Advanced Teaching Methods:
Tailoring Yoga Instruction for Healthcare Settings

Syllabus
Christiane Brems, PhD, ABPP, ERYT500, C-IAYT
November 4, 2022, 3p-9p; November 5+6, 2022; 8a-8p; Nov 7, 2022, 8a-1p

Target Audience and Instructional Level

This 4-day retreat at the Stanford University campus offers an in-depth exploration of advanced teaching strategies, including guidance related to verbal cuing and physical touch, for yoga in healthcare settings. It provides 30 hours of didactics, discussions, practice teaching, and personal exploration. It can be taken as a free-standing workshop (https://www.yogaxteam.com/workshops; CE available upon request for YA-registered yoga teachers) or as a module in the YogaX 300-hour Yoga Teacher Training Program (https://www.yogaxteam.com/300hr-ytt; YA-registered RYS-300).

This is an intermediate-level course geared to students in the YogaX YTT300 and the following audiences:

- Psychologists, psychiatrists, and other mental healthcare providers interested in bringing advanced yogic teaching principles and strategies into their extant healthcare or clinical practice.
- Psychology, psychiatry, and other mental health-program students in graduate or medical programs interested in bringing advanced yogic teaching principles and strategies into their supervised clinical practice.
- Yoga teachers interested in offering advanced yogic teaching principles and strategies, especially to students/clients in healthcare settings.
- Yoga therapists providing offering advanced yogic teaching principles and strategies, especially to students, clients, and patients in healthcare settings.

Training Pragmatics

- Cost: $800 tuition for this 30-hour workshop or YogaX YTT300 prepaid enrollment
- This training is delivered as an in-person retreat at the Stanford University campus with fulltime contact with lead teachers Chris Brems and Heather Freeman
- (see Training Format below for specific details of training delivery)
- Yoga Alliance Continuing Education credits (30 hours) are included in the tuition cost; a CE certificate is issued upon request
- Participation implies that you have read and agreed to the Stanford Assumptions of Risk, Release of Claims, and Hold Harmless Agreement at https://www.yogaxteam.com/healthandsafetyinformation
- YogaX Refund and Payment Policy is available at https://3de0fc17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/37469f_73d3c9e8ebb14214a60e11d8b08baba1.pdf
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.
- The an optional zoom link for this event is: https://stanford.zoom.us TBA
Training Content Summary

This advanced teaching methods training focuses on supporting seasoned teachers to embrace a holistic and integrated model of teaching with deep intention and a collaborative, student-centered approach. It emphasizes empowerment, self-agency, and self-efficacy of students to create a yoga practice of safety and meaning. It focuses on helping teacher design classes and foster interactions that consider the whole of the student, including their bigger context and building the practice around student needs.

The integrated holistic vision of yoga is one of inclusiveness, access, diversity, health, wellbeing, and resilience for all. **It is a practice of and for community; it honors our interdependence and co-regulation.** It is a yoga of wholism that honors the mind as much as the body, the breath as much as the calming of the nervous system, the individual as much as the collective, stillness as much as movement, and effort as much as ease. It looks at and addresses the needs and resources of whole people at all their layers: body, breath, mind, heart, and spirit – grounded in community and a complex interpersonal setting of biological, psychological, social, and cultural influences. It is particularly suited to applications in healthcare settings.

This advanced teaching methods training focuses on supporting seasoned teachers and healthcare providers to embrace a holistic and integrated model of tailored yogic teaching with deep intention and a collaborative, student-centered approach. It emphasizes empowerment, self-agency, and self-efficacy of students to create a yoga practice of safety and meaning. The training focuses on the following priorities, particularly as they apply in healthcare settings:

- intentionality in teaching
- sequencing for safety and meaning
- variations and adaptations to empower students
- respectful cuing and demonstration
- verbal and physical assisting
- and other teaching supports

Safe and meaningful sequencing integrates the creation of a theme and/or intention, attention to the integration of all eight limbs, and development of a class arc that expresses the theme or intention and the integrative function of a complete yoga class. Integration of all limbs with a greater purpose results in the creation of a class of balance, beauty, and joy. In demonstrating, observing, assisting, and supporting, teachers or assistants pay attention to these principles – embodying them in demonstrations, assessing them in observation, giving feedback about them in response to observation, and using them to verbally and physically support students.

The training emphasizes that well-sequenced classes are rounded out by appropriate demonstrations by the teacher and mutual observation by teacher of student and student of teacher. Important demonstration considerations have to do with decision about which version of a pose to demonstrate, purpose of the demonstration (with care not to let ego of the teacher result in extreme versions of postures), and needs and skills of the students in the room. The latter is guided by in-the-moment observation of students, their skill.
level, striving, and capacity for self-regulation and self-guided adaptations and variations. This core competency invites future teachers to offer choices and options, teaching students from the very beginning that they are in charge of their chosen expression of any practice. All options, whether variations, adaptations, or alternatives rely on ample use of yoga props.

Safety in teaching is fostered by proper demonstration and the offering of adaptations, variations, and props. It also arises from appropriate choices for student supports or guidance. Supports may be verbal or physical, with the safest default being verbal supports offered to the entire student body based on in-the-moment observation. Supports are not offered randomly, but rather address a need in the moment either by an individual student or several students. Thus, supports are predicated on teachers’ observational skills, student needs, and informed choices about the least intrusive level of intervention to support students toward more healthful alignment, balanced breath, less dysregulated presentation, and emotional resilience. Supports offer safe biomechanics, clear intentions, enhanced healthfulness of embodied practice, and increased stability and flexibility (adaptability) in body, breath, and mind.

**Learning Objectives**

**Learning Objective #1**

1. Identify and apply principles of anatomically and thematically cohesive sequencing of an overall yoga class, through understanding and applying the following:
   a. Opening centering and intention-setting
   b. Warm-up sequencing
   c. Preparatory practices
   d. Peak of the class
   e. Restorative or counter practices
   f. Closing mediation
   g. Expression of gratitude

**Evaluation Method for Learning Objective #1**

- Develop an opening centering that incorporates a clear theme for the class overall
- Design a warm-up sequence that is consistent with the class theme and the peak practice
- Sequence a series of practices that anatomically, physiologically, and energetically prepares the student for the peak practice, while being consistent and integrated with the chosen theme
- Design a cool-down or restoration that makes energetic and anatomical sense
- Sequence a closing meditation and closing comments that tie in with the theme and peak practice

**Learning Objective #2**

2. Understand, analyze, and demonstrate essential teaching competencies, in the following realms:
   a. demonstrated understanding the integration of effort and ease
   b. appropriate planning to integrate the scaffolding of all koshas
   c. accurately analyzing, selecting, and applying alignment principles (e.g., balancing effort-ease, strong foundation – grounding, engaged core – stability, lines of energy – expansion, healthful body mechanics – attending to discomfort versus pain, integration of yamas, assuring safety)
   d. accurately read students for collapse, excessive gripping, and resilience
   e. proper cuing for mindfulness in all realms (body, breath/energy, mind, intuition, community)
   f. proper cuing for neuroception, interoception, proprioception, and exteroception
Evaluation Method for Learning Objective #2

- teach an asana with focus on effort and ease, as well as creating grounding, expansion, and stability
- teach a class based on observations of and cuing for collapse, bracing, and creating resilience
- teach a class what integrates very explicitly cuing for all koshas, scaffolded logically and in a manner tailored to students
- teach an integrated class with explicit integration of cuing for the four -ceptions
- teach with explicit language and instruction that helps students discern discomfort from pain

Learning Objective #3

3. Identify and skillfully apply principles of cuing, demonstration, and observation, through understanding and applying the following:
   a. language choices from a variety of perspectives, including connotations of words and phrases, implications of various grammatical choices, and ways to language agency, empowerment, and choice
   b. cuing and demonstration from the perspective of inviting adaptation, variation, and individual tailoring, clearly empowering students to make auspicious choices for their own body, breath, mind, emotions, and overall needs in all koshas
   c. trauma-informed yoga principles as applied in cuing, demonstration, and observation
   d. skillful choices about use of props, pose modifications, and pose adaptations tailored to class themes and student needs

Evaluation Method for Learning Objective #3

- design a brief flow into and out of a yoga posture using sensitive language, demonstration applied based on observations of the students
- design and teach a breathing practice that is appropriate for an individual who presents with a trauma history, evidencing a tendency toward hyperarousal (toward rajas or sympathetic nervous system dysregulation)
- choose a single yoga posture and demonstrate at least five variations incorporating a variety of props (e.g., blocks, blankets, straps, bolsters, and more)

Learning Objective #4

4. Identify and skillfully apply principles of cuing, assisting, and correcting, through understanding, defining, and applying the following teaching interventions:
   a. alignment cuing, safety cuing, corrective cuing
   b. verbal adjustment
   c. physical cuing and physical assisting
   d. physical adjustment with proper collection of freely-given, revokable informed consent
   e. physical corrective action with clear understanding of need for debriefing with the student

Evaluation Method for Learning Objective #4

- teach a yoga posture to at least four students and apply all types of cuing, assisting, and correcting
- be able to explain cuing choices
- be able to justify physical assists and adjustments
- demonstrate proper ongoing collection of freely-given, revokable informed consent
## Schedule and Hours by YA Educational Category

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>TTP</th>
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<tr>
<td>3p-5p</td>
<td>SANKALPA: Teaching integrated holistic yoga with intention – teaching spiderweb of honoring context and student needs for health and safety</td>
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<td>5p-6p</td>
<td>Dinner break</td>
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<td>6p-7p</td>
<td>Teaching principles: integration of effort and ease; scaffolding through the koshas; grounding, expansion (cuing lines of energy), and stabilization</td>
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<td>7p-9p</td>
<td>Experiential work: Teach for safety, cuing effort and ease; scaffolding of koshas; and grounding, expansion, and stabilization</td>
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### Friday November 4, 2022

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<tbody>
<tr>
<td>8a-10a</td>
<td>Teaching principles: Trauma-informed yoga – definitions of trauma; implications for environment, cuing, and pedagogy</td>
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<tr>
<td>10a – 12p</td>
<td>Experiential practice: Considerations and applications of TIY principles in teaching asana, pranayama, and interior practices</td>
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<td>12p-1p</td>
<td>Lunch break</td>
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<td>1p-3p</td>
<td>Teaching principles: Understanding the anatomy and psychology of discomfort versus pain (– What Stops Me? –) in all koshas</td>
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<td>3p-5p</td>
<td>Teaching principles: Recognizing and working with collapsing versus contracting and creating resilience</td>
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<td>5p-7p</td>
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<td>7p-9p</td>
<td>Experiential work: Observing, recognizing, and working with collapsing, contracting, and resilience; cuing action instead of form</td>
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<tbody>
<tr>
<td>8a – 10a</td>
<td>Teaching principles: Understanding reasons for and applications of prop use in asana, pranayama, and interior practices</td>
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<tr>
<td>10a – 12p</td>
<td>Experiential work: Using and offering props to support healthful alignment, energy, and awareness in all koshas</td>
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<td>12p-1p</td>
<td>Lunch break</td>
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<td>1p – 3p</td>
<td>Teaching principles: The What, Why, How, and When of cuing, demonstrating, adjusting, assisting, and modifying</td>
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<td>3p-5p</td>
<td>Experiential work: Application of cuing, demonstrating, adjusting, assisting, and modifying – non-touch emphasis</td>
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<td>5p-7p</td>
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<td>7p-9p</td>
<td>Teaching principles: Understanding the complexities of using physical touch –ethical and clinical issues, collecting ongoing informed consent</td>
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<tr>
<td>8a – 10a</td>
<td>Teaching principles: Physical (i.e., touch-based) adjustment and correction – observation skills and skillful intervention</td>
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<tr>
<td>10a – 12p</td>
<td>Experiential work: Application of assisting, adjusting, and modifying – physical emphasis with use of physical assists and physical touch</td>
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<td>12p-1p</td>
<td>Integration of advanced teaching methods via discussion; closing ceremony</td>
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### Monday November 7, 2022

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<td>30 hours of YA CE or YTT 300 in the following categories:</td>
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Notes: YA=Yoga Alliance; CE=Continuing Education
TTP=Techniques, Training, and Practice; TM=Teaching Methodology; AP=Anatomy and Physiology; YH=Yoga Humanities; Prac=Practicum;
Spc=area of program specialization
Handouts Provided

Several handouts for the workshop will be provided to registered and paid enrollees on the day of the workshop. These materials are provided with the understanding that students will not duplicate, distribute, or otherwise publicly use these materials without express permission and proper attribution and referencing.

Handouts to be provided include:

- Eight Limbs of Yoga
- BioPsychSocioCultural Model
- Integrated Holistic Yoga – Koshas, Limbs, Biopsychosociocultural Context
- SANKALPA: Teaching with Intention
- Sample Cuing for Grounding, Expansion, and Stabilization
- Synonyms for Talking about Collapse, Contraction, and Resilience
- Pathways of Sensory Processing Engaged in Integrated Holistic Yoga
- Principles of Trauma-Informed Yoga
- Gunas –Fundamental Expressions of Nature
- Interactions of the Kleshas and Vrittis
- Guide to Observing and Assessing Yoga Professionals
- Content Manual

I learned some time ago that a teacher is always teaching himself.

As you think through things for your students,
you deepen your own understanding.
You can only explain effectively for others
what you are willing to experience yourself.

Robert Thurman and Tad Wise, 1999, Circling the Sacred Mountain, p. 11.
Suggested Readings and Practices

It is recommended that in preparation for the workshop you **read all YogaX blogs**, especially the following:

- [https://www.yogaxteam.com/blog/blogbreath](https://www.yogaxteam.com/blog/blogbreath)
- [https://www.yogaxteam.com/blog/physicallimbs](https://www.yogaxteam.com/blog/physicallimbs)
- [https://www.yogaxteam.com/blog/polyvagaltheory](https://www.yogaxteam.com/blog/polyvagaltheory)

It will be helpful to **have independently taught at least 10 hours of yoga** prior to attendance, but it is not required.

The following readings will be helpful as you deepen your journey once you have completed the workshop.


Also, peruse YogaX webpage resources and **try out some of the offered free practices** (asana, pranayama, meditation, and more) at yogaXteam.com and on the YogaX Team YouTube channel.

**YogaX Class YouTube links:**

<table>
<thead>
<tr>
<th>Poses</th>
<th>Teacher</th>
<th>Title</th>
<th>YouTube Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing</td>
<td>Chris</td>
<td>“Compassionate Service to Self and Others” Warrior II:</td>
<td><a href="https://www.youtube.com/watch?v=JhsngWnlaYs&amp;feature=youtu.be">https://www.youtube.com/watch?v=JhsngWnlaYs&amp;feature=youtu.be</a></td>
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<tr>
<td></td>
<td>Chris</td>
<td>“Compassion as engaged action” Warrior Lunge and Warrior III:</td>
<td><a href="https://www.youtube.com/watch?v=GOG8_wFJrhg">https://www.youtube.com/watch?v=GOG8_wFJrhg</a></td>
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<tr>
<td></td>
<td>Chris</td>
<td>“Exploring the Layers of Self: Session 1 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/6JLJsYkUMBs">https://youtu.be/6JLJsYkUMBs</a></td>
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<tr>
<td></td>
<td>Chris</td>
<td>“Exploring the layers of self through standing postures”</td>
<td><a href="https://youtu.be/zLm59ws4RBQ">https://youtu.be/zLm59ws4RBQ</a></td>
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<tr>
<td>Standing</td>
<td>Chris</td>
<td>“Breathing into the Fluctuation of Mind to Cultivate Wide Choices” --- Tree/Vrksasana:</td>
<td><a href="https://www.youtube.com/watch?v=A_kud2rZI8k&amp;feature=youtu.be">https://www.youtube.com/watch?v=A_kud2rZI8k&amp;feature=youtu.be</a></td>
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<tr>
<td>Chris</td>
<td>“Standing balancing postures”</td>
<td><a href="https://youtu.be/XFOQbkQT6w">https://youtu.be/XFOQbkQT6w</a></td>
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<td>Arm Standing</td>
<td>Chris</td>
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<td>“Lovingkindness that arises from grounding, expansion, and strength”</td>
<td><a href="https://youtu.be/5kbJbphO1zA">https://youtu.be/5kbJbphO1zA</a></td>
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<td>“Practicing tapas through working with plank pose”</td>
<td><a href="https://youtu.be/m1_eIoDSCU">https://youtu.be/m1_eIoDSCU</a></td>
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<td>Plank:</td>
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<td>“Building strength and discernment through arm balances” Crow/ Bakasana:</td>
<td><a href="https://youtu.be/QMd1k5CKTME">https://youtu.be/QMd1k5CKTME</a></td>
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<td>“Self-study practice in seated postures” Cow-faced/ Gomukhasana</td>
<td><a href="https://www.youtube.com/watch?v=rz5oWuvaSvM">https://www.youtube.com/watch?v=rz5oWuvaSvM</a></td>
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<td>Forward Fold</td>
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<td>“Breathing into our Bodies to Connect to Lifeforce”</td>
<td><a href="https://www.youtube.com/watch?v=6laTbB1FEkI&amp;t=6s">https://www.youtube.com/watch?v=6laTbB1FEkI&amp;t=6s</a></td>
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<td>Chris</td>
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<td>“Moving Inward into Lovingkindness”</td>
<td><a href="https://www.youtube.com/watch?v=st8wJiatkNA&amp;f">https://www.youtube.com/watch?v=st8wJiatkNA&amp;f</a> eature=youtu.be</td>
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<td>Chris</td>
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<td></td>
<td>“Identifying the Mind States to Find Luminosity: Session 7 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/Dchxx5tHldk">https://youtu.be/Dchxx5tHldk</a></td>
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<td>“Dedication through Forward Folds” Yin/Restorative Sequence:</td>
<td><a href="https://www.youtube.com/watch?v=Fi4PEqRbeKo">https://www.youtube.com/watch?v=Fi4PEqRbeKo</a></td>
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<td>Twists</td>
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<td>“Appreciative joy as a transformation of challenge”</td>
<td><a href="https://www.youtube.com/watch?v=a87kXPrvv48&amp;">https://www.youtube.com/watch?v=a87kXPrvv48&amp;</a> feature=youtu.be</td>
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<td>“A Firmly Grounded Yoga Practice” Yin/Restorative Sequence:</td>
<td><a href="https://youtu.be/zfebJSeQHs4">https://youtu.be/zfebJSeQHs4</a></td>
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<td>Backbends</td>
<td>Chris</td>
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<td>“Making Discerning Choices: Cultivating Resilience in Mind and Emotions”</td>
<td><a href="https://www.youtube.com/watch?v=WeN0eDHT5M0&amp;feature=youtu.be">https://www.youtube.com/watch?v=WeN0eDHT5M0&amp;feature=youtu.be</a></td>
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<td>Chris</td>
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<td>“Directing lovingkindness to self and others”</td>
<td><a href="https://www.youtube.com/watch?v=wDs8Mw4wK1Q&amp;feature=youtu.be">https://www.youtube.com/watch?v=wDs8Mw4wK1Q&amp;feature=youtu.be</a></td>
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<td>“Integrating Yoga Practice with Strength and Conviction: Session 10 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/nx9rCJy9d9Uc">https://youtu.be/nx9rCJy9d9Uc</a></td>
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<td>Inversions</td>
<td>Chris</td>
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<td>“Breathing Life into Our Self and Out Relationships” Shoulder Stand/ Salambasana:</td>
<td><a href="https://studio.youtube.com/video/Wh15xhOzR6l/edit">https://studio.youtube.com/video/Wh15xhOzR6l/edit</a></td>
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<td>Chris</td>
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<td>Chris</td>
<td>“Recognizing our Essential Nature and Temperament: Session 4 of Yoga for Health and Resilience”</td>
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<td>“Remembering our inner resilience” Forearm balance/ Pincha Mayrasana:</td>
<td><a href="https://www.youtube.com/watch?v=H6J3cB7CEZ8&amp;list=PLzvkZpUGiw1HR_XZln2DXI9TMip-Rpd7&amp;index=14&amp;t=2696s">https://www.youtube.com/watch?v=H6J3cB7CEZ8&amp;list=PLzvkZpUGiw1HR_XZln2DXI9TMip-Rpd7&amp;index=14&amp;t=2696s</a></td>
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<td>Heather</td>
<td>“Practicing nonattachment and letting go through inversions” Candlestick:</td>
<td><a href="https://youtu.be/pGZnQaeWm4">https://youtu.be/pGZnQaeWm4</a></td>
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<td>Restorative</td>
<td>Chris</td>
<td>“Winter Solstice Practice”</td>
<td><a href="https://youtu.be/K5MkiAAkRSA">https://youtu.be/K5MkiAAkRSA</a></td>
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<td>&quot;Being with What is Essential&quot;</td>
<td><a href="https://www.youtube.com/watch?v=PFnxot5fLmc&amp;list=PLzvkZpUGiw1HR_XZln2DXI9TMip-Rpd7&amp;index=10&amp;t=2s">https://www.youtube.com/watch?v=PFnxot5fLmc&amp;list=PLzvkZpUGiw1HR_XZln2DXI9TMip-Rpd7&amp;index=10&amp;t=2s</a></td>
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<td>Heather</td>
<td>“Setting up for Samadhi”</td>
<td><a href="https://youtu.be/U3Il36qM4G0">https://youtu.be/U3Il36qM4G0</a></td>
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<td>Heather</td>
<td>“Essential Ingredients of Yoga (1.12 and 1.13)”</td>
<td><a href="https://www.youtube.com/watch?v=lo2VjL0kbyA&amp;list=PLzvkZpUGiw1HR_XZln2DXI9TMip-Rpd7&amp;index=8">https://www.youtube.com/watch?v=lo2VjL0kbyA&amp;list=PLzvkZpUGiw1HR_XZln2DXI9TMip-Rpd7&amp;index=8</a></td>
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<td>Chris</td>
<td>“Joy, equanimity, compassion, and lovingkindness embodied in yoga kriyas”</td>
<td><a href="https://www.youtube.com/watch?v=81cjOx3AqWv&amp;feature=youtu.be">https://www.youtube.com/watch?v=81cjOx3AqWv&amp;feature=youtu.be</a></td>
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<td>Chris</td>
<td>“Breath with movement exploring energy and mind”</td>
<td><a href="https://youtu.be/UxkZJlWFQ7Q">https://youtu.be/UxkZJlWFQ7Q</a></td>
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<td>Chris</td>
<td>“Committing to the Ethical Practices of Yoga: Session 2 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/qHbLGD18nas">https://youtu.be/qHbLGD18nas</a></td>
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If you close your eyes and feel carefully, you won’t feel a “body.” Body is only a word, the idea or concept level. What you will actually feel are areas of hardness and softness, of pressure, heaviness, and textures such as rough and smooth: This is the earth element. You will also feel areas of warmth and coolness: This is the fire or temperature element. You feel areas of vibrations and stillness: This is the air or vibratory element. And you will feel cohesion and fluidity: This is the water element: you only need to blink your eyes or swallow to sense it.

Training Format

The workshop uses mixed pedagogical methods, ranging from didactics/lectures to discussion to experiential work, including small group activities. Lecture/didactic time invites discussion throughout and is accented by experiential exercises and activities. The experiential work is yoga-based and includes asana, pranayama, meditation, and guided imagery. To make sure that everyone can enjoy the yoga-based activities safely and with maximum comfort, please note the following (more personal) thoughts and requests.

- Stanford University requires that you sign the release form (link above) to be able to participate in the activities that are part of this workshop. It assumed that you have agreed to this document when you pay or use the provided zoom link for the workshop.

- Required training activities start promptly. To make sure that we can start on time and that you have ample opportunity to get settled or ask questions, it would be lovely if you could arrive as much as 10 minutes early.

- Participants provide their own props for the virtual training sessions. Minimum prop equipment includes 2 yoga blocks, 1 yoga strap (10 feet is preferrable), 1 yoga bolster, 1-2 blankets, and a yoga mat. Access to a clear wall space is extremely helpful (a closed door works). Prop substitutes are fine (e.g., a stack of books instead of blocks; a scarf instead of a strap, sofa cushions instead of a bolster, etc.). Please have all props at the ready for each training session.

- Yoga is best practiced on a relatively empty stomach but not starving. A sustaining but light meal prior to class will help you maintain your energy without having a full belly that makes bending and twisting difficult.

- Please ask questions – before class, after class, and during class. If you are wondering about something – whether it’s the reason for a particular shape or movement, an alignment question, or a more healthful way of doing something – someone else is likely to ponder the same thing.

- Always honor your own intuition and body wisdom – if something feels wrong, do NOT do it. We are all anatomically unique and we all express the same yoga shape, breath, or practice in different ways. What works for us, your teachers, or the person next to you, may not be optimal for you. Allow yourself the joy of using props and variations based on the feedback from your own body, breath, and mind. We offer both freely and demonstrate their use throughout.

- Yoga practiced in a group is inspirational. It is never competitive. Work within your own body limits and preferences; give yourself permission not to strive to do what others are doing. Delight in the pleasure of expressing each pose or breath in uniquely your way. If something comes easily, celebrate this state of pure joy; if something is a struggle, embrace the moment of learning.

- Thank you in advance for making me aware of any medical conditions that may affect your yoga practice. It is helpful for me to know if you are modifying practices for a particular reason or if you would like to have help in working with a particular concern.

- Thank for turning off all cell phones, beepers, or other noise-making or distracting devices before you settle in for any given training session.

- Thank you for keeping your cameras on during virtual sessions to the degree possible and appropriate.


In the alchemical yoga that turns the heart from muscle to light,
I discovered that renunciation actually meant doing all you can as well as you can
and then letting go of attachment to results, to the fruits of your labors.

Renunciation meant trusting the process.