

Yoga for Medical Exercise and Lifestyle Management

Learning Objectives

- Define the term Klesha (affliction) and give two examples.
- Identify and briefly describe five altered movement patterns.
- Teach a mindful breathing technique.
- Teach three classic poses of relaxation.
- Teach five spinal stabilization postures.
- Demonstrate and teach Constructive Rest.
- Teach five postures for strengthening major muscle groups.
- Teach five postures for stretching major muscle groups.
- Teach three foot and ankle exercises.
- Identify the eight components of a yogic lifestyle.
- Describe the difference between concentration and contemplation.
- Teach one concentration technique.
- Teach one contemplation technique.