

ES 200 Teacher Training Schedule

Anatomy & Physiology

SUNDAY -

- **Introductions:**
- **A&P: Anatomy in Yoga**
- **A&P: The Human Body**
- **& Organ systems Intro**
- **A&P: Skeletal & Muscular Systems**
[MS in Asana & Connective Tissue]
- **A&P: Biomechanics- Joint Action & Stabilization**

TUESDAY -

- **A&P: Asana Breakdown:**
Standing Poses Neutral
Hip/Open Hip [Muscles &
Joint Action]

SUNDAY -

- **A&P: Respiratory Systems**
- **A&P: Physiology- Nervous System**
- **A&P: Vagal Theory & Anatomy**
Trains
- **A&P: Asana Breakdown Standing**
Poses Neutral Hip/Open Hip
[Muscles & Joint Action]

TUESDAY -

CADAVER WORKSHOP

SUNDAY

- **A&P: Cardiovascular /Circulatory Systems**
- **A&P: Endocrine & Digestive Systems**
- **A&P: Asana Breakdown: Standing**
Poses Neutral Hip/Open Hip [Muscles &
Joint Action]
- **A&P: Biomechanics, Safe**
Movement, Contraindications
- **A&P: Fascia, Neuroplasticity**

TUESDAY -

- **A&P: Recap & Q&A**
- **A&P: Musculoskeletal**
Handouts & Quiz