

Excerpt

The No BS Guide to Yoga for Personal Trainers

Get the Yoga, Skip the Incense

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Introduction

With the aging population turning to personal trainers and group fitness options for their expertise, yoga has become more mainstream and often utilized as a low impact, healthy alternative to the higher intensity options out there. According to the Worldwide Survey of Fitness Trends 2016, 10th anniversary edition, Yoga has maintained its standing in the top 10 fitness trends for another year.

That's great news, but also can be confusing for trainers. There are so many styles of Yoga and said to be over 10,000 iterations of Yoga postures. Many 2 day trainings claim they will teach you 76 positions plus variations, you'll learn the Sanskrit names, yoga philosophy, breathing techniques, how to amend for any population, and be able to teach a mixed levels class with 30 participants because you'll be able to design a class in no time flat.

Our course takes a different approach. We focus on providing trainers with relevant, high value, quality information vs. sheer quantity.

We started SloBody because we were tired of seeing our friends getting injured, frustrated, and feeling as if they were not capable to participate in a Yoga class environment.

We knew that all they really needed was better instruction.

So we put our passion and expertise to work and created a superior teaching method and simplified Yoga series that is:

1. easy for trainers to understand and implement quickly,
2. relevant to their athletic and fitness backgrounds, and
3. proven to be safe, effective and deliver remarkable results.

What you will learn

This course will round out your arsenal of knowledge with Yoga information that is time tested and foolproof. You will experience and be able to apply flawless instruction that is easy to follow and achieves consistent results.

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All content is delivered in a straightforward fashion that personal trainers and fitness professionals understand and appreciate, and is relevant to the growing demographic of active 45+ year olds who are looking for the benefits of yoga without the “fluff.”

Throughout this course you will:

- 1) Learn the benefits, alignment principles and variations for 14 of the most common and useful Yoga postures.
- 2) Learn how to utilize breath-work to supercharge the benefits of each posture.
- 3) Develop your ability to see the most common pitfalls and alignment mishaps to more confidently educate your clients toward sound alignment and ease in movement.
- 4) Learn how to adapt, modify and adjust Yoga postures for individual needs.
- 5) Become a more engaging instructor that can communicate specific instructions smoothly and concisely by teaching and coaching the postures and exercises rather than just leading.
- 6) Access and practice with our Yoga video library series to get you on track to delivering awesome, reproducible results.

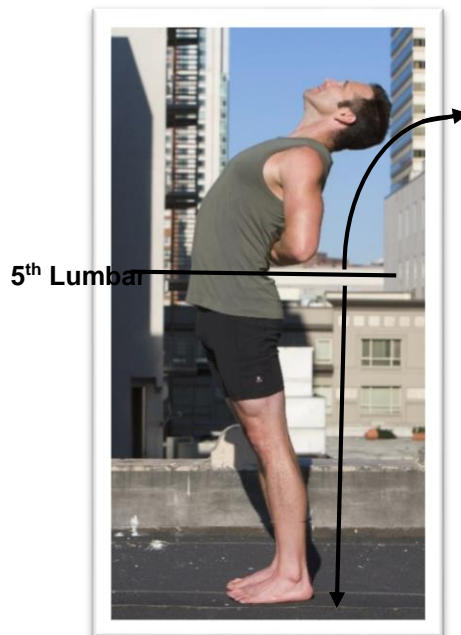
Now all there is to do is to get started!



Excerpt

Beneficial Back Bending (article excerpt)

Back bends are useful and necessary as they stimulate the nervous system and counter the effects of gravity. When we neglect the back of the body imbalance occurs. The chest muscles (pectorals) and shoulder muscles (deltoids) begin to overpower the back muscles (upper crossed syndrome) giving the body a caved in or stooped forward shape. Chest compression also decreases valuable lung space resulting in energy depletion.



Since no one truly sees their own backside except in a mirror or picture, developing feeling into this area of the body takes time. The most important aspect during back bending is not one of technique but one of mind which is often rushing you along. Breathe slowly and deeply, break down the elements to manageable steps where you can pause, breathe and take your time. With awareness, the experience is invigorating, free of discomfort, and an exciting and alternate way to view your environment.

To stay light and create ease in her practice, Vanda Scaravelli utilized what she called Force and Anti-Force (Gravity). *“Strength comes from the roots. Rooting goes towards the center of the earth to rise us up heavenward. We may use force and anti-force at our waist. The human spine (5th lumbar) moves in both directions.”* We want to utilize this philosophy in practicing backbends to create gentleness and ease.

Employ snail paced movements and range of motion will gradually accrue. Hasty, rash motions can lead to stiffness, pain, and injury. If any pain is experienced while moving...

Excerpt

SloBody Yoga Mechanics (excerpt)

In this section we explore our skeletal and muscular systems. You will practice and dissect exercises focusing on the elements of function, alignment, strength, flexibility, and mobility. You will feel and see how they work in tandem to provide useful support and balance for a posture/exercise. It is when you begin to bring the above elements into balance, each performing its job efficiently, that allows for release and ease in your practice.

NOTE: This section is purposefully short and is experienced thoroughly with our **Video Library Series** which you have access to with this guide. It includes:

- 1.) Initial Daily Dozen Videos Basics: 14 videos: In each video you will learn
 - ✓ Sound body mechanics and alignment.
 - ✓ How to utilize breath-work in the posture.
 - ✓ The most common pitfalls and alignment mishaps.
- 2.) Daily Dozen Workout Video: Balance strength and flexibility in just 30 minutes. Integrates Plank & Low Push Up conditioning elements between posture work for a flowing, whole body workout.
- 3.) Modifying Yoga Poses: Whether it is a struggle with tight hamstrings, a bum knee, a back issue, pregnancy or needing a less intense version of a pose, we have an amendment for you or your student. You will:
 - ✓ Learn how to adapt, modify and adjust yoga poses.
 - ✓ Get 3-4 vivid modification photos with full descriptions.
 - ✓ 14 videos with full posture and modification breakdowns.
- 4.) Teaching Yoga Effectively: Connect, Engage and Motivate: Improving how you communicate rewards both you and your clients. You'll learn:
 - ✓ Colorful analogies that are relevant to the layperson.
 - ✓ Clear language to move bodies easily and precisely.
 - ✓ Tips and notes to better understand pitfalls.
- 5.) You also get:
 - ✓ FORGE AHEAD Daily Dozen PDF: 14 pages of photos, benefits & how tos.
 - ✓ FORGE AHEAD Modifying Yoga Poses PDF: 27 pages include photos and descriptions of modifications for the Daily Dozen routine.
 - ✓ FORGE AHEAD Teaching Yoga Effectively PDF: 55 pages of photos, teaching cues and more!

Excerpt

Stretching and Strengthening Chart (excerpt)

Child's Pose



Stretches
quadriceps, gluteus maximus, erector spinae,
.....

Strengthens
hip flexors, triceps

Modifications: Refer to MYP Videos
forearms down, knees wide, on back, towel under
ankles

Downward Dog



Stretches
calves, hamstrings, gluteal muscles, erector
spinae

Strengthens
hip flexors, quadriceps, triceps, anterior deltoids,
.....

Modifications: Refer to MYP Videos
child's pose, standing forward fold, forearms on
the

Revolving Lunge



Stretches
left side/back leg: hip flexors, erector spinae and
latissimus
right side/front leg: gluteus maximus, pectorals

Strengthens
back leg/left: quadriceps, gluteus maximus
front leg/right: hip flexors, erector spinae.....

Modifications: Refer to MYP Videos
Hand on front thigh, back knee down, pivot back
foot- rotate heel internally

Pigeon

Common Misalignments (excerpt)



Verbal amendments: right leg forward

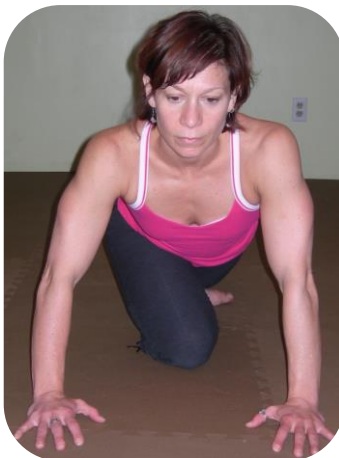
To align the legs and pelvis...

- ❖ Place the right knee in line with the right hip
- ❖ Slide the left leg back as far as possible extending the ankle as straight as possible
- ❖ Press down through big toe nail and top of foot and engage quadriceps (inhale)
- ❖ Draw the pubic bone towards the belly (exhale)



To root hands, extend the spine + relax the shoulders...

- ❖ Place hands a distance of two hand prints in front of you rooting all ten finger tips and the front of the hands
- ❖ Press down with the palms and “pull the floor” towards you raising the chest (inhale)
- ❖ Relax the shoulders and roll the triceps/elbows towards the ribs (exhale)
- ❖ Reach with the whole face, as if you were sunning yourself, in the same direction your chest is pointing extending the back of the neck (inhale)



Ideally look for:



- ✓ Consistent breath
- ✓ Firmly planted front shin
- ✓ Extension and energy through back leg
- ✓ Supported pelvis
- ✓ Energized through the spine
- ✓ Released shoulders
- ✓ Length through back of neck

Excerpt

Daily Dozen Teaching Script (excerpt)

Yellow = how to get into the pose and transition; this is the skeleton, learn these 1st and you will know how to guide students into and out of poses without them having to look at you.

Blue = what to do in the pose / how to work within; this is where the meat begins to be added to the bone. Get more out of each pose with gentleness and ease. Students will learn how to work within the pose safely and efficiently.

White = color commentary / observations to guide; this is where the practice of yoga thrives. You can utilize the words we have or come up with analogies from your experiences that put flesh over the meat and bones of the practice.

Revolving Triangle

As you inhale press down with both feet to straighten your legs. On your exhale relax your shoulders. On the next inhale reach the right arm out to the right. As you exhale, rotate your belly, ribs and chest open to the right. On the inhales root the feet and extend from the tailbone to the crown of the head. On your exhales, relax the shoulders and rotate. (Maintain for 3-5 breaths) Exhale and fold the right arm to the floor.

Transition between sides

Inhale and turn the left foot forward then hop the back foot to the front foot. Hang here in standing Forward Fold, feet 4-6" apart, knees soft, with belly resting on the thighs.

On the next inhale, slide the right foot 3 1/2 to 4 feet back, turn your right foot to the right 60-80 degrees, and place your hands on your left shin. Left hand on top of right.

As you inhale press down with both feet to straighten your legs. On your exhale relax your shoulders and rear end. As you inhale reach the left arm out to the left. As you exhale, rotate your belly, ribs and chest open to the left. On the inhales root the feet and extend from the tailbone to the crown of the head. On your exhales, relax the shoulders and rotate. (Maintain for 3-5 breaths) Exhale and fold the left arm to the floor.