

Yoga, Health and Hygiene

OBJECTIVE:

Yoga can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga education also helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

The course also talks and propagates various other habits to improve the day to day health and maintain proper hygiene. It is also one of the experiential learning courses which provides the student an opportunity to develop and groom himself/ herself.

PRE-REQUISITE(s):

Basic knowledge of the various positions would be appreciated.

OVERVIEW:

Even though scrupulously observed, the mere care of the various organs as previously outlined, is not considered sufficiently effectual by the yogi's without a strict observance of certain general matters in hygiene as the air, food, and water, etc. These conditions exert with certainty such marked influence upon the health of an individual that even the slightest variations in respect of air, water, and food, etc., produce abnormal conditions amongst the normally healthy. The well being of an individual, therefore, is really the totality of the care of all the different and vital organs individually and collectively, plus the necessary precautions in and observances of general hygiene.

Why take this course?

- To learn the different measures to improve one's health conditions
- For those who wish to increase their concentration power.

- Develop body awareness and learn the tips to improve body posture and stability.

What you will learn in this course?

- To understand the location and function of the key structures of the body and apply them to yoga practice
- How to become proficient at understanding and identifying imbalances
- A functional, integrated approach to evaluation through looking at movement and asana as well as specific muscle testing techniques.
- How certain imbalances may lead to pain and dysfunction
- How do develop a personalized plan of care and personalized asana practice.

Who this course is for:

- Anyone and everyone who wishes to develop better health habits and propagate the same.

Course Outline:

Chapter 1	Overview and Getting started	4 hours
Chapter 2	Gentle Yoga Basics	5 hours
Chapter 3	Anatomy: Head and Neck	6 hours
Chapter 4	Anatomy: Shoulders	6 hours
Chapter 5	Anatomy: Arms, Hands and Fingers	6 hours
Chapter 6	Pose Library	3 hours