

The Holistic Fitness Specialty Certificate

Course Objectives

Upon completion of this course, the participant will be able to

- To gain a basic understanding of the principles of Holistic medicine and how these principles can be adapted and applied as Holistic fitness protocols.
- To identify characteristic indications of eating disorders, traumatic stress, depression, and acute grief syndrome.
- To understand and explain how embodiment can be used as a psycho-somatic strategy for recovery and self-discovery.
- To identify the four goals and general benefits for achieving the advanced state of™ Evolved Embodiment.
- To use somatic awareness as a tool for improving posture, alignment, and movement patterns.
- To teach a 15 pose basic yoga program for recovery / self-discovery.
- To identify the specific somatic lesson, psychological lesson, and symbolism that is associated with each of the 15 yoga poses in this program
- To teach these seven basic exploratory somatic techniques:
 - ✓ Squeeze – release
 - ✓ Micro – movements
 - ✓ Do Less
 - ✓ Fish Body
 - ✓ Earth and Sky
 - ✓ Functional feet
 - ✓ Breathing space
- To identify and understand the varied psycho-somatic factors that can cause and contribute to back pain.
- To create and teach a gentle yoga-based fitness program for back care.
- To identify the three healing goals for scoliosis, and to incorporate those goals into a holistic fitness program.
- To identify the three doshas (constitutions) and to adapt and apply these general principles for fitness programs.
- To teach four basic breathing techniques: Angel Wings, Alternate Nostril, Ujayi, Humming.