



# Nature Care College

## Yoga Classes for Special Needs

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| <b>DESCRIPTION</b>       | Yoga is a journey towards personal re-integration of body, breath, mind and spirit. A sound assessment of student needs along with planning and reviewing of teaching is essential to guide students safely and effectively. This module explores the therapeutic applications of yoga for common health conditions and areas of special needs that a teacher may encounter in regular yoga classes. It aims to train students on how to tailor appropriate practices and structure classes for groups of special needs and to develop their knowledge on the indications and contraindications of yoga practices relevant to common health conditions. It will also increase their awareness of the role of yoga in the health care industry, and on complementary scientific research into the efficacy of yoga practices. |
| <b>DURATION</b>          | 36 hours   |
| <b>LEARNING OUTCOMES</b> | <p>By the end of this unit of study students will be able to:</p> <ol style="list-style-type: none"> <li>1. Explain the main principles of using yoga as a therapeutic tool</li> <li>2. Demonstrate awareness of indications and contraindications of yoga practices for common health conditions that may be encountered in regular yoga classes</li> <li>3. Explain the principles and techniques relevant in developing yoga classes for groups with special needs.</li> <li>4. Develop skills in tailoring appropriate practices and structure classes for groups with special needs.</li> </ol>   |
| <b>TEACHING METHOD</b>   | <p>Knowledge and content lectures<br/>         Small group discussions and exercises<br/>         Experiential learning techniques<br/>         Practical activities applied to content<br/>         Group and individual observations</p>   |
| <b>ASSESSMENT</b>        | <p>Teaching demonstration 50%<br/>         Written Assignment 50%</p> <p><b>Pass/Fail only.</b><br/> <b>No higher grades available.</b></p> <p><b>Note:</b> To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.</p>   |
| <b>ATTENDANCE</b>        | 90 % minimum.  |
| <b>PRE-REQUISITES</b>    | Anatomy and Physiology 1A , Yogic Physiology, Yogic Philosophies, Asana 1 & 2, Pranayama, Yogic Ethics & Lifestyle Practices, Yoga Teaching Methodology  |

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| <b>CO-REQUISITES</b>      | Relaxation and Meditation  |
| <b>MATERIALS REQUIRED</b> | Notebook, pen, comfortable clothing.   |
| <b>TEXTBOOKS</b>          | <p><b>Compulsory:</b><br/> <b>Nil.</b></p> <p><b>Recommended Reading / References:</b><br/> Stiles, M. 2001, <i>Structural Yoga Therapy: Adapting to the Individual</i>. Weiser Books<br/> McCall, Tim 2007, <i>Yoga as Medicine</i>, Bantam Books<br/> Mohan A.G. 2004 <i>Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness</i>, Shambhala<br/> Kraftsow, G. 1999 <i>Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga</i>. Penguin.<br/> Iyengar, BKS. 2007 <i>Yoga - The Path to Holistic Health</i>. Dorling Kindersley.</p> |

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## SESSION-BY- SESSION OUTLINE

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| <b>SESSION 1</b>     | Yoga for therapeutic purposes and principles of yoga therapy                    |
| <b>SESSION 2-4</b>   | Client inquiry, assessment and observation                                      |
| <b>SESSIONS 5-8</b>  | Therapeutic applications of yoga for common health conditions and special needs |
| <b>SESSIONS 9-12</b> | Assessments of Teaching Demonstrations  |

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.