

Applied Aerial Yoga Therapeutics PostGraduate Program 2020

Applied Aerial Yoga Therapeutics PostGraduate Program Outline

PROGRAM DELIVERY FOR 2020:

1. Aerial Yoga Therapeutics Foundation Course (20hrs) delivered in:

- *Jan 27-28 Float Fitness, NZ*
- *Feb 1-2 Bend&FLY, Brisbane, QLD*
- *March 28 -29 Performance Pilates and Physiotherapy, Perth, WA*
- *April 19-20, Garden of Yoga, Northcote, Melbourne, VIC*

2. Online Aerial Yoga Therapeutics Theory & Written Assessment (45hrs): 1 May – 18 Sept 2020

3. 10 day Applied Aerial Yoga Therapeutics Practical intensive (85hrs): Sept 18 – 27th 2020 (Delivered in Brisbane, Bend&Fly)



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Please note:

**Commencement of PostGraduate Program requires completion of 20 hr Aerial Yoga Therapeutics Foundation Course*

**Principal Educator: Yoga Australia registered senior yoga teacher and AntiGravity® Master Instructor (Rena Stevens)*

**Online module delivery: All online lectures are 40min in duration and require completing a comprehension review of 8 questions for which there is allocation of 20min.*

** Practical module delivery: All Practicum subjects delivered in 8.5hr day scheduled approx. 8am – 4.30pm (with allocation for 1hr of break)*

**PostGrad Enrollment: Jan – April 2020*

** TimeLine for delivery: 9 month period of delivery Jan – Sept 2020*

**This is a preliminary program outline and is subject to change*



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<p>Time-Line for completion of Aerial Yoga Therapeutics PostGraduate Course</p> <p>9 month period of delivery:</p> <p style="text-align: center;">Jan – Sept 2020</p>	<p>Course Outline:</p> <p>Subjects & description</p>	<p>Course Outline:</p> <p>Online Theory hours & Written Assessment</p> <p>45 Hours Completed over 20 weeks</p>	<p>Course Outline:</p> <p>Contact Hours & Practicum Assessment</p> <p>105 hrs Completed over Foundation Course and 10 day intensive</p>
<p>Foundation Course Completion and PostGrad Enrollment:</p> <p><i>(Pre-requisite to Post Grad)</i></p> <p>Jan – April 2020</p>	<p>Aerial Yoga Therapeutics Foundation Course</p> <ul style="list-style-type: none"> -The Autonomic Nervous System -Neurobiology of Trauma -Neurobiology of Pain -Aerial Yoga therapeutic approaches for trauma recovery -Trauma sensitive approaches -Incidental counseling and referral procedures -Role of sensory integration & creativity in Healing 	<p>Online Foundation Course Lecture Series:</p> <p>History & Philosophy</p> <p>0.01) Defining a new genre of Aerial Yoga Therapeutics: Attributes for Therapeutic interventions</p> <p>0.02) Ancient to contemporary History of therapeutic application of cradling, suspension & traction</p>	



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Time-Line for completion of PG Course	Subject & description	Online Theory & Written Assessment	Contact Hours & Practicum Assessment
<p>Online Theory -Week 1 1May – 8 May, 2020</p>	<p>Introduction to the therapeutics of Aerial Yoga</p> <ul style="list-style-type: none"> - Definition Aerial therapeutics and application -Understand the historical use of suspension and traction -Understand the role of the Brain and CNS in movement -Understand the systems of the Body 	<p>2hrs</p> <p>Online Lecture Series 1:</p> <p>1.01) The development and reeducation of Neuromuscular control systems</p> <p>1.02) Respiration, Circulatory Systems, Digestive & Energy Systems</p>	



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Time-Line for completion of PG Course	Subject & description	Online Theory & Written Assessment	Contact Hours & Practicum Assessment
<p>Week 2 -7</p> <p>May 8 – June 26, 2020</p>	<p>Module 1: Stabilisation/Safety</p> <ul style="list-style-type: none"> - Understand the embryology, anatomy & physiology of the spine - Define relationship between spinal bundha and the integrated spinal stabilising system (ISSS) and Intraabdominal pressure system (IAP) - Understand the muscular activation and skeletal positioning of spinal bundhas - Understand the application of stabilization as a fundamental building block to integrative movement and therapeutic application - Learn effective aerial asana Stabilization techniques 	<p>12hrs</p> <p>Online Lecture Series 2:</p> <p>Anatomy & Physiology</p> <p>2.01; 2.02) Lumbar Spine</p> <p>2.03; 2.04) Thoracic Spine</p> <p>2.05; 2.06) Cervical Spine</p> <p>Yogic Physiology:</p> <p>2.07) Bundhas of the lumbar spine</p> <p>2.08) Bundhas of thoracic spine</p> <p>2.09) Bundhas of Cervical spine</p> <p>Philosophy, ethics and lifestyle/Practical Application:</p> <p>2.10; 2.11; 2.12) Spine</p>	<p>Practical Module 1: Stabilisation/Safety (Day 1-3 of Intensive)</p> <p>Practical Applications</p> <p>Technique</p> <p>Teaching Methodology</p> <p>Clinical application</p>



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	and teaching methodology	2hrs Written Assessment: Case Study 1 Program Design 1	
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Time-Line for completion of PG Course	Subject & description	Online Theory & Written Assessment	Contact Hours & Practicum Assessment
Week 8 – Week 13 June 26 – Aug 7, 2020	Module 2: Dynamic Stabilisation 1 In relation to the spinal stabilisers - Understand the prerequisites, benefits and precaution of hammock assisted inversions - Understand the embryology, anatomy & physiology of the upperlimb - Understand the muscular	12hrs Online Lecture Series 3: Anatomy & Physiology 3.01; 3.02) Hand & wrist 3.03; 3.04) Elbow 3.05; 3.06) Shoulder	Practical Module 2: Dynamic Stabilisation 1 (Day 4 -5 of Intensive) Practical Applications Technique Teaching Methodology Clinical application



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	<p>activation and skeletal positioning of upperlimb bundhas</p> <ul style="list-style-type: none"> - Learn effective aerial asana Dynamic Stabilization techniques and teaching methodology 	<p>Yogic Physiology:</p> <p>3.07) Bundhas of the Hand & wrist</p> <p>3.08) Bundhas of the Elbow</p> <p>3.09) Bundhas of the Shoulder</p> <p>Philosophy, ethics and lifestyle/Practical Application:</p> <p>3.09; 3.10; 3.11) Upperlimb</p> <p>2hrs Written Assessment:</p> <p>Case Study 2</p> <p>Program Design 2</p>	
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Time-Line for completion of PG Course	Subject & description	Online Theory & Written Assessment	Contact Hours & Practicum Assessment
<p>Week 14 - Week 20 Aug 7 - Sept 18, 2020</p>	<p>Module 3: Dynamic Stabilisation 2</p> <p>The spinal stabilisers</p> <ul style="list-style-type: none"> - Understand the embryology, anatomy & physiology of the lowerlimb - Understand the muscular activation and skeletal positioning of lowerlimb bundhas - Learn effective aerial asana Dynamic Stabilization techniques and teaching methodology 	<p>12hrs</p> <p>Online Lecture Series 4:</p> <p>Anatomy & Physiology 4.01; 4.02) foot & ankle 4.03; 4.04) Knee 4.05; 4.06) Hip</p> <p>Yogic Physiology: 4.08) Bundhas of the foot & ankle 4.09) Bundhas of the Knee 4.10) Bundhas of the Hip</p>	<p>Practical Module 3: Dynamic Stabilisation 2 (Day 6 -7 of Intensive)</p> <p>Practical Applications Technique Teaching Methodology Clinical application</p>



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		<p>Philosophy, ethics and lifestyle/Practical Application: 4.10; 4.11; 4.12) Lowerlimb</p> <p>2hrs Written Assessment: Case Study 3 Program Design 3</p>	
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<p style="text-align: center;">Time-Line for completion of PG Course</p>	<p style="text-align: center;">Subject & description</p>	<p style="text-align: center;">Contact Hours</p> <p style="text-align: center;">Theory (During 10 day intensive)</p>	<p style="text-align: center;">Contact Hours</p> <p style="text-align: center;">Practicum & Assessment (During 10 day intensive)</p>
<p>Delivered during 10 day intensive</p> <p>Sept 18 – 27th 2020</p>	<p>Module 4: Movement Integration</p> <p>-Understand energy systems of the body and neuromuscular control systems</p> <p>-Understand the progression from gravity eliminated, gravity assisted to gravity resisted movement leading to functional movement integration</p> <p>-Learn effective aerial</p>	<p>Theory Lecture Series 5: 20hrs (2hr per day)</p> <p>5.01) Relational Neurobiology, Attachment and the Therapeutic Relationship</p> <p>5.02) Compassion and Empathy in Practice</p> <p>5.03) Functional Assessment</p> <p>5.04) Phases of Rehabilitation</p> <p>5.05) Ayurvedic body type assessment</p> <p>5.06) Dynamic Imagery for inviting efficient movement</p>	<p>Practical Module 4: Movement Integration (Day 8-9 of Intensive)</p> <p>Practical Applications</p> <p>Technique</p> <p>Teaching Methodology</p> <p>Clinical application</p> <p>Day 10 of Intensive:</p> <p>Embodied Philosophy, ethics and lifestyle</p> <p>Practicum Assessment</p> <p>Graduation Celebration</p>



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	<p>asana</p> <p>Movement integration techniques and teaching methodology</p>	<p>5.07) Poly-vagal Theory</p> <p>5.08) Phases of Trauma recovery</p> <p>5.09) Applied Aerial Yoga Therapy</p> <p>5.10) The science and physiology of Pranayama and the effects of the anti-gravity</p> <p>5.11) Eliciting Flow State and the experience of happiness</p> <p>5.12) Sleep and Restoration</p> <p>5.13) Sound & Music Therapy</p> <p>5.14) Developmental disorders and physical disabilities</p> <p>5.15) Autism and sensory disorders</p> <p>5.16) Cancer and Recovery</p> <p>5.17) Fertility and</p>	
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		supporting IVF 5.18) Positive psychology, Meditation and Mindfulness 5.19) Creativity and healing through sensory integration 5.20) Creative Aerial Dance Therapy	
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