

## **YOGA THERAPY AND THE SPINE**

### ***CE Course Hourly Breakdown***

#### **Yoga: From Past To Present As A Philosophy, Practice, Lifestyle System, And Therapy (1 Hour)**

- Introduction to Yoga
- The Vedas
- A Sample From The Vedas
- The Upanishads
- A Sample From The Upanishads
- The Bhagavad Gita
- A Sample From The Bhagavad Gita
- The Ramayana
- A Sample From The Ramayana
- Classical Yoga
- The 8-Limbed Path From A Bio-Psycho-Social Perspective
- Introduction to Hatha Yoga
- The Origins of Hatha Yoga
- The Main Elements Of Hatha Yoga
- Introduction To Yoga As A Therapy
- Secrets of Yoga Hidden To Western Science
- Swami Kuvalayananda and The Kaivalyadhama Yoga Institute
- Dr. Therese Brosse
- The 1950s
- The 1960s
- Dr. Herbert Benson
- Swami Rama and The Menninger Institute Dr. Dean Ornish
- Why People Begin Practicing Yoga
- Overview Of Yoga Therapy For Health Care Providers

#### **Ethics Part 1: The Yamas And Niyamas In Modern Healthcare Practice (1 Hour)**

- Introduction To The Yamas And Niyamas
- Satya
- Aparigraha
- Brahmacharya
- Ahimsa
- Asteya
- Saucha
- Santosha
- Tapas
- Svadyaya
- Isvara Pranidhana
- Self-Reflecting On The Yamas and Niyamas

## **The Six Philosophical Principles Of Chiropractic And Their Equivalents In Yoga (0.5 Hours)**

- Overview Of The Six Philosophical Principles Of Chiropractic
- Vitalism
- Holism
- Naturalism
- Therapeutic Conservatism
- Humanism
- Critical Rationalism

## **Yoga Asana Practice: Yoga Therapy For The Lumbar Spine (1 Hour)**

- Yoga Therapy Exercises For Lumbar Dysfunction
- Deep Breathing Practices, Meditation, and Savasana For Core Engagement and/or Stress Reduction

## **Yoga Therapy For The Lumbar Spine: Overview, Evaluation, And Techniques (2 Hours)**

- Introduction To Yoga Therapy And The Spine For Chiropractors
- Basic Anatomical Review Of The Lumbar Spine
- Yoga's Energetic Anatomy Of The Lumbar Spine
- Neuroanatomy And Neurophysiology As It Relates To Yoga
- Yoga, Neurokinetics, Neuroplasticity, And The Clinician
- Yoga Therapy And Postural Syndromes
- Lower Cross Syndrome
- Flexion And Extension Faults
- Lumbar Physical Exam Procedures
- Lumbar Chiropractic Manipulation Techniques
- Breakdown Of Yoga Asana Practice Exercises
- Posterior Chain Activation Techniques
- Core Technique: Abdominal Bracing
- Core Technique: Sternal Crunch
- Outcome Measures: Oswestry, Functional Movement Screening, Core Fail Test

## **Yoga Asana Practice: Yoga Therapy For The Cervical and Thoracic Spine (1 Hour)**

- Yoga Therapy Exercises For Cervical and Thoracic Dysfunction
- Deep Breathing Practices, Meditation, and Savasana For Stress Reduction

## **Yoga Therapy For The Cervical and Thoracic Spine: Overview, Evaluation, And Techniques (2 Hours)**

**(2 Hours)**

- Basic Anatomical Review Of The Cervical And Thoracic Spine

- Yoga's Energetic Anatomy Of The Cervical And Thoracic Spine
- Yoga Therapy And Postural Syndromes
- Upper Cross Syndrome
- Flexion And Extension Faults
- Cervical And Thoracic Physical Exam Procedures
- Cervical And Thoracic Chiropractic Manipulation Techniques
- Breakdown Of Yoga Asana Practice Exercises
- 360 Degree Pranayama Technique
- Outcome Measures: NDA Index, Jull's Test, Activity Intolerances

### **Ayurveda: The Science Of Life, Yogic Nutrition, And Trending Diets (1 Hour)**

- Introduction To Ayurveda
- Doshas
- The Function Of The Doshas
- Vatta, Pitta, and Kapha
- Vata - A Deeper Look
- Pitta - A Deeper Look
- Kapha - A Deeper Look
- Doshas And Somatotyping
- Nutrition: Then And Now
- Dietary Audit and Dietary Evaluation
- Diet Log Analysis
- Key Observances Of A Healthy Yogic Diet
- The Importance of Hydration
- The Dirty Dozen
- The Clean 15
- The Yogic and Ayurvedic Diet: The Original Food Plan For Your Body Type
- The Yogic and Ayurvedic Diet: Introduction To The 3 Gunas
- Distinguishing The 3 Gunas: Sattva
- Distinguishing The 3 Gunas: Rajas
- Distinguishing The 3 Gunas: Tamas
- Trending Diet: The Anti-Inflammatory Diet
- Trending Diet: Alkaline Diet
- Trending Diet: Paleo Diet
- Trending Diet: Ayurvedic Diet

### **Yoga Therapy and Stress (1.5 Hours)**

- Overview Of Stress
- Where Does Stress Come From And How Do We Deal With It
- Physical Signs Of Stress
- Training The Muscles For Health And Longevity
- How Yoga Therapy Views Emotional Health and Emotional Intelligence
- Examples of Emotional Regulation Strategies
- Emotional Regulation Evaluation and Checklist

- Emotional Dysregulation
- Yoga's Physiologic Effect On The Emotions
- Metta Meditation: Loving Kindness Meditation
- Samavritti Pranayama: Equal Or Balanced Breathing
- Anuloma Viloma Pranayama: Alternate Nostril Breathing
- A Yoga Bed Time Ritual
- Yoga Poses For A Yoga Bed Time Ritual

### **Ethics Part 2: A Review Of The Codes Of Ethics, Cases, And Laws (1 Hour)**

- Review Of Codes Of Ethics From The Chiropractic Profession And The International Yoga Alliance
- Review Cases and Laws That Apply To Chiropractic Practice