

With  
Dr  
Christopher  
Norris

# Yoga As Therapy (YAT)



**Duration: 3 day**  
**CPD Hours: 21**  
**Format: Online & Face to Face**  
**Fee: £375**

Dr Christopher Norris

## Overview:

The course emphasizes self practice, observation, movement analysis, planning, cueing & adjustment.

The course is delivered as a 3 day block.

Pre course reading (2 hours) and self assessed yoga practice log (10 hours)

Day 1 – introduces yoga concepts and modifies postures for use in therapy on a one-to-one basis.

Day 2 – extends the posture repertoire and prepares students to teach small groups alongside one-to-one instruction. Yoga breathing (pranayama) and relaxation / mindfulness techniques are introduced.

Day 3 – brings in further postures, and introduces sequencing and session planning.

## Course Aims:

- Provide students with the knowledge and skills to equip them to teach yoga based exercise as an integrated skill within their current practice.
- Develop competence in applying yoga using a clinical reasoning approach
- Develop the knowledge and skills to practice yoga postures for self care and demonstration
- Develop skills to critically appraise yoga postures and practice for safety and effectiveness
- Introduce yoga breathing, relaxation, and mindfulness techniques
- Enhance the development of observation for movement analysis within yoga practice
- Provide education and practice to post graduate level.

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