

20-Hour Applied Yoga Anatomy

This unique 20-hour Yoga Anatomy YACP accredited by Yoga Alliance Professionals provides a full understanding of Anatomy.

This course is ideal for Yoga teachers and students who would like to explore a deeper understanding of anatomy with a view to practicing/teaching yoga with a greater insight of the body and how it works.

We will establish a broad base of knowledge by sharing examples, analogies, stories, and guiding you through physical experiments that make the material helpful and applicable to teaching yoga to students.

The course is delivered by accredited and registered teachers who have 1000's of hours of experience.

Name of Course:	20-Hour Applied Yoga Anatomy
Number of Hours on Course:	20 Hours
Name of Main Teachers:	Yogesh Jakhmola & Zainab Khan
Accreditation:	Yoga Alliance USA Continue Education Provider

Who this course is for:

- Yoga teachers
- Yoga practitioners
- Physical training instructors
- Dancers
- Pilates practitioners

Why this course is unique and essential:

- How to make poses accessible for any student
- What to do when students have an injury and still want to practice
- Learn the principles that can be applied to anyone
- How to be more mindful on your yoga mat



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Structural Breakdown

This unique 20 hour applied Yoga Anatomy YACP is now available for you online.

Starting on 1st December 2020 until Thursday 24th December 2020

You will be required to **dedicate 20** hours in order to complete this YACP.

Every day you will receive instructions for the upcoming class through “whatsapp group /emails”.

Daily you will **meet online** via zoom at **3:00pm-4:00pm IST (Monday to Saturday) for 1 hours** from **1st December 2020 till 24th December 2020** (Sundays OFF). 4 hours for the assignments.

Attendance in each class in “MUST”

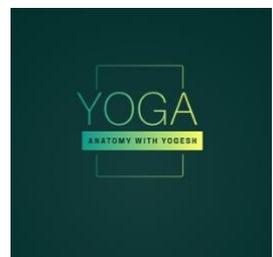
Throughout the “Applied Yoga Anatomy Course”, you will have **17 x online one on-one sessions** with Yogesh and Zainab which will include adjusting your self-practice how you want to offer knowledge of anatomy / asanas to your community.

Every day you will implement your self-practice of around 1 hour per day whatever was taught in the class.

This course does require a minimum of 1hour practice per day for consistency.



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Content of the course

Module 1 INTERODCUTION OF YOGA ANATOMY

UNIT 1 -What is yoga anatomy

UNIT 2 -The difference between anatomy and applied yoga anatomy

UNIT 3 -12 body movements for asana class

MODULE 2 THE JOINTS

UNIT 1- What is joints & their types

UNIT 2 -Function of joints

UNIT 3 -Connective tissues and yoga

MODULE 3 THE SPINE

UNIT 1- Basic anatomy of the spine

UNIT 2- Function of the spine

UNIT 3 -Spinal curves and effect on different asana

Module 4 THE HIP

UNIT 1 -The anatomy of hip bones

UNIT 2 -Function of the hip

UNIT 3 -Hip movements and asana

MODLUE 5 THE KNEE JOINT

UNIT 1 -Bones structure in the knee joint

UNIT2 -Different connective tissue in the knee joint

UNIT 3- Basic Applied anatomy for knee pain



MODULE 6 THE FOOT ANKLE JOINT

UNIT 1 -Function of ankle bones

UNIT 2 -Ankle mobility

UNIT 3 -Concept of arch and stability

MODULE 7 THE SHOULDER JOINT

UNIT 1 -Basic anatomy of shoulder bones

UNIT 2 -Function of shoulder blade

UNIT 3 -Shoulder movements and compression between shoulder bones

MODULE 8 THE MUSCULAR IMBALANCE

UNIT 1 -What is muscle

UNIT 2 -Why our muscle is imbalance

UNIT 3- Imbalance muscle and its effect on asana

MODULE 9 THE PSOAS (EMOTION BAG MUSCLE)

UNIT 1- Anatomy of psoas

UNIT 2 -Connection of psoas and back bending asana

UNIT 3 -Psoas stretch for relaxing the spine and improve flexibility

MODULE 10 BRAKDOWN SEATED FORWARD BEND (PASCHIMOTTAN ASANA)

UNIT 1- Common mistakes in seated bend which can lead injuries

UNIT 2 -Creating safe patterns for paschimottan asana

UNIT 3 -Muscle key pints for paschimottan asana



MODULE 11 THE SCIENCE OF BANDHA

UNIT 1- Understand the core muscle

UNIT 2 -Science of 3 bandha

UNIT 3- Bandha and hip spine stability

MODULE 12 NERVOUS SYSTEM

UNIT 1- Definition of nervous system

UNIT 2 -Types of nervous system

UNIT 3- Connection of asana and nervous system

MODULE 13 SPECIAL FEATURES (BREATHING SCIENCE)

UNIT 1 -Science of breathing

UNIT 2 -Boyle's law

UNIT 3 -Difference between breathing and pranayama

UNIT 4- Groups of breathing

MODEL 14 SPECIAL FEATURES DIGESTION SYSTEM

UNIT 1 -Anatomy of digestion system

UNIT 2 -Facts about digestion

UNIT 3 -Digestive system and yoga

MODULE 15 SPEICAL FEATURES EFFECT OF ASANA AND MINDFULNESS ON THE BRAIN

UNIT 1 Brain waves

UNIT 2 How brain patterns change during meditation

UNIT 3 Exploring the 3 Experience in our body



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What we will be providing :-

- Yoga Anatomy book  pdf
- Study manual - Soft copy
- Q and A support
- After course support group for 3 months (Jan 2021 – March 2021 will have zoom call with all the student once a month)

Accreditation -A **certificate** will be given at the end of the course. **This 20-hour applied yoga anatomy YACP is accredited by Yoga Alliance USA**, for those who successfully completes the course.

Booking

The total price of this Online 20 hour applied Yoga Anatomy YACP is **only 15,000 INR**. \$ 200 for international students if you are paying through PayPal extra charges will be applicable.

To book your spot for this course a **non-refundable deposit of 5000 INR / \$70** is required. **Full amount needs to be paid by 29th November 2020. Otherwise, will not allow to attend the class.**

Payment options

Account transfer

Name Yogesh Jakhmola
Bank Name - Kotak Mahendra bank
Branch railway road Rishikesh
Account no – 7212013026
IFSC - KKBK0005168
Account Type - Savings

Google pay - 9758612955 Yogesh Jakhmola

UPI ID -9758612955@kotak

Pay Pal- <https://www.paypal.me/YJakhmol>

Cancellation Policy

- Cancellations must be made in writing by e-mail and sent to mindflowharmonyuk@gmail.com a confirmation from Yogesh / Zainab will be sent. If you do not receive a confirmation within 3 days, please e-mail again.
- All payments made after the deposit are fully refundable as long as cancellation has been made a minimum of 5 days prior to the intake date.
- The deposit of 5000 INR / \$ 70 is non-refundable in any circumstances.
- We very much look forward to sharing this 20 hour Applied Yoga Anatomy with you. There are limited seats available in-order for us to give individual support.

If you would like to join this 20 Hour Applied Yoga Anatomy, please get in touch. (Please read below testimonials from previous students)

Warmest wishes,

Yogesh Jakmola & Zainab Khan

Tel: +919758612955 www.mindflowharmony.co.uk

What others have said about the training:

*"I recently did the Yoga Anatomy course with Yogesh Sir. The experience was absolutely fantastic!! Yogesh Sir has a knack for explaining technical concepts in the most simplified manner which makes it so easy to understand. Throughout the course Sir kept giving us practical tips for enhanced comfort and safety in a posture which made so much Of difference t0 my practice!! The vibe was always friendly and warm, and we could put forth our questions without the slightest hesitation.... Sir teaches and shares out his in-depth knowledge and vast experience, with utmost humility and modesty. I very strongly recommend learning from Yogesh Sir and making the most of his knowledge and skill. looking forward to more courses in the future. Many many thanks for such a brilliant course for all of us". **Ajun***

*"Yogesh's Yoga Anatomy course was very much insightful. I came to know what the areas are needed to look within our body for optimal flexibility. This course is highly recommended who are in the Journey of Yoga" **Sanjukta***



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