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# 1. HABIT & CHANGE

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## WELLBEING SKILLS

*At the end of this session, you will be able to:*

### *Patterns and shifts*

#### **Yoga and ayurveda view**

Understand how yoga and ayurveda view patterns (samskāra, prakṛti) and change (rajas, vikṛti). Identify some of your basal patterns and what you would like to shift.

#### **Principle of adaptation—use it or lose it**

Understand the principle of adaptation. Examine the principle of adaptation in your life—consider what functions have declined because of disuse and what has been retained. Identify which functions you would like to regain.

### **The whole person**

#### **Willpower, energy, resistance, effort**

Understand how “willpower” is not only in the mind and is affected by the whole person and the environment. Recognize how energy, resistance, and effort show up holistically in your mind and body when you want to make a change.

#### **Stress vs challenge, safety, resilience, coping, allostasis**

Understand when stress is a positive challenge or not, when habits are unhealthy coping, the safe limits of setting challenges, and the importance of resilience and allostasis.

#### **Curiosity, exploration, play, new vs. familiar**

Explore how to create curiosity in your life in small things and how this can help you make positive changes. Identify where you can bring playfulness in your life, and what attachments to the familiar are holding you back.

### **The environment**

#### **Supports for new patterns**

Explore what around you supports your new behaviors, the ones you wish to change to.

#### **Triggers for old patterns**

Explore what around you triggers you to, maybe unconsciously, fall back into your old behaviors.

## The journey

### Steps—small steps and large steps

Understand how many changes are better made in small steps but some maybe better in a large step. Map out the small steps you need to make selected positive changes in your life. Identify if there is a role for a large step toward a change in your life.

### Less vs more in time and complexity

Analyze life changes to see whether the time and complexity requirement is reasonable and doable. Revise a plan for change to decrease the time and complexity.

### Lapses, trying again vs trying differently, commitment

Suggest common lapses that may occur when planning for a selected positive change. Devise strategies and attitude to recover from that lapse. Examine when a different strategy, or trying differently, may be wise.

### Conviction, insight, growing vs changing

Understand the value of times of insight, deeply felt experiences of a different state, growing into something new, when they happen along the journey of change. Affirm how such insight can assist in boosting conviction.

## The goal

### Personal meaning of change, value system, intrinsic and extrinsic reward

Reflect on the personal meaning of a change. Understand intrinsic and extrinsic rewards and their pros and cons. Analyze whether a goal aligns with ones value system.

### Acceptance, engagement and letting go

Reflect on the limits of change possible. Cultivate acceptance of what cannot be changed and capacity to make peace with it and let go.

## TRADITIONAL FRAMEWORKS

1. vṛtti, saṃskāra
2. hetu, phala, āśraya, ālambana
3. guṇa, doṣa, prakṛti
4. śraddhā, vīrya, prajñā, vrata
5. tapas, svādhyāya, īśvara-praṇidhāna

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## 2. AWARENESS

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

## Categories, practices, and stages of directed attention

### **Mindfulness, absorption, contemplation**

Differentiate these three key types of directed attention practices and explain their key features.

### **Steps of progressive absorption**

Understand and explain the three stages of progressive absorption.

## Awareness for holistic transformation

### **Monitoring**

Explain the importance of check-ins and self-monitoring. Identify strategies to watch over oneself throughout various mind-body practices.

### **Focus**

Understand the principle of focusing on specific experiences to facilitate transformation. Identify opportunities to find focus and absorption as a part of holistic practices of body, breath, and senses.

### **Insight**

Appreciate the relevance of insight to personal transformation. Recognize instances from your own life when insight was impactful, and facilitate another person to do so.

### **Goal-setting**

Cultivate self-awareness and foster it in students to contemplate the wisdom of their goals.

## Managing the quality of awareness

### **Energy and dullness, effort and relaxation**

Practice managing the energy you bring to mindfulness and absorption. Observe how restlessness and dullness are Experience how balanced energy supports clear awareness.

### **Steadiness, entrainment**

Practice and explain strategies to cultivate steadiness in attention and progress toward periods of sustained focus.

### **Focused vs. Expansive**

Differentiate focused and expansive fields of awareness. Understand and explain how both are useful. Practice focused and expansive awareness from body and senses to the mind.

### **Emotions, positive and negative**

Explain how to manage negative emotions arising during awareness practice. Practice including positive emotions with awareness practices.

### **Path over time**

Understand and explain how awareness (mindfulness and absorption) practices can be structured over time to create a sustainable and holistic path toward greater wellbeing.

## **Objects or experiences of focus: body, breath, senses, emotions, abstractions, self**

Understand the difference between content of awareness and quality of awareness. List possible objects or experiences to bring awareness to and classify them under a yogic and practical lens.

## **Awareness and the three guṇa-s of yoga**

### **As the foundation of all experiences**

Explain how the three guṇa-s work together to create all experiences.

### **As supports and barriers to attention**

Explain how the interplay of the three guṇa-s can support stable and clear attention or be a barrier to it.

### **As variables in the quality of awareness**

Explain how the balance of the guṇa-s can be modified to influence the quality of awareness.

## **Practicing mindfulness**

### **Cautions, challenges, recommendations**

Identify cautions and contraindications to mindfulness practice. List the common challenges practitioners face. Recommend strategies to manage those challenges.

### **Mindfulness of breath, body, senses, thoughts and emotions**

Practice mindfulness of breath, body, senses, thoughts, and emotions.

## **Practicing absorption**

### **In sound, mantra, speech**

Practice and explain the key features and uses of absorption in sound, mantra, and speech.

### **In light, images**

Practice and explain the key features and uses of absorption in light and images.

### **In breath and body sensation**

Practice and explain the key features and uses of absorption in breath and body sensation.

### **In positive emotions**

Practice and explain the key features and uses of absorption in positive emotions.

### **In peace, stillness**

Practice and explain the key features and uses of absorption in peace, stillness.

## **TRADITIONAL FRAMEWORKS**

1. bhāva

2. dhāraṇā, dhyāna, samādhi
3. smṛti-sādhana
4. prajñā
5. vikalpa, vitarka, vicāra
6. grahītā, grahaṇā, grāhya

## MODERN SCIENCE

1. Neuroscience of the self, including
  - a. emergence and purpose of self-construct
  - b. nerve signaling, neural networks, artificial intelligence
  - c. theories of consciousness
  - d. top-down monitoring and feedback systems
2. Neurobiology of attention, including
  - a. mindfulness, absorption
  - b. flow states, DMN, TPN
  - c. mystic and alternative consciousness states

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## 3. FEELING

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

#### Understanding emotion, valence, energy, guṇa-s, kleśa-s

Explain how emotion and valence differ from energy. Understand how the yoga models of the guṇa-s and kleśa-s address these differences.

#### Winding down from high energy: body, breath, senses

Practice techniques to meet high energy level where it is and wind it down (faster to slower movement, stronger to softer movement, mantra, head down, long exhale etc.).

#### Activating from low energy: body, breath, senses

Practice techniques to meet low energy level where it is and gradually raise it (activating the large muscles, shaking out the body, focusing on inhalation, forceful breathing, visualization etc.).

#### Deep rest and recovery

Understand the importance and use of deep rest states and of recovery. Practice guided deep rest through safety, support, muscle relaxation, soothing touch, breathing, visualizations etc.

## **Desire, contentment, inner restfulness**

Understand desire (rāga) from the view of yoga and practice strategies to manage it.

## **Anger, letting go, peace**

Understand anger (dveṣa) from the view of yoga and practice strategies to manage it.

## **Fear, strength, support, transcendence**

Understand fear (abhiviveśa) from the view of yoga and practice strategies to manage it.

## **Ego, identity, self and other**

Understand ego and identity (asmitā) from the view of yoga and practice strategies to manage it.

## **Sadness, grief, navigating loss**

Understand grief and loss from the view of yoga and practice holistic strategies to recover from it.

## **Safety, control, choice**

Explain the importance of safety in trauma, control and choice in empowerment, and the important ways to cultivate them.

## **Gratitude, joy, compassion, friendliness, love**

Practice intelligently cultivating the positive emotions of gratitude, joy, compassion, friendliness, and love. Explain their relevance to wellbeing and the yogic perspective on them.

## **Exploring emotion, body-mind connection, and behavior**

Integrate a holistic approach to emotions, body-mind connection, speech, and daily life behavior in different situation. Explain how this can be viewed through the lens of yoga with the guṇa-s, kleśa-s, and positive bhāva-s.

## **Physical sensation visualizations**

Practice visualizing physical sensations such as heat, cold, lightness, softness, stability etc. in the body.

## **TRADITIONAL FRAMEWORKS**

1. 3 guṇa-s, bhāva
2. kleśa-s
3. prasupta, tanu, vicchinna, udāra
4. mairī, karuṇā, mudita, upekṣā, santoṣa
5. pravṛtti, nivṛtti, nirveda, vairāgya
6. rasa theory of drama

## MODERN SCIENCE

1. Pathways of sensation, interoception
2. Stress response
  - a. sympathetic, activation, mobilization, responses
  - b. parasympathetic, relaxation, immobilization responses
  - c. polyvagal theory, heart rate variability
  - d. window of tolerance, resilience

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## 4. WORDS & THOUGHTS

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

#### Cognition through words

##### Concepts and abstractions

Understand how cognition is related to concepts and abstractions based on language (vikalpa in yoga).

##### Inner dialogue and life story

Appreciate how our life story is not just events we go through but the inner narration we build. Observe the inner dialogue as we go through life.

#### Watching over speech and thoughts

Mind your speech by observing how inner thoughts arise and become sound and speech. Explain and practice strategies to manage thoughts become speech.

#### Managing thoughts

##### Principles for managing negative thoughts

Explain and practice strategies to observe negative thoughts, check them, balance them with realistic thoughts. Understand the yoga lens and the modern cognitive therapy lens.

##### Principles for positive thoughts, intentions, affirmations

Explain and practice strategies to cultivate positive thoughts, including setting verbal intentions and types and pathways of creating affirmations.

#### Supportive words

##### Identifying strengths and support

Identifying the strengths and supports a person voices in their speech or dialogue and draw them out.

### **Speaking to strengths and supports**

Reflect words and dialogue to the person to encourage their strengths and supports.

### **Safe words**

Use language that promotes safety and choice.

### **Positive words**

Bring positive words into your dialogue in life situations, to reflect emotions such as kindness, appreciation, affection etc.

### **Ethical words**

Reflect on and implement the boundaries of ethical speech—cultivating non-harmfulness, not lying, not boasting etc.

## **TRADITIONAL FRAMEWORKS**

1. pramāṇa, viparyaya, vikalpa, smṛti
2. parā, paśyantī, madhyamā, vaikarī
3. mantra as words

## **MODERN SCIENCE**

1. Cognitive therapy
2. Motivational interviewing
3. Trauma sensitive language

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# **5. MOVEMENT**

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## **WELLBEING SKILLS**

*At the end of this session, you will be able to:*

### **Skills of moving well: learning path, application**

#### **Pain-management as needed**

Implement monitoring and strategies to avoid or decrease pain throughout the pathway of working with movement.

#### **Awareness & exploration**

Practice being aware of the body and exploring options for different practices across all the movement skills.

#### **Relaxation, release**

Cultivate localized tissue release as well as whole person relaxation.



**Mobilization, easing movement**

Practice mobilizations to enhance circulation, awareness, relaxation, and ease of movement.

**Stability, control**

Understand and practice control of movement and stabilization of key joint regions.

**Strength, endurance**

Cultivate strength and endurance by gradually and safely loading the tissues.

**Range of movement, stretching**

Increase range of movement by various types of stretching.

**Alignment for safe and effective force transmission and loading**

Understand when alignment matters and when it does not. Practice safer alignment and varied alignment.

**Balance, gait**

Increase balance and gait stability and increase safety through fall prevention.

**Agility, speed and responsiveness**

Increase responsiveness to varied locomotor challenge with agility and speed.

**Coordination, increasing complexity**

Practice increasing sequential complexity of movements simultaneous coordination of different movements.

**Positive emotion and supportive dialogue toward the body**

Offer positive emotions and supportive intentions and affirmations to the body.

**Breathing to support moving well**

Appreciate the connection between breathing and movement. Explain and practice how breathing patterns can assist movement skills.

**Play, intrinsic reward**

Use playfulness and intrinsic reward to enhance the capacity for and learning of movement skills.

**Guided exercises for each of these regions to develop important movement skills, with a holistic focus**

**Low back, mid & upper back, neck, shoulders, elbow, wrist, hand, sacrum, hip, knee, ankle, foot**

Select and practice exercises for the movements skills most important to each region from common positions or asana templates.

## **Practices combining multiple movement skills for a region and across regions**

Create examples practices combining multiple movements skills for a single region or across multiple regions.

### **Guidelines for safety**

Understand relevant guidelines for safety for different regions and skills.

### **Decision pathways for working with each body region by skill**

Understand and apply decision pathways, prioritizing skills according to the body region being addressed.

### **Modifying common asanas for skill development**

Analyze common asanas through the lens of movement skills. Demonstrate how asanas can be modified to emphasize the preferred skills.

## **TRADITIONAL FRAMEWORKS**

1. purpose of asana in classical yoga
2. sthira, sukha
3. prayatna, śaithilya
4. ananta-samāpatti
5. krama, vinyāsa, pratikriyā
6. asana names and Sanskrit
7. common traditional asanas

## **MODERN SCIENCE**

1. Tissues of the locomotor system: fascia, cartilage, bones, muscles, ligaments, joints, nerves
2. Global organization of movement
  - a. tension, compression, tensegrity and integration
  - b. prediction, feedback, neural control
  - c. development of movement
3. Science of key locomotor skills
  - a. basics of exercise physiology
  - b. strength training
  - c. stretching and range of movement
  - d. stabilization and tracking
  - e. alignment
  - f. balance and gait

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## 6. BREATHING

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

#### Breath awareness

##### Observing the breath

Practice observing the parameters of the breath.

##### Natural breath

Understand the natural breath at rest and practice being at ease with it.

##### Regulating the breath

Implement and experience breath regulation and contrast with the natural breath.

#### Effort of breathing

##### Decreasing effort—ease and relaxation

Cultivate breathing with decreased effort, and with ease and relaxation.

##### Increasing effort—energy and arousal

Engage breathing with increased effort, and with energy and arousal.

##### Deep and shallow breathing

Practice deep and shallow breathing and explain their uses.

#### Physical patterns of breathing and their uses

##### Abdomen

Practice exercises and positions to improve abdominal breathing. Explain the mechanism and uses of abdominal breathing.

##### Lower ribs

Practice exercises and positions to improve lower rib breathing. Explain the mechanism and uses of lower rib breathing.

##### Upper chest

Practice exercises and positions to work with upper chest breathing. Explain the mechanism and uses of upper chest breathing.

##### Back

Practice exercises and positions to breathe into the back. Explain the mechanism and uses of breathing into the back.

## **Breath and body movement**

Experience and demonstrate how body movements and positions are commonly correlated with breathing patterns. Explain common principles for combining movement and breathing.

## **Slowing the breath**

Practice techniques to slow the breath in steps. Explain the uses and importance of slower breathing.

## **Fast breathing**

Practice fast breathing techniques in steps. Explain the contraindications and safety guidelines for fast breathing.

## **Cultivating the inhalation: movement, position, touch, visualization, sound, sequencing**

Use multiple modalities to make the inhalation fuller, longer, smoother, and easier.

## **Cultivating the exhalation: movement, position, touch, visualization, sound, sequencing**

Use multiple approaches to make the exhalation deeper, longer, smoother, and easier.

## **Breath suspension, stepped breathing, breathing ratios**

Practice and implement strategies to safely introduce and increase breath suspension. Demonstrate and explain the uses of stepped breathing. Explain the relevance of breathing ratios and suggest commonly useful ones.

## **Ujjāyī breathing**

Implement ujjāyī breathing in daily life and along with movements. Explain the mechanism and uses of ujjāyī breathing.

## **Breath as a connector**

### **Subtle body or inner body experience with the breath**

Connect with subtle or inner body experiences with the breath. Explain the role of these experience in yoga and wellbeing.

### **Changing emotional content**

Use the breath as a carrier to offer positive emotions to the body.

### **Changing sensation content**

Use the breath as carrier to offer sensations to the body.

## Breath and sound: working with breath using vocalization, mantra, chanting

Use simple sounds, mantras, and chanting to improve various parameters of breathing.

## Bandha-s: jalandhara, mula, uddīyāna

Practice the three key bandha-s of traditional haṭha yoga. Explain the pathway leading to the bandhas and their important uses.

## Pranayamas of hatha yoga

1. ujjāyī, anuloma-ujjāyī, viloma- ujjāyī, pratiloma- ujjāyī
2. laharī, naḍīśodhana
3. naḍīśodhana
4. bhastrīkā, kaphālabhāti
5. bhrāmarī
6. sūryabhedana, candrabhedana
7. śītalī, śītkārī

## TRADITIONAL FRAMEWORKS

1. Pranayama and ayurveda
  - a. doṣa, agni, vāyu
  - b. heating, cooling, drying, nourishing
2. prāṇa, 5 prāṇa-s
3. nāḍī, iḍā, piṅgalā, suṣumnā
4. cakra
5. deśa, kāla, saṁkhyā, dīrgha, sūkṣma
6. sama-vṛtti, viṣama-vṛtti, vaikarī, vairambha

## MODERN SCIENCE

1. Functional anatomy of the respiratory system
2. Functional anatomy of breathing cycle
3. Physiology of respiration, including:
  - a. control of breathing
  - b. gas exchange and transport
  - c. energy generation
  - d. metabolic impact, acid-base balance
  - e. hyperventilation and hypoventilation
4. Visceral regulation, stress response, and breathing
  - a. interoception, homeostasis, autonomic nervous system
  - b. vagal tone, heart rate variability, regulation through breath
  - c. connections based on polyvagal theory

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## 7. SENSES & LIFESTYLE

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

#### Importance of personalizing lifestyle

Understand and explain the yoga and ayurveda perspective of the importance of personalizing lifestyle.

#### Daily routine and rituals of lifestyle

Chart daily routine and cultivate rituals that bring structure and adherence to healthful lifestyle.

#### Sleep management

Understand and recommend comprehensive strategies to improve sleep quality.

#### Balancing work, play, rest

Reflect on and manage work, play, and rest to find balance between them in the priorities and flow of life.

#### Stages of life

Appreciate the stages of life from a traditional perspective and explain how that can be applied to our modern lives.

#### The environment and seasons

Explain the ayurvedic perspective on adapting lifestyle to seasons and deliver practical recommendations for the same.

#### The eyes and vision

Implement self-care suggestions for taking care of the eyes and vision over the long term.

#### The ears, what we hear

Reflect on how what we hear affects us and explain how yoga and ayurveda can help us find balance with it.

### TRADITIONAL FRAMEWORKS

1. dinacarya
2. ṛtucarya
3. hīna-, ati-, mithyā-yoga
4. prajñāparādha
5. pratyāhāra

## MODERN SCIENCE

1. Physiology of sleep
2. Anatomy, physiology, neurology of vision
3. Anatomy, physiology, neurology of hearing

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# 8. NUTRITION

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## WELLBEING SKILLS

*At the end of this session, you will be able to:*

### Understanding relationship to food and hunger (nourishment, craving, coping)

Analyze the relationship one has to food and hunger. Understand different types of hunger or urges to eat, including parameters such as nourishment, sensation, craving, coping etc.

### Charting diet and eating patterns

Implement charting daily and weekly diet and eating patterns including nature of food, impulse, satiety, awareness and more.

### Cultivating beneficial relationships to food

Understand and implement rituals, visualizations, as well as traditional practices to cultivate beneficial relationships to food before, during, and after eating.

### Fasting, its relevance, safety

Explain the uses of fasting. Suggest safe and effective strategies to introduce fasting into ones life.

## MODERN SCIENCE

1. Anatomy and physiology of digestion, assimilation, metabolism
2. Importance of the gut, microbiome, and its connections to health
3. Overview of nutrients, theories of diet

## TRADITIONAL FRAMEWORKS

1. Ayurvedic foundations of metabolism (doṣa, agni, dhātu, mala)
2. Ayurvedic approach to personalizing diet (prakṛti, time, environment)
3. Rituals of healthful eating (mantra-s, prāṇa, agni)

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## 9. RELATIONSHIP

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

#### Role of connection in wellbeing

Understand and explain the importance of connection to other living beings in sustaining lifelong wellbeing and positive emotions.

#### Navigating relationships with a holistic approach

Explain how relationships need to be viewed in the larger context of one's life and are influenced by other domains.

#### Common archetypes: parent-child, spouse, friend, teacher-student, therapist-client etc.

Explain important characteristics of common archetypes of relationships and how they can influence the patterns of our life and choices by their presence or absence.

#### Ethics and boundaries

Understand and discuss the role of ethics and boundaries in healthy and safe relationships.

#### Real-life case studies of relationships

Discuss real-life situations of relationships and strategies to improve them.

### TRADITIONAL FRAMEWORKS

1. types of sambandha
2. adhyāsa
3. yama-s

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## 10. LIFE MEANING

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### WELLBEING SKILLS

*At the end of this session, you will be able to:*

#### Choice, acceptance, control, letting go

Analyze the central role of choice vs. acceptance, and control vs. letting go in the trajectory of life. Engage with the concepts of fate and karma and how one may relate to them.



### **Life purpose, achievement, connection to that greater than ourselves**

Cultivate purpose in life and connection to something greater than yourself. Analyze the impact that the events and labels of achievement, success or failure, has on life satisfaction.

### **Spirituality, divine, devotion**

Understand the path of spirituality and connection to the divine. If appropriate, discuss strategies to cultivate devotion (bhakti) in synchrony with religious beliefs of personal choice as relevant.

### **End of life, transitions**

Hold the space for, and discuss, the topics of end of life and dying. Understand the impact of major life transitions and implement strategies to work through them.

## **TRADITIONAL FRAMEWORKS**

1. dharma, jñāna, virāga, aiśvarya
2. dharma, artha, kāma, mokṣa
3. īśvara praṇidhāna
4. karma, jñāna, bhakti yoga
5. pravṛtti, nivṛtti
6. theory of karma

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## **COMMON TO ALL DOMAINS**

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### **TRADITIONAL FRAMEWORKS**

1. 3 guṇa-s (sattva, rajas, tamas)
2. 3 doṣa-s (vāta, pitta, kapha)
3. bhāva
4. prakṛti
5. theory of qualities and functions
6. theory of causation (kāraṇa—sākṣāt, paramparā, upādāna, nimitta)

### **MODERN SCIENCE**

1. Immune system
  - a. role and functioning of the immune system
  - b. inflammation, cell damage and repair
2. Endocrine system
  - a. important hormones and control of vital functions
3. Cardiovascular system
  - a. anatomy and physiology of the heart and blood vessels
  - b. blood pressure regulation
4. Autonomic nervous system

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## DISORDER-BASED GUIDELINES

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1. Common to all diagnoses
  - a. mapping presentations based on diagnoses to self-care and wellbeing domains and skills
  - b. taking a holistic approach
  - c. safety, scope of practice, and need for referral
  - d. connecting with traditional frameworks
2. Chronic pain
  - a. pain science: biology, pathways, etiology, classifications
  - b. risk and referral, pain measures, evaluation for self-care
3. Locomotor disorders
  - a. lumbar spine (chronic low back pain, disc herniation, sciatica, facet joint dysfunction, hyperlordosis, spondylolisthesis)
  - b. thoracic spine (hyperkyphosis, stiffness, facet joint dysfunction)
  - c. cervical spine (head forward alignment, disc herniation, nerve compression)
  - d. scoliosis
  - e. osteoporosis
  - f. shoulder (impingement, rotator cuff tears, instability)
  - g. elbow, hand (epicondylitis, carpal tunnel syndrome)
  - h. sacroiliac pain and dysfunction
  - i. hip (fracture, alignment, soft tissue imbalances)
  - j. knee (IT band, meniscal tears, ligament strains)
  - k. dropped arches, hallux valgus
4. Neurological disorders
  - a. stroke
  - b. Parkinson's disease
  - c. dementia, Alzheimer's disease
5. Sleep disorders
6. Autoimmune disorders
  - a. multiple sclerosis
  - b. autoimmune arthritis (rheumatoid, psoriatic)
  - c. Crohn's disease, ulcerative colitis
7. Thyroid disorders
8. Chronic fatigue syndrome
9. Obesity
10. Diabetes mellitus and metabolic syndromes
11. Cancer (pathology, diagnosis, journey of the patient, treatments, common types)
12. Respiratory disorders
  - a. allergies

- b. sinusitis
  - c. asthma
  - d. COPD
  - e. cystic fibrosis
13. Cardiovascular disease
- a. atherosclerosis
  - b. ischemic heart disease
  - c. high blood pressure
  - d. heart failure
  - e. arrhythmias
  - f. deep vein thrombosis
14. Digestive disorders
- a. irritable bowel syndrome
  - b. gastritis, ulcers
  - c. malabsorption
  - d. diaphragmatic hernia
  - e. constipation, loose stools, irregular digestion
15. Menstrual disorders, menopause
16. Pregnancy and women's health in yoga
17. Aging
18. Eye disorders
19. Hearing loss, tinnitus
20. Chronic kidney disease, dialysis
21. Trauma, PTSD, anxiety spectrum
22. Depression spectrum
23. Addictions
24. Schizophrenia
25. ADHD
26. Autism

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## GUIDANCE FOR TEACHERS & THERAPISTS

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- Assessing the client.
- Designing practices for different needs.
- Delivering skills in multiple ways.
- Language, communication, and therapeutic relationship.
- Safety and contraindications.
- Case studies and mentoring.