



YOGA THERAPY PROGRAM

Introduction

In this program, we aim to bring you the essence of traditional yoga and ayurveda along with the discoveries of modern science.

We will introduce the fundamental teachings of the legendary yogi Krishnamacharya and combine it with current medical perspective to form a high-quality, intensive program on yoga as a therapy.

We have designed this program especially for yoga teachers and advanced practitioners, but it should also be of interest to people from related fields.

Wherever possible, medical and traditional theory will be reinforced and complemented by hands-on application and realized through exploration and experimenting in the course itself.

Specific guidelines for different conditions and general treatment principles will be detailed, empowering you to safely and effectively address disabilities and ill-health through yoga. The goal is to enable participants to integrate newly acquired knowledge immediately in their teaching, particularly in private sessions.

Program Structure

The entire yoga therapy program is divided into compact, intensive modules.

Each module may be attended independently.

Every module aims to help you immediately begin applying what you have learned.

Certificates will be given for each module.

The entire therapy certification can be gained by attending all the modules.

Module 1: Low Back, Pelvis & Lower Limb (Musculoskeletal System, Part 1)

Module 2: Upper Back, Neck & Upper Limb (Musculoskeletal System, Part 2)



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Module 3, 4: Disorders of other body systems (e.g. diabetes, asthma, hypertension etc)

Module 5, 6: Yoga psychology and issues of the mind

Module 7: Completion, integration, esoteric yoga topics

Opportunities for specialized studies (e.g. in-depth consideration of particular body systems, ayurveda etc will also be offered).

Note

For legal reasons, please note that completion of this course does not entitle participants to offer treatments unless they have the required professional training in medicine/healthcare.



Module 1: **Low Back, Pelvis & Lower Limb**

Contents

1. Review of anatomy and function of the lumbar spine, pelvis, hip joint, knees, feet, gait and posture.
2. Hands-on exploration of relevant functional anatomy in yoga asanas.
3. Observation of the body structure and function: what to look for, what is normal, what is not.
4. Systematic presentation of the different disorders of the lumbar spine, pelvis and lower limb, specially as relevant to yoga teachers:
 - a. The most common disorders that a yoga teacher is likely to see in students
 - b. The cause of disorders and the process underlying them—role of the body and mind
 - c. The typical presentation of the important problems
5. For example, in the lower back, we will discuss all of the following:
 - a. Intervertebral disc problems
 - b. Instability
 - c. Facet joint problems
 - d. SI joint dysfunction
 - e. Soft tissue related disorders: muscles, ligaments, tendons
6. Step-by-step approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing in the form of intelligently structured asana for musculoskeletal disorders).
7. Approach will include the classical yoga methods of Krishnamacharya (vinyasa krama and sequencing, sikshana/rakshana etc) combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility etc).
8. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.



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9. Overview of the role of the mind, pranayama, visualization and imagery etc in the treatment.
10. Outline of ayurvedic perspective and commonly used ayurvedic herbs.

Dates and Timings

Saturday, 25 September to Thursday, 30 September 2010.

11am-7pm on 25 September.

9am-5pm on 26, 27, 28, 29 September.

7.30am-3.30pm on 30 September.

Location

Lord Vishnus Couch

Aachenerstr. 23

D- 50674 Köln

www.vishnuscouch.de

Cost

Registration before 15 May, 2010: 555,- Euro (10% off)

Registration from 16 May until 31 July, 2010: 585,- Euro (5% off)

Registration after 1 August, 2010: 620,- Euro

As per the studio's cancellation policy, if registration is withdrawn until 10 days before program commencement, 50% of the course fee will be withheld. In case of withdrawals within 10 days of program commencement, the entire course fee will be withheld. If the program is cancelled by us, the entire fee will be refunded.

Contact

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Faculty



Ganesh Mohan is a physician trained in both conventional medicine and ayurveda. He is the son of A.G. Mohan who was a personal student of Krishnamacharya for 18 years from 1971 to 1989, and Indra Mohan who has been teaching yoga for thirty five years. Ganesh started practicing yoga in the tradition of Krishnamacharya under his parents' guidance as a child. He is well-versed in related traditional studies such as yoga philosophy and Vedic chanting. Ganesh lives in Chennai, India. He teaches workshops and intensives on various aspects of yoga at several international locations. He is an advisor to the International Association of Yoga Therapists in the USA and the Australian Association of Yoga Therapists.

For more information, please visit www.svastha.com.



Dr. Günter Niessen is a specialist in orthopedic and trauma surgery with a practice in yoga and orthopedics in Berlin. He has an extensive background in dealing with structural and functional disorders of the musculoskeletal system. His previous training includes physical therapy, chiropractic, sports medicine, manual medicine, neural therapy and acupuncture. He has been practicing yoga for over a decade, and is a yoga teacher registered with the BDY/EYU. Over the last 20 years, he has worked with thousands of patients suffering from various musculoskeletal issues, considering their problems from a holistic perspective and employing a multidisciplinary approach to find solutions.

For more information, please visit www.yogaundorthopaedie.de.