



Yoga Therapy And The Spine – Course Syllabus

A Live ZOOM Interactive And Online 12 Hour CE Course

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(*Live Course Fulfills Mandatory Hour Requirements For Ethics & DX/Tech)

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Course Description

Following the CE course certification guidelines outlined by The California Board Of Chiropractic Examiners, our Yoga Therapy And The Spine course offers participants the opportunity to deepen their understanding of the fundamental and advanced concepts of Yoga, as it relates to Chiropractic practice, with a special emphasis placed on Yoga Therapy, Raja Yoga, Hatha Yoga, and stress reduction. The course is set up with a variety of Yoga-related topics, Western evaluation techniques, ethical observances in Chiropractic practice, and potential Eastern approaches to practice and treatment. It is intended to provide each participant with background and proficiency in yoga's history and evolution as a therapy, its relationship to Chiropractic philosophy and ethics, practical knowledge in Yoga's effect on the spine and neurology, Yoga asanas and rehabilitation exercises for physical health and longevity, Ayurveda, yogic nutrition, and supplemental techniques that deal with stress and pain while supporting the Chiropractic clinician's confidence, broad-based understanding, and exposure to Yoga therapy.

Learning Objectives

Whereas many Chiropractic continuing education courses focus on a single practice style or a system of Chiropractic, our Yoga Therapy and the Spine course will introduce participants to the underlying philosophy and practices of Yoga as a therapeutic clinical approach. Each of the different topics related to Yoga practice have developed over the centuries in order to suit the physical, mental, emotional, and spiritual needs of the public and of individuals with different dispositions, capacities, and backgrounds. Understanding and appreciating this variety of practice found in Yoga will prepare doctors to better serve a diverse clientele, which is the same

demographic as the field of Yoga, and one that also champions natural methods of health and healing.

Upon successful completion of this course, participants will be able to:

- Understand and appreciate the wonderful content, methods, and evolution of Yoga practice and Yoga therapy in both the ancient and modern worlds
- Integrate Yoga into their daily lives and Chiropractic practice through clinical techniques, philosophical outlook on health and healing, and via changes in one's self-care habits
- Develop and adopt appropriate Yoga-based modifications to their rehabilitation and functional movement exercises in order to facilitate a more integrated experience for patients
- Apply Yoga and Yogic practices as a catalyst and instrument for health, healing, and balanced living

Course Schedule

List of Subjects and Main Topics Found Online:

1. Yoga: From Past To Present As A Philosophy, Practice, Lifestyle System, and Therapy (1 Hour)
2. Ethics Part 1: The Yamas And Niyamas In Modern Healthcare Practice (1 Hour)
3. The Six Philosophical Principles Of Chiropractic And Their Equivalents In Yoga (0.5 Hours)
4. Yoga Asana Practice: Yoga Therapy For The Lumbar Spine (1 Hour)
5. Yoga Therapy For The Lumbar Spine: Overview, Evaluation, And Techniques (2 Hours)
6. Yoga Asana Practice: Yoga Therapy For The Cervical Spine (1 Hour)
7. Yoga Therapy For The Cervical Spine: Overview, Evaluation, And Techniques (2 Hours)
8. Ayurveda: The Science Of Life, Yogic Nutrition, And Trending Diets (1 Hour)
9. Yoga Therapy and Stress (1.5 Hours)
10. Ethics Part 2: A Review Of The Codes Of Ethics, Cases, And Laws (1 Hour)

Course Policies and Grading

To complete the course, a grade of 75% or above is required on the participant's final quiz at which point a certificate will be produced and provided for each graduate.

Suggested Reading List

Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine by Larry Payne, Ph.D., Terra Gold, L.Ac. and Eden Goldman, D.C.

Yoga Anatomy by Leslie Kaminoff (*Pages Referenced in Class*)

Cool Yoga Tricks by Miriam Austin (*Pages Referenced in Class*)

The Key Muscles of Yoga by Ray Long, M.D.

The Heart of Yoga by T.K.V. Desikachar

Anatomy Trains by Thomas Myers

Yoga for Dummies by Georg Feuerstein Ph.D. and Larry Payne Ph.D.

Yoga as Medicine by Tim McCall, M.D.

Meditation Made Easy by Lorin Roche, Ph.D.

Yogic Nutrition by Gina Nick, N.D.

Health, Healing and Beyond by T.K.V. Desikachar

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