

# *Mind-Body Fitness for Personal Trainers*

## Learning Objectives

There is a need for fitness professionals, and especially personal trainers, to understand the implications of embodiment as a mind-body-spirit energetic continuum. How you live in your body directly impacts who you are as a Self, and vice versa. In this course you will sample a variety of mind-body fitness techniques including Energy Exercises, Chi self-care, Chakra-activation postures, Meridian-stimulating postures, The Five Tibetans, Ascending Energy, Descending Energy, Somatic Symmetry, Somatic Shielding, and Pose/Counter-pose Yoga, all of which emphasize vitality, longevity, and personal maturation by balancing and optimizing bio-energies for full-spectrum wellness. These simple, practical techniques help minimize or eliminate the problems of poor fitness, chronic pain, faulty function, objectionable appearance, noxious self-concept, and negative repercussions of stress. This course will help you and your clients understand the benefits of taking a pro-active, preventive approach to health and fitness by cultivating energy-enhancing and energy-conserving habits that support wellness over the course of a lifetime.

### COURSE LEARNING OBJECTIVES

- ✓ Demonstrate, describe, and teach seven simple Chi Self-Care energy exercises.
- ✓ Teach three fundamental energy exercises to facilitate grounding and somatic awareness.
- ✓ Teach eight energy exercises for embodying gratitude, centering, and surrender.
- ✓ Teach three basic breathing inquiries.
- ✓ Teach the Five Tibetan energy exercises.
- ✓ Identify and describe the seven Chakras. Demonstrate a posture that activates each Chakra.
- ✓ Identify the twelve meridians and demonstrate a posture that stimulates each meridian.
- ✓ Explain the scientific theory that supports the Superhero stance as a viable mind-body technique; demonstrate and teach the Superhero posture.
- ✓ Teach two versions of the Sun Salutation (twelve position Vinyasa flow).
- ✓ Teach the Basic Daily Dozen (beginner level yoga wellness program).
- ✓ Identify the four types of Essential Energetic Charges, and give an example of each.
- ✓ Teach three Somatic Shielding techniques.