



FALL 2011

**Yoga Therapy Rx Certificate Program
Level I
YRTX 811 01**

LMU Extension, Loyola Marymount University

Normally 1st Weekend of the month
(Please see syllabus)
Saturdays 1-6:00 pm, Sundays 10-5:00 pm
Room # 3218

COURSE SYLLABUS

**Director Larry Payne Ph.D., E-RYT 500
Associate Director Level I Rick Morris D.C.**



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Course Overview

Yoga Therapy Rx is a marriage between Yoga therapy and complementary medicine. It is designed to train Yoga teachers to be Yoga therapists and apply classical applications of Yoga for use in clinical settings to help treat common ailments and conditions.

The **Yoga Therapy Rx Level I** certificate program will focus on the musculoskeletal system. Students will meet one weekend a month for a year and address principles of practice, anatomy for yoga teachers, the origin and treatment of common low back, upper back, knee and hip problems. In addition the course will cover communication tools for working with doctors including reading reports and understanding terminology and clinical notes such as S.O.A.P. notes.

Learning Outcomes

Upon successful completion of the course, students will be able to:

1. Use Yoga therapy to understand and address the origin and treatment of muscular skeletal problems including common lower back, upper back, knee and ailments.
2. Incorporate a safe, modified approach to group Yoga classes, which allows their one on one Yoga therapy clients to evolve to the group experience.
3. Work with doctors, physical therapists and other health professionals by learning how to read and understand basic medical terminology, reports and clinical notes such as S.O.A.P. notes.



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Required Term Assignments for Level I

Stick Figure Assignment – Due on JULY 7, 2012

You are required to draw 200 stick figures.

Here is some information that may be helpful to you for completing the assignments:
Look at the sheet that was given to you in the handout on the first day with drawings titled "Twenty basic postures". Draw these as stick figures, each one 10 times, for a total of 200 drawings.

Two Case Studies - Due on JULY 7, 2012

During the course, you will learn about evaluation testing, S.O.A.P. notes, intake sheets and stick figure drawings. This assignment puts it all together in the form of 2 case studies. You will all present this in your own style. Some of you will have more detail than others because of your background and that is okay. What we want to see is that you make a good effort incorporating the evaluation skills you have learnt in the class.

Please Note:

If possible, please submit your assignments in a digital format (you may scan the stick figures) to yogatherapyrx@samata.com. In case you are mailing them in, please mail to Samata Yoga 4150 Tivoli Ave Los Angeles CA 90066.

If you are submitting in class, please submit to the class assistant only (Please do not ask Larry to bring in your assignment). You are requested to make a copy of your assignment before sending us the original. We will not be responsible for lost assignments. If you would like to have your assignments back, please provide a prepaid self-addressed envelope at the time of submitting it.



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Required Reading & Materials for Level I

BOOKS

- “**Yoga for Dummies**” - Revised Edition 2010 - by Georg Feuerstein, PhD, Larry Payne PhD; Wiley Publishing. Available at <http://www.samata.com>
- “**Yoga Rx**” – by Larry Payne PhD, Richard Usatine M.D. - Broadway Books. Currently out of print, but available on [Amazon](#) used books, downloadable on Kindle and [Barnes & Noble](#).
- “**The Business of Teaching Yoga**” - Updated 2010 - by Larry Payne PhD, Samata International. Available at <http://www.samata.com>
- “**The Key Muscles of Hatha Yoga**” or “**The Key Muscles of Yoga**” - by Ray Long MD
- “**Yoga Anatomy**” - by Leslie Kaminoff

DVDs

Larry Payne’s Yoga Therapy Rx DVDs:

- Common Upper Back Problems
- Common Lower Back Problems
- General Conditioning-Level 1
- General Conditioning-Level 2

TOOLS

Yoga Tools Kit – Required for the class on May 12th and 13th

- Blood pressure cuff \$30 (blood pressure monitor)
- Goniometer \$10 (for measuring range of motion)
- Standard Evaluation Manual \$20 (By Rick Morris & Larry Payne)
- Stethoscope \$ 25
- Simple measuring tape

Available <http://shop.samata.com>

Please note: The items in the Yoga Tools Kit are priced at below market rate so the 15% student discount will not be applicable. Or students are welcome to purchase the required items on their own.



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Recommended DVDs for Level I

Larry Payne's Yoga Therapy Rx DVDs:

- Weight Management for People with Curves
- Restorative Health for Women
- Classic Beginner's Yoga for Men & Women
- General Conditioning-Level 2

Recommended Reading List for Level I

- **"Anatomy of Movement"** by Blandine Calais-Germain
- **"Back Pain Remedies for Dummies"** by Michael Sinel
- **"Dynamic Alignment Through Imager"** Eric Franklin, Champaign, IL: Human Kinetics, 1996.
- **"Feeling Good"** The New Mood Therapy by David D. Burns, M.D.
- **"Healing Moves"** by Carol Krucoff & Mitchell Krucoff, M.D.
- **"Health Healing and Beyond"** Yoga and the Living Tradition of Krishnamacharya by T.K.V. Desikachar and R.H. Cravens
- **"How to Draw Yoga Stick Figures"** by Mikelle Terson
- **"Listen to Your Pain: The Active Person's Guide to Understanding, Identifying and Treating Pain and Injury"** Benjamin, Ben E., Ph.D., with Gale Borden, M.D. New York, NY: Penguin Books, 1984
- **"Meditation"** An Eight-Point Program by Eknath Easwaran
- **"Meditation"** by T.K.V. Desikachar
- **"Pranayama"** by Swami Kuvalayananda



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- **“Structural Yoga Therapy”** Adapting to the Individual by Mukunda Stiles
- **“Structural Yoga Therapy”** by Mukunda Stiles
- **“The Back Pain Book”** by Mike Hage
- **“The Complete Waterpower Workout Book”** by Lynda Huey and Robert Forster. P.T.
- **“The Creative Visualization Workbook”** Use the power of your imagination to create what you want in your life by Shakti Gawain
- **“The Heart of Yoga”** by T. K. V. Desikachar
- **“The PSOAS Book”** Liz Koch. Felton, CA: Guinea Pig Publications, 2001.
- **“The Yoga of The Yogi”** The Legacy of T Krishnamacharya by Kausthub Desikachar
- **“Viniyoga of Yoga”** by T.K.V. Desikachar
- **“Walk Yourself Well”** Eliminate Back Pain, Neck, Shoulder, Knee, Hip and other Structural Pain Forever-without Surgery or Drugs by Sherry Brouman
- **“Yoga For Every Body”** by Paul Harvey
- **“Yoga Therapy - A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness”** – A. G. Mohan
- **“Yoga for Body, Breath and Mind”** A Guide to Personal Reintegration by A.G. Mohan
- **“Yoga for Wellness - Healing with the Timeless Teachings of Viniyoga”** by Gary Kraftsow

Ethical Standards

The Yoga Therapy Rx program endorses and supports the Code of Professional Standards of the California Yoga Teachers Association www.yogateachersassoc.org

Course Polices

Class Attendance (Required for Certification)

Our attendance policy was revised recently.

If you cannot attend any portion of a weekend, have to arrive late, or must leave early, notify us at yogatherapyrx@samata.com prior to the start of the weekend module.



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A student can miss 4 classes and still be able to receive the certificate. The student will be able to make up the missed classes the following year at no additional cost. If a student misses 5 or 6 classes and wants to graduate at the end of the program they will be required to write a paper as a make-up assignment. If a student misses more than 6 classes they will have to make up the classes during the next year and receive their certificate after they have complete the make up classes.

Make-up Assignment:

The student is required to write an 8-10 page paper on one of the subjects covered on the day(s) missed or a topic approved by Larry Payne, the program director. The paper should be in a digital format only and should be emailed to us at yogatherapyrx@samata.com. Allowed formats are PDF, PowerPoint or Word.

This paper must be submitted by August 31st, the last day of the course in order to graduate. A sample is available on the student log-in page.

Lateness

Students are encouraged to be on time for all of the classes and stay for the whole duration. Repeated tardiness or not returning after lunch can be classified as missed classes.

Homework Assignments

All homework assignments on classes attended must be completed and turned in to receive certification.

Classroom Conduct & Participation

Because the instructors have to cover a lot of material in a short period of time, students are asked to keep their personal conversations to a minimum. To prevent digression from the subject matter and to be courteous to your fellow students, please avoid asking excessive questions and sharing personal stories and problems with the group. Please do not use cell phones, text or access the Internet during class.

Code of Conduct (To be signed by students on the first day of class)

Following is a set of customary rules of courtesy and etiquette that will apply to all Yoga Therapy courses at LMU Extension. In a professional training environment, both the Instructors and students in a classroom have rights and responsibilities, all parties should respect each other, treat each other with common human reverence, and do all they can do to help the educational process achieve its maximum effectiveness and to help the classroom truly become an environment for learning by all present. LMU Extension invites you to reflect on and follow the following classroom guidelines:



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Entering / Exiting Class:

Please arrive on time to class and stay for the entire class period before the next break. Late arrivals and early departures are disruptive. After breaks, please promptly return to the classroom so the Instructor can keep to the weekend schedule. If despite your best efforts you arrive late, please quietly take a seat at the back of the classroom. Similarly, in the rare event that you must leave class early (e.g., for a medical appointment), notify the Instructor in advance of your departure, then sit close to the door and leave as unobtrusively as possible. If you can't be there on time or must always leave early because of work or personal obligations, please notify our office about your situation. If you arrive late, you should consult other students about any announcements made at the beginning of class.

Classroom Courtesy:

Show respect and courtesy to all Trainers and your fellow classmates. Do not interrupt another who is speaking. It is okay to disagree with an idea but not okay to ridicule or disparage another person and his / her ideas. Raised voices, derogatory language, demeaning, and any intimidating behavior will NOT be tolerated.

Classroom Ambience:

The classroom is a place for the conveyance of knowledge. Ideally, there is interaction between the Trainer and the students that helps convey knowledge from the Trainer to the students. Distractions can easily hinder the difficult process of conveying this knowledge. Attention during class should be focused on the instruction / lecture. Failure to comply with the guidelines set forth above may result in dismissal from the class. Students should let the Instructor know of any special requirements and accommodations during the first class session so that appropriate arrangement can be made. The Instructor will make every effort to accommodate the needs of students with disabilities.

Grading

The following grades are used to report the quality of professional student work at LMU
Extension:

A Superior

B Satisfactorily demonstrated potential for professional achievement in field of study

C Passed the course but did not do work indicative of potential for professional achievement in field of study

F Failure



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All students will receive a letter grade from the director based on attendance (50%), class participation (25%), and homework assignments (25%).

Academic Honesty Policy

Loyola Marymount University is a community dedicated to academic excellence; student centered education, and the Jesuit and Marymount traditions. As such, the University expects all members of its community to act with honesty and integrity at all times, especially in their academic work. Academic honesty respects the intellectual and creative work of others, flows from dedication to and pride in performing one's own best work, and is essential if true learning is to take place. Examples of academic dishonesty include, but are not limited to, the following: all acts of cheating on assignments or examinations, or facilitating other students' cheating; plagiarism; fabrication of data, including the use of false citations; improper use of non-print media; unauthorized access to computer accounts or files or other privileged information; and improper use of Internet sites and resources. Academic dishonesty may result in any of the following actions: (1) require assignment or exam to be resubmitted, (2) reduce the grade on the assignment, project, or exam, (3) fail the student on the assignment or exam, (4) fail the student in the course. A detailed outline of the university honor code and process is available online.

Class Notes LMU is not responsible for providing class notes. Students who miss classes are welcome to ask classmates to share their notes.

Audio & Video Recording: No audio or video recording is during the class without prior consent from the instructors.



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Bios for Staff and Guest Instructors



Larry Payne, Ph.D., E-RYT 500 is founder and director of the Yoga Therapy Rx program. He is co-author of Yoga Therapy Rx with Richard Usatine, M.D., and Yoga for Dummies with Georg Feuerstein, Ph.D. He previously introduced Yoga to the curriculum at the UCLA School of Medicine, and was founding president of the International Association of Yoga Therapists. www.samata.com



Christopher Chapple, Ph.D., co-founder of the Yoga Therapy Rx program at Loyola Marymount University, is Doshi Professor of Indic and Comparative Theology at Loyola Marymount University. He has authored and edited 12 books on religious traditions of India, including a co-translation of Patanjali's Yoga Sutras. myweb.lmu.edu/cchapple



Rick Morris, D.C. is associate director of the Level I program and a sports medicine chiropractor with more than 25 years experience and team doctor for the US Olympic Medical Team, The NBA, and UCLA Track and Field. He is also a senior instructor at the Cleveland Chiropractic College in Los Angeles. www.spinalstenosisanddisc.com



Eden Goldman, DC, CYT, is a 3rd generation yogi and Chiropractic clinician at the Los Angeles College of Chiropractic. He has been called “a teacher of teachers” based on his in-depth understanding of western biomechanics and eastern traditions. Additionally, Eden is the founder of Karmapalooza Yoga Productions, a non-profit charity. www.yogadoctors.com



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Leslie Kaminoff is the founder of The Breathing Project in New York City, a center dedicated to the advanced training of yoga teachers and therapists. He is inspired by the tradition of T.K.V. Desikachar, and is one of America's most knowledgeable presenters on Anatomy for yoga teachers. He is also the founder of the international online yoga list and blog "e-Sutra". He is the author of Yoga Anatomy, published by Human Kinetics. <http://www.breathingproject.org>



Linda Lack, Ph.D. has dedicated her life and work to the study of the human body, movement, breath, and their relationship to creativity, healing, and spirituality. She is a movement/yoga therapist, ritualist, performer, dancer, lecturer, and researcher. Lack believes that the basic human impulses of movement and breath are profound pathways into healing, creativity and spirit. www.lindalack.com



Fay VanDerKar-Levinson, Ph.D. received a special joint Ph.D. from UCLA in psychology and special education. She serves on the board of the Association of Educational Therapists and has held teaching posts at UCLA and Pepperdine University. She has also received advanced training in Yoga, learning development and helping her clients deal with chronic physical and/or emotional stress. <http://fayvdk.blogspot.com/>

Jamie Champion M.P.T., CYT is a registered physical therapist with a master's degree in physical therapy, and a certified Kripalu Yoga teacher. She served as director of the Spine Team at Abilities Health and Rehabilitation Center in New York City and currently directs the Yoga Home Services in Westlake Village. She is also a popular keynote speaker.



Matthew J. Taylor, PT, PhD, RYT is the current president of IAYT. Matt is the founder of Dynamic Systems Rehabilitation Clinic in Scottsdale, Arizona, a yoga-based PT clinic. He is a leader in applying integrative medicine principles in the field of rehabilitation and has 28 years of orthopedic rehabilitation experience. <http://www.dsreclinic.com>



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Felicia Tomasko RN E-RYT 500, inspires people to follow the path to personal freedom and vibrant health through Yoga and Ayurveda. Her practice includes teaching Yoga in studios, teacher trainings and conferences as well as a private practice in the healing tradition of Ayurveda. She is currently the editor in chief of LA YOGA Ayurveda and Health magazine, serves on the editorial board of the Light on Ayurveda Journal and serves on the board of directors of the California Association of Ayurvedic Medicine and the National Ayurvedic Medical Association.
www.layogamagazine.com



Richard Usatine, M.D., is associate director of the Level II program and the Vice-Chair for Education in the Department of Family and Community Medicine at the University of Texas at San Antonio. He is also the recipient of the National Humanism in Medicine award and, since 2000, chosen by his peers each year to be included in the Best Doctors in America list, a national consumer reference source published by Ohio State University.
www.texashumanities.org/bios/faculty-detail-2



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OCTOBER 1 & 2, 2011

Saturday: **Instructor Larry Payne Ph.D., E-RYT 500**
1:00-6:00pm Definition & History of Yoga Therapy
 Observation and Evaluation of Yoga Client
 Prime of Life Yoga Routine

***Sunday: **Instructor Larry Payne Ph.D., E-RYT 500**
10:00am-5:00pm **Instructors Fay Levinson Ph.D. & Rick Morris D.C., CYT**
 (Assistant Director for Yoga Therapy Rx 1)
 Yoga RX 8-Step Wellness Program

NOVEMBER 5 & 6, 2011

Saturday: **Instructor Eden Goldman D.C.,CYT**
1:00-6:00pm Human Anatomy & Physiology
 Skeletal System (Lower Body)

Sunday **Instructor Eden Goldman D.C.,CYT**
10:00am-5:00pm Muscular System (Lower Body)
 Medical Terminologies
 Anatomy & Kinesiology of Asanas

DECEMBER 3 & 4, 2011

Saturday: **Instructor Eden Goldman D.C.,CYT**
1:00-6:00pm Human Anatomy & Physiology
 Skeletal System (Upper Body)

Sunday **Instructor Eden Goldman D.C.,CYT**
10:00am-5:00pm Muscular System (Upper Body)
 Medical Terminologies
 Anatomy & Kinesiology of Asanas



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JANUARY 7 & 8, 2012

Saturday:

1:00-6:00pm **Instructor Leslie Kaminoff**
Anatomy of Breathing for Yoga Teachers (I)
Pranayama Routine and Chanting
The Panchakarma Model

Sunday:

10:00am-5:00pm **Instructor Leslie Kaminoff**
Anatomy of Breathing (II)
Pranayama Routine and Chanting

FEBRUARY 4 & 5, 2012

Saturday:

1:00-6:00pm **Instructor Rick Morris D.C., CYT**
Review of Lower Back Anatomy & Kinesiology
Medical Terminologies
Common Lower Back Problems (Flexion & Extension Faults)

***Sunday:

10:00am-5:00pm **Instructor Larry Payne Ph.D., E-RYT 500**
Yoga Therapy for Common Lower Back Problems
(Flexion & Extension Faults)

***MARCH 3 & 4, 2012**

Saturday:

1:00-6:00pm **Instructor Rick Morris D.C., CYT**
Review of Upper Back & Neck Anatomy & Kinesiology
Medical Terminologies
Common Upper Back & Neck Problems
Reading Doctors' Reports Including X-rays & MRIs

***Sunday:

10:00am-5:00pm **Instructor Larry Payne Ph.D., E-RYT 500**
Yoga Therapy for Common Upper Back & Neck Problems



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APRIL 14 & 15, 2012

Saturday: **Instructor Larry Payne Ph.D., E-RYT 500**
1:00-6:00pm Prime of Life Yoga Techniques

Sunday: **Instructor Jamie Shaw M. P.T., CYT**
10:00am-5:00pm Yoga Therapy for Osteoporosis
 Yoga Therapy for Scoliosis

MAY 12 & 13, 2012

Saturday: **Instructors Rick Morris D.C., CYT**
1:00-6:00pm Morris Payne Functional Yoga Evaluation Procedure
 Overview of the System
 Lung Capacity
 Quality of Life Test
 Testing Procedures

Sunday: **Instructors Rick Morris D.C., CYT**
10:00am-5:00pm Review and hands-on Practice of techniques

JUNE 2 & 3, 2012

Saturday: **Instructor Felicia Tomasko, RN, E-RYT 500**
1:00-6:00pm Introduction to the Principles and Practice of Ayurveda

Sunday: **Instructor Larry Payne Ph.D., E-RYT 500**
10:00am-5:00pm Business of Teaching Yoga
 Ethics of Teaching Yoga
 Qualities of a Yoga Teacher



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JULY 7 & 8, 2012

Saturday: **Instructor Rick Morris D.C., CYT**
1:00-6:00pm Review of Shoulder Anatomy & Kinesiology
 Medical Terminologies
 Common Shoulder Problems

*** Need dance room

Sunday: **Instructor Linda Lack Ph.D.**
10:00am-5:00pm Yoga RX Solutions to Common Shoulder Problems
 Case Studies

Term Assignments Due This Weekend

Stick Figure Assignment
2 Case Studies

AUGUST 4 & 5, 2012

Saturday: **Instructor Rick Morris D.C., CYT**
1:00-6:00pm Review of Knee Anatomy & Kinesiology
 Medical Terminologies
 Common Knee Problems

***Sunday: **Instructor Larry Payne Ph.D., E-RYT 500**
10:00am-5:00pm Yoga Therapy for Common Knee Problems
 Case Studies

AUGUST 25 & 26, 2012 Note: This weekend only, change in hours

Saturday: **Instructor Matthew J. Taylor, PT, PhD, RYT**
10 am-6 pm Evaluation & Observation of Hip Problems
 Gait Training

***Sunday: **Instructor Matthew J. Taylor, PT, PhD, RYT**
10 am-4.30pm Yoga Therapy for Common Hip Problems

5.00pm-6.30pm Graduation