



Svastha Yoga Therapy Program

BUILDING UPON THE TEACHINGS OF KRISHNAMACHARYA



web: www.svastha.net
email: info@svastha.net

Musculoskeletal System / Body

1: Low Back, Pelvis & Lower Limb

1. Anatomy and function of the lumbar spine, pelvis, hip joint, knees, feet, gait and posture.
2. Hands-on exploration of relevant functional anatomy in yoga asanas.
3. Observation of the body structure and function.
4. Systematic presentation of the different disorders of the lumbar spine, pelvis and lower limb, specially as relevant to yoga teachers:
 - a. Most common disorders that a yoga teacher is likely to see in students
 - b. Cause of disorders and their development
 - c. Typical presentation of the important problems
5. We will discuss the following disorders and more:
 - Intervertebral disc problems
 - Instability, facet joint problems
 - Sacroiliac joint dysfunction
 - Soft tissue related disorders (muscles, ligaments, tendons)
 - Hip and knee arthritis
 - Meniscal and ligament tears of the knee
 - Disorders of the foot.
6. Function-oriented approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
7. Classical yoga methods of Krishnamacharya combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility).
8. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
9. Outline of ayurvedic perspective and commonly used ayurvedic herbs.

Musculoskeletal System / Body

2: Cervical and Thoracic Spine, Upper Limb, Breath Anatomy

1. Anatomy and function of the thoracic and cervical spine, shoulder, elbow, wrist, hand.
2. Hands-on exploration of relevant functional anatomy in yoga asanas.
3. Observation of the body structure and function.
4. Systematic presentation of the different disorders of the thoracic spine, cervical spine and upper limb, specially as relevant to yoga teachers:
 - a. Most common disorders that a yoga teacher is likely to see in students
 - b. Cause of disorders and their development
 - c. Typical presentation of the important problems
5. We will discuss the following disorders and more:
 - Neck pain due to muscular imbalances and posture
 - Tension headache
 - Cervical disc herniation
 - Osteoporosis
 - Ankylosing spondylitis and adolescent kyphosis
 - Instability, facet joint problems
 - Rotator cuff tears and impingement syndrome of the shoulder
 - Epicondylitis (Tennis elbow, Golfers elbow)
 - Carpal tunnel syndrome
6. Function-oriented approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
7. Classical yoga methods of Krishnamacharya combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility).
8. Anatomy of breathing, pelvic floor, and the bandhas.



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Internal Medicine & Breath

3: Anatomy, Physiology, and Sequencing of the Breath, Respiratory and Cardiovascular Disorders

1. Safety considerations in yoga sessions for clients with respiratory and cardiovascular issues, breathing difficulty and respiratory diseases.
2. Disorder based considerations for specific conditions. For example, in respiratory and cardiovascular systems:
 - a. Asthma
 - b. COPD and other breathing difficulties
 - c. Holistic approach to prevention and therapy of heart disease
 - d. High and low blood pressure
 - e. Heart failure
3. Case study based learning, modeling clients and situations the yoga teacher is likely to encounter.
4. Experience different breathing patterns. Analyze and modify breathing patterns in asana to address the needs of the student.
5. Functional approach to the breath using conscious modulation, gravity, body position, muscle action, relaxation etc.
6. Using sound and chanting to work on the breath therapeutically.
7. Progressively sequencing the breath for students in steps from abdominal breathing to chest breathing, deep breathing, long breathing, and the bandhas.
8. Orientation on relevant disease-related ayurvedic guidelines concerning lifestyle, diet, and useful herbs.
9. Application of relevant traditional yoga concepts:
 - a. Brmhana, Langhana
 - b. Sikshana, Rakshana

Internal Medicine & Breath

4: Neurological/Digestive/Immune systems, Pranayama, Yoga and Ayurveda

1. Safety considerations in yoga sessions for balance problems, cognitive impairments, movement disorders.
2. Observation and assessment skills. Setting optimal and realistic goals based on the problem and the person, especially in neurological disorders.
3. Disorder based considerations for specific conditions. For example:
 - a. Cerebrovascular disease (stroke)
 - b. Parkinson's disease
 - c. Multiple Sclerosis
 - d. Headache
 - e. Chronic Fatigue Syndrome
 - f. Irritable Bowel Syndrome
 - g. Crohn's disease, Ulcerative Colitis
4. Visualization and imagination as tools in yoga practice.
5. Pranayama as a therapeutic tool:
 - a. Different types of Pranayama
 - b. Sequencing Pranayama
 - c. Relation to ayurveda
6. An overview of traditional yoga concepts related to pranayama: Nadis, Prana, Koshas etc.
7. Ayurveda and its relation to yoga.
 - a. Ayurvedic constitution (Prakrti)
 - b. Ayurveda and pranayama, ayurveda and asana
 - c. Basic Ayurvedic guidelines on lifestyle, diet, and useful herbs.



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Yoga Psychology & Psychiatry / Mind

5: Depression Spectrum, Addictions, and Serious Mental Disorders

1. Yogasutras and related yoga texts on the mind.
2. Yoga practices
 - a. Meditation
 - b. Asana and pranayama: breath based practices
 - c. Mantra
 - d. Bhavana (visualization)
 - e. Rituals
3. Depression
 - a. Mild, situational stress related (job loss, bereavement, etc.)
 - b. Mild, chronic (enduring, not acute stress related)
 - c. Moderate: single episode vs recurrent
 - d. Severe: acute vs chronic
 - e. Severe with other disturbances (psychosis, dissociation, etc.)
4. Addictions
5. Miscellaneous and serious mental disorders
 - a. Abnormal illness behaviors
 - b. Personality disorders
 - c. Schizophrenia and psychotic disorders
6. Case study based learning, modeling clients and situations the yoga teacher is likely to encounter.
7. Safety considerations for the yoga teacher.
8. Perspective of ayurveda and useful ayurvedic herbs as relevant.

Yoga Psychology & Psychiatry / Mind

6: Stress, Anxiety Spectrum, Eating Disorders

1. Yogasutras and related yoga texts on the mind.
2. Yoga practices
 - a. Meditation
 - b. Asana and pranayama: breath based practices
 - c. Mantra
 - d. Bhavana (visualization)
 - e. Rituals
3. Stress
 - a. Situational
 - b. Post Traumatic Stress Disorder
4. Anxiety disorders
 - a. Mild situational and generalized anxiety
 - b. Moderate and severe anxiety: panic attacks, phobias e.g. agoraphobia
5. Obsessive compulsive disorder
6. Chronic pain disorders
7. Case study based learning, modeling clients and situations the yoga teacher is likely to encounter.
8. Safety considerations for the yoga teacher.
9. Perspective of ayurveda and useful ayurvedic herbs as relevant.