



Yoga Fascia 201 Course Syllabus

Course Dates, Time, Location:

Eight Elements West, every Tuesday 10:30-11:30am

Course Instructor & Contact:

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Course Description

Shifting the Body Imprint by working with the Fascial Web is a deep mechanism of natural change on all levels – physical, mental, emotional and physiological levels. As a singular web that runs throughout the entire body, the Fascial Web connects us from head to toe. The Fascial Web is the great container of the self.

Self-Regulation: Awakening the Body's Natural Intelligence

It is becoming more accepted that the outward appearance and posture of the body reflects some of our deepest internal states. These include mental, emotional, as well as physiological states of being. Accordingly, we can use the fascia as “handles” to connect with and affect these states and patterns, re-direct currents and life force by working with the adaptability of fascial movement, hydration, and extensibility. Fundamental asanas are designed to do just that – improve physical health, support meditative states, and access higher spiritual states of being.

Course Goal and Objectives – Science, Spirit, Humanities

- 1) Learn 12 fundamental postures, and basic building sequences
- 2) Develop patience for sequences, to become observer over doer, establishing virtue in the pose.
- 3) Embody the archetypal energies of the postures by developing physical and mental strength and flexibility.
- 4) Develop better alertness and responsiveness in the body, and precision.
- 5) Work with the two gunas – tamasic and rajasic – to begin movement toward a sattvic state.
- 6) Reduce dullness and depression of mind and body, decrease restless, anxiety and fear.
- 7) Connect mind to body, in preparation for pranayama and meditation.

Learning Outcomes

- 1) Begin to experience the role of fascia as the great container, and how it affects mind, mood, spirit and body.
- 2) Experience fascial properties – viscous, elastic, plastic, remodel-able, hydration.
- 3) To increase inner resilience through increasing fascia's broad of respond-ability to both split-second stressors and long-term subtle pattern changers, and sense it's role in both strength and flexibility.