

# Anatomy & Physiology for Yoga Teachers



All levels of yoga teaching experience welcome.

**1**

5 interactive online or watch recordings in your own time.  
7-8.30pm ~ 10,17, 24, 31 March & 07 April 2021

**2**

2 online – Musculoskeletal system only  
1.30-3.30pm ~ March 14 & 28 2021

**3**

3 studio workshops – practical applications  
1-4.30pm  
March 21, May 02 & 30 2021



Enquire about Yoga Teacher Training 350 hours

For information & enrolments contact ~ Felicity Molloy  
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## ANATOMY & PHYSIOLOGY FOR YOGA TEACHERS

### Overview of the 3 courses

**A&P FOR YOGA TEACHERS** is designed to enhance practice-based knowledge for yoga teachers. Therefore, the various delivery dates and modes are set to encourage a broad range of learning styles and experiences. The courses are not assessed. Participants may receive a Certificate of Attendance on request.

**A&P FOR YOGA TEACHERS** is divided into 5 interactive online sessions (LOs 1-6), 2 interactive online session (LOs 5 76) and 3 practical hands-on workshops (LOs 1, 3, 4-6),

**A&P FOR YOGA TEACHERS** is pitched at multi levels of experience, and prior knowledge of anatomy and physiology. The course does not assume that participants are raw beginners and has so far, through the delivery style and discussion successfully include new and experienced yoga teachers at the same time.

Participants are able to do one of the A&P online courses, as preliminary to the workshops, or both as revision. The practical workshops are, therefore, for participants to be guided into bringing together anatomy and physiology terms and concepts into practice. Participants already experienced in A&P may enrol in the workshops without having attended the online courses.

**A&P FOR YOGA TEACHERS** provides resources. Throughout each course, PowerPoint presentations draw on the Learning Outcomes (LO) listed below. The participants are provided with the PowerPoints in handout format and the recordings for a limited period of time (7-10 days). A third resource is the extensive bibliography list that is used throughout the courses.

**Email [fjcmolloy@gmail.com](mailto:fjcmolloy@gmail.com) for more information, course costs, and enrolments.**

## Course purpose

To study structures and functions of the human body in relation to yoga practice and teaching, through online sessions that are interactive, and workshops that integrate practice knowledge with new anatomical and physiological information.

## Course outcome

A more rounded yoga teacher, not reliant on knowing all the terms for naming in class, but instead capable of expressing a deeper awareness of the individuated, kinaesthetic, and tactile scaffolds for yoga practice.

## Learning outcomes

By the end of the course the student will be able to:

- 1) Identify major human muscles and bones in relation to movement and posture.
- 2) Explain functions of, and connections between cells, tissues, organs, and systems with regards to homeostasis.
- 3) Reference yoga anatomy to Western-based systems.
- 4) Recognise the value of knowledge about the muscular and skeletal systems to yoga practice.
- 5) Recognise the value of knowledge about nervous, respiratory, and endocrine systems to yoga practice.
- 6) Translate anatomical terminology to yoga practice and teaching.

## Facilitator

### Felicity Molloy

PhD | MEd | GDHE | MNZ RMT | Registered Exercise Professional (REPs) | YogaNZ Council Senior Level 4 1000h | VCA (Dance),

Felicity is one of New Zealand's most experienced mind body, yoga, and movement educators. She danced professionally with Limbs Dance Company, and Impulse Dance Theatre. She is a founder member of Unitec's BPASA and was amongst the first designers for Body Balance, and since Aeroballet, presented by Les Mills International. She has been studying, practicing, and teaching yoga since 1986 with a long-term teacher training through Peter Thomson (Senior Iyengar Teacher, Australia). Felicity teaches at various Auckland yoga studios and is well known for her supportive approach to mentoring new teachers, studios, and the development of yoga programmes. She was the Programme Leader for Yoga and Massage at Wellpark College of Natural Therapies, curating yoga courses designed by Sridhar Maddela and Pooja Maddela. Her research about the benefits of dance movement for non-professional adults (Dance Mobility™ funded by DANZ, renamed Silver Bones), has been presented at national and international conferences such as the New Zealand Recreation Association National Conference (NZRAC, 2012) and World Congress of Physical Therapy (WCPT, 2019), Switzerland. Her most recent project, BodyStill is a community-based project about the benefits of guided practice for diverse ages and stages of health and wellbeing.

## Article

Molloy, F., Keogh, J., Krampe, J., & Guzmán, A. (2015). Dance mobility: a somatic and dance programme for older adults in New Zealand. *Body, Movement and Dance in Psychotherapy: An International Journal for Theory, Research and Practice*, 10(3), 169-180. doi: 10.1080/17432979.2015.1032353



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BodyStill ~ 2021 IN CLINIC and IN STUDIO and ONLINE. For more information or to book for classes or clinic [fjcmolloy@gmail.com](mailto:fjcmolloy@gmail.com)

## Sample bibliography

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