequisite for this module is Module 5: Stress and Trauma of this program.** Building on the skills learnt in Module 5, this module is specifically for teachers of yoga. Given that an estimated 2 out of every 4 people have in some way experienced sexual aggression at varying degrees, this is almost half of the population - and so it is important to learn how to create a non-threatening environment in the yoga class setting for everyone.

You will learn to develop your instruction with particular sensitivity to language and learn the fundamentals of appropriate touch in physical adjustments. You will also be given techniques to help establish healthy boundaries, and create supportive, nurturing conditions for healing to happen.

## **Module 7: Cancer**

The effects of cancer treatment are quite demanding on the body, in this module you will be given tools to help support the recovery process. While yoga is NOT meant to be practiced during certain stages of illness, once the disease is in recovery stage, yoga can be of great help to create nourishing circulation and deep rest. Yoga can also help with some of the effects of treatment such as nausea and fatigue. The meditation component of this course will teach you how to work with the reality of death and how to make peace with the process of death and dying, ultimately creating a compassionate attitude towards life.

## **8. Autoimmune diseases**

The prerequisite for this module is Module 5 : Stress and Trauma, of this programme. Studies have found that there is a close relationship between stress, trauma and the prevalence of auto- immune diseases. The effects of stress on the nervous system has a direct impact on immunity, and the body's ability to fight allergens, MGOs, and environmental pollutants.

This module is for teachers and students of yoga who wish to learn about the aetiology of the disease process, as well as yoga poses that help boost a depleted immune system. Meditation instruction will be given help foster nervous system relaxation, love and kindness. The conditions that will covered are: Allergies, Irritable Bowel Syndrome, Multiple Sclerosis, Lupus, and Ulcerative Colitis.

## **9. Asthma, Snoring and Sleep Apnea**

This module is for yoga teachers and students who wish to address asthma through yoga practice for long term benefits. We will look at yoga poses that reduce or eliminate the symptoms of asthma. You will learn to identify challenged breath patterns and how to create relief for improved respiratory function. Through a series of breath techniques, you will also be given the tools to improve snoring and sleep apnea, conditions that interrupt sleep. With improved breathing and sleep those struggling with Asthma, Snoring and Sleep Apnea often notice a more balanced appetite, and find that they are more alert and relaxed in the activities of day-to-day life.