

Fascia - building asana from the ground up

50 hour professional development course

One of six study modules on the Yogafurie 300 Hour Advanced Teacher Training

How do we perform Yoga asana?

Establish the centre, root through the base and build the asana from there?

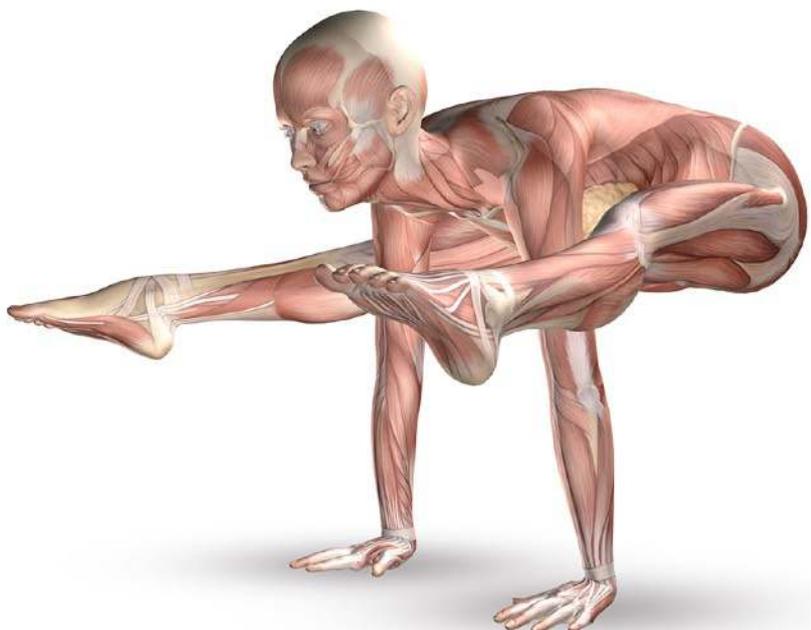
This might be how we'd guide people in practice - but how do our bodies implement the instructions?

In this module, you'll meet fascia as the pervasive, connective network that integrates muscle, bone and intention into form and structure. You'll learn about the structural pathways it creates within us that can bear load while moving and changing in response to our actions.

Through targeted movements, and stronger Vinyasa practice, you'll have a chance to experience this happening real-time, in your own body.

We'll breakdown these body events anatomically and study the psycho-emotional dynamic: how restrictions in the body cause and arise from habitual thought patterns and emotional habits.

You'll emerge with a deeper insight into how the body reflects and depicts the state of mind, and vice-versa.



How will this inform our teaching?

We will dive into the practical applications of our own movement evolution.

The structural pathways that fascia presents mirror many of the acupuncture meridians of Traditional Chinese Medicine.

This module is the ideal study companion of Yogafurie's Yin Yoga and Energy Meridians module. Both present essentially the same body structure, but from different perspectives. Whilst the Yin module focuses on Yin practice, this module focuses on stronger Vinyasa methods.

This module is formally assessed. Upon successful completion of the study period and the assessment,

you'll earn 50 CPD hours to add to your professional teaching profile. You can choose your method of assessment from these options:

- 1) Design a 3 hour workshop for Yoga asana practitioners that focuses on the study topics. You will need to submit your workshop plans, a selection of feedback from attendees, and a report describing how you integrated your new knowledge into the content.
- 2) Prepare a 3000 word essay based on your own research. This could be a deeper analysis of any area of study covered in the module, or your reflections on how your practice and/or teaching will change in response to your new knowledge.

Course dates

October 21-23 & Nov 26-27 2022

Course cost

£699. A deposit of £199 secures your space.

If you pay in full before the course starts, you get a £50 discount and pay only £649. Alternatively pay in two instalments of £250 plus your deposit - totalling £699

For more information or to register:

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