

Movement & Anatomy for Development

60 hrs Embodied Anatomy Online Course

Introduction

Welcome to you, anatomy curious!

This 60hrs embodied anatomy online course is designed to deepen functional anatomical knowledge and develop somatic practices for both Yoga, Movement Teachers and Body Practitioners who would like to develop their anatomical knowledge by exploring how the body works. All 8 classes are both practical and theory based. The course is a well-structured and in-depth study of human anatomy applied to movement, and more specifically to yogic practices (Asanas, Breathing Techniques, Relaxation techniques). The parallels between contemporary functional anatomy, physiology and traditional yogic texts will be mentioned. The course is based on the most recent researches available online at PubMed, and a detailed bibliography is given below.

Understanding functional anatomy is essential for movement teachers and practitioners. The limitations of the body must be respected. Understanding compressions, stresses and loads in the different structures will give you indications about what prevents movement, what can help it and when to stop.

Getting a glimpse of integral anatomy will help you make connection between all these “parts” that are not isolated in the body. Through the myofascial web, everything is interconnected. This is an invitation to widen your view and understand “anatomy” in a much wider, connective, bio-tensengral and integrative way.

Course Aims and Learning Outcomes

General Aim: This embodied anatomy course is designed to extend functional anatomy knowledge and develop practical understanding of integral anatomy for Yoga Teachers and Body practitioners.

Specific Goals:

1. Present in a structured way functional anatomy knowledge and integral anatomy knowledge relevant to movement practice with specific reference to Yoga practices.
2. Provide a deeper insight into functional anatomy to Yoga Teachers to allow them to incorporate these into their yoga practices, both personal and taught.
3. Explore the functional qualities of muscles and fascia.
4. Provide sufficient insight into the fundamentals of integral anatomy to question and improve their movement patterns.
5. Understand how to improve structural and body-mind integration through conscious movement.

Course duration, date, time and Content

The course is given exclusively online and restricted to 10 participants

The course runs during 5 months – [In 2024 from January 5th till June 4th](#)

The course is divided in 4 modules (Friday-Saturday) from 9.30am till 3.30pm

Each day is called a “class”. There are 8 classes in total, as described below:

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Breakdown of the 60 hours course:

- 1) 8 sessions of 5 hours each. Total of 40 contact hours.

Year 2024
Weekend 1 – January 5th-6th - Breath Space - Arm lines
Weekend 2 – February 2nd – 3rd - Mapping the Spine - Head and Neck
Weekend 3 – March 15th- 16th - Pelvic Equilibrium - Shoulder Girdle
Weekend 4 – April 26th - 27th - The knee in movement - Foot Foundation

- 2) Suggested reading/watching/self-enquiry/practice = 12hrs
- 3) 8 homeworks to be done at home, in between the sessions = 8 hours

Course details

- Maximum of 10 people per course to allow space for questions and interactions between the participants.
- 1 Toilet breaks and 1 lunch break during the 5hrs sessions to maximize the time.
- Handouts sent out the day before the session – building up to a comprehensive folder of notes (100 pages).
- Home reading / watching / self-enquiry / practice email sent out at the end of each session
- Homework to be done and send back to tutor in-between each modules.

An exhaustive detailed description of the course content can be obtained by getting in touch with: movementanatomydevelopment@gmail.com

Evaluation methods

A simple form is given prior to the end of the course to evaluate the teaching method and content of the course. Students are kindly asked to send this feedback form to allow the tutor to continually improve the content of the course.

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Criteria for Application

The course is open to:

- Yoga Teachers
- Movement Teachers (Dance, Pilates, Tai Chi etc...)
- Body Practitioners (Massage Therapist, Sacro Cranial Therapists, etc...)

This course is an in-depth study of human anatomy applied to movement, and more specifically to yogic practices (Asanas, Breathing Techniques, Relaxation techniques). The parallels between contemporary functional anatomy, physiology and traditional yogic texts will be mentioned. However, we are open to other movement teachers and body practitioners to participate in the course as we believe in inter-disciplinarity.

Each participant should be able to demonstrate at least **2 years of experience** in his/her field.

Applicants who are unable to demonstrate their suitability will not be accepted onto the course.

Certification conditions

A BWY 60hrs Embodied Anatomy Module Certificate will be awarded following successful attendance **of all the online classes** (8 in total) and **completion of all the homeworks** (8 in total).

We do understand that some life circumstances can prevent some students to complete the whole cursus during a given year. A discussion, on a case-by-case basis, can happen if a given student needs to pursue his/her studies the next year (Administrative fees apply).

Teaching methods and study components

The curriculum focuses on human movement through exploration and application of:

- experiential anatomy,
- analysis of postures and movements,
- kinesiology and biomechanics,
- palpatory anatomy on oneself and others
- drawing/colouring
- exchanging with peers.

During the Course, you will get:

- Handouts sent out the day before the session – building up to a comprehensive folder of notes (100 pages).
- A list of videos and links to article sent out after each module (Home reading / watching / self-enquiry / practice email).
- Recording of the practices accessible for 30 days.
- Homework to be done and send back to tutor in-between each modules.

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Student input

Students are continuously asked to participate during the course. This is a very important part of the course, as the aim is to build a learning sangha of anatomy curious who are willing to share, listen, discuss different practices and/or point of view. The number of participants is kept intentionally low for this synergy to happen.

About the Tutor

Julie is a Yoga Therapist, an Anatomy Teacher & a Movement Facilitator.

As a Yoga Elder, she has been teaching yoga for over a decade. When she started teaching, people with different pathologies came to her class, and she was afraid of hurting them, or doing the "wrong thing". She then became fascinated by anatomy and started her journey with Blandine Calais Germain (France), Thomas Myers and Leslie Kaminoff (US) in 2013. It gave her a reliable map of the body, and helped her building confidence to work with vulnerable and injured students. During the last 7 years, deepening her empirical knowledge of the body with personalities like Gil Hedley (Dissection and Fascia - US), Todd Garcia (Dissection-US), Robert Schleip (Fascia research-Germany), Julian Baker (Functional Fascia-UK) and Jaap Van Der Wall (Embryologist-NL) helped her to reconfigure the maps she first learned and extend her comprehension of the body.

Julie offers yoga therapy and anatomy workshops throughout England and Europe, teaches 2 online anatomy courses per year and welcomes private clients to her clinic online and in person.

Costs of joining the course

The cost for the Course in 2024 is **£750** (£690 plus £60 fee towards BWY).

Guest members have to pay an additional £20 if they are not BWY members.

To secure your space, you can make a £100 deposit. This deposit is non-refundable.

The Course must be paid in full prior to the start of the course.

Instalment of 3 payments can be offered prior to the start of the course. Please contact movementanatomydevelopment@gmail.com, for more details.

Cancellations can be made 60 days before the start of the course. Please see Terms of Conditions at the end of this document to make sure you understand our policy on terms of refund and cancelations.

Early bird deals will be advertised on Facebook and through the newsletter. Full payment of the course must be made prior to the deadline of the early bird deal.

Current BWY information

Current BWY registration- £60 per student

BWY general membership - £42 per annum

Guest membership- £20

information on how to become a BWY member: <https://www.bwy.org.uk/join-the-bwy-online/>

Link to the BWY complaints procedure:

<https://www.bwy.org.uk/pdf/1678869671Compliments,%20Comments%20&%20Complaints%20Policy%202023.pdf>

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Bibliography of the Course

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Paul Grilley, Anatomy for Yoga, 2003, DVD.

Bernie Clark:

- Your Body Your Yoga, 2016.
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- Your Upeer Body, Your Yoga, 2022.

Judith Hanson Lasater, Yoga Body, anatomy, kinesiology and asana, 2009.

David Keil, Functional Anatomy of Yoga: A Guide for Practitioners and Teachers, 2014.

Jules Mitchell, Yoga Biomechanics, stretching redefined, 2019.

Carol Krucoff, Healing Yoga for Neck and Shoulder Pain: Easy, Effective Practices for Releasing Tension and Relieving Pain, 2010.

Gary Ward, What the Foot?: A Game-Changing Philosophy in Human Movement to Eliminate Pain and Maximise Human Potential, 2014.

Sat Bir Singh Khalsa PhD, Jodie Gould, Your Brain on Yoga (Harvard Medical School Guide), 2012

Stanley Rosenberg, Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism, 2017.

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Terms and Conditions – 2024

1. The Course is payable in advance of the start of the course. Instalments are available prior to the start of the course. You may wish to cancel your booking for the Course. It is possible as long as you do so at least 60 days before the start date of the Course. In which case we will refund you the £ (sterling) amount you have paid us in respect of that Course, minus a £100 cancellation fee.
2. If you cancel within 60 days of the start date of the Course, there will be no refund unless we are able to transfer your booking to another participant in which case we will refund you the amount you have paid us in respect of that course, minus a £150 cancellation fee.
3. Once you have committed to attend the Course it is your responsibility to attend all of the scheduled sessions and you must do so in order to receive certification.
4. We reserve the right to cancel a Course for any reason, though we will endeavour only to do so in the event of exceptional circumstances that mean we are unable to offer the Course as advertised, or if there are, in our opinion, insufficient numbers booked onto the Course for it to be commercially viable. Should this happen, we will notify you promptly and will refund you the full £ (sterling) amount you have paid us in respect of the Course. We will not, however, be responsible for any additional expenses which you may have incurred in respect of the Course, for example in respect of material cost, or any exchange rate losses.
5. It is not allowed to make a booking for a Course on behalf of another person.

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Application Form

Name:	BWY Membership No:
Date of Birth:	Place of Birth:
Address:	
Tel:	
Email address:	

Do you have any pre-existing medical conditions? Please state below.

How many years have you been teaching Yoga and what style(s)?

Why would you like to learn about Integral & Embodied Anatomy ? Tell us about yourself. (150 words)

By completing and returning this application form, I hereby confirm that:

- I have read and understood the all the information provided on the 60hrs Embodied Anatomy Online Course,
- I understand that Certification is dependent on attending all 8 days of the course and successful completion of all homeworks,
- I have read the Terms and Conditions of the Course, and understand that the course is non-refundable.

I confirm payment of the non-returnable deposit of £100 to secure a place and understand that the rest needs to be paid in full at least 2 weeks before the start date. I understand that to benefit from the early bird rate, the whole amount needs to be paid in full by the early bird deadline.

Please send your completed application electronically to movementanatomydevelopment@gmail.com