

## **Anatomy & Physiology**

- Skeletal system – 4 hours
  - Function, main joints,
  - Safety and common injuries
  - Differences in body structure and its relevance to yoga
- Muscular system – 4 hours
  - Function, naming and location of main groups
  - Structure
  - Connective tissue and yoga
  - Effects of training and stretching
  - Stabilising the core and misconceptions
- Cardio pulmonary system 4 hours
  - Anatomical overview
  - Physiology
    - Relation of breath and yoga
  - Breath and its locations hour
    - Belly breath, yogic breath, and lateral
  - Contraindications
- Neuro System – 4 hours
  - Form and function
  - Reflexes and yoga
  - Neural contraindications

## **Joints in relation to Asana**

These classes are 1 hour each.

Each lecture covers an aspect of the physical body and then relates them to the asanas.

- Standing Posture
- Lumbar discs
- SIJ
- The Hip
- The knee
- The Shoulder
- Scoliosis