

Rusty Davis Yoga present



Rusty Davis Yoga

The Art of Release
Yoga.com

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Journey through the Fascia System



Yoga and Movement through the fascia perspective

**Yoga Immersion / Yoga Teacher Training
4 x 50-hour Modules**

Continuing education through Yoga Alliance (YACEP)



**Rusty Davis
Founder of The
Art of Release
Yoga**



www.theartofreleaseyoga.com

www.yoga-on-call.be

Module Content - ANATOMY – 50 hours

Topics of fascia anatomy will be:

- What is fascia? How does it work? Where are the fascia lines and what are the many functions of fascia? Where are emotions stored and why? What does the role of mental and physical tension do to our bodies and how tensions can affect movement, posture and vitality. How can releasing the fascia affect our lives and those around us?
- After learning this fascia anatomy content, you will take it into practice which will increase your body awareness and knowledge.

The Outcomes of this Module:

By the end of the training you will be able to:

- Feel an increased flexibility and movement awareness.
- Gain increased breath awareness.
- Gain anatomy knowledge from the fascia perspective that will help you with day to day situations, sports and helping others.
- Observe techniques in your body that could be used to heal yourself faster from sickness and injuries.

Module Content - MOVEMENT – 50 hours

Topics of movement through fascia will be:

- Fascia Tension Release (FTR) techniques through movement that will allow us increased flexibility in our bodies.
- Yoga asana practice and alignment through a fascia prospective that is specific to your body.
- Learn to observe movements in others and how to correct alignment through verbal and adjustments
- Access your strength through your deep fascia line.
- Correct posture integrity so sitting and standing will become easier with less pain.
- Focus and Concentration Drills through movement to gain more balance and a deeper understanding of movement with breath.

The Outcomes of this Module:

By the end of the training you will be able to:

- Learn asana and breath-initiated movements in a way that you can incorporate this knowledge into a daily practice or classrooms
- Better understanding of balance, concentration, focus within your body
- Learn to release the PSOAS muscle in yourself and others
- Learn adjustments for asana
- More fascia knowledge will allow you to know your body better and have more confidence to share in your classes or helping friends.

Module Content - RELEASE – 50 hours

Topics of release through fascia will be:

- Yin and Hatha Yoga Asana for release
- Work with Self Myofascia Release (SMR)
- Learn Roll and Release Yoga and fascia unwinding techniques.
- Study of what emotions are and where they are stored in the fascia.
- "Bands of Tensions" and how they affect us.
- Study acupuncture points of the body through self and partner study that will help cure common ailments.
- Release diaphragm tension for more breath.
- Cleanse the nervous system through pranayama and breathwork.
- Learn PSOAS muscle releases.
- Self-study for pain relief in your body.
- Learn Breath and Posture Analysis

The Outcomes of this Module:

By the end of the training you will be able to:

- Teach and develop your own sequences of Roll & Release Yoga, Yin & Hatha Yoga for release and pranayama for calmness.
- Integrate new modalities into your current classes or your self-practice with confidence.
- Deeper understanding of how, what and why your breath system is so important.
- Receive and learn to give PSOAS Release work
- Incorporate and study techniques that release the body and can be used in many life situations at home, work or in the studio.
- Gain a better understanding of meditations through practice.
- Learn to see common posture patterns that cause pain.
- Emotional healing – Internal transformation through breath.

Module Content - BREATHE - 50 hours

Topics of Breathe will be:

- Roll & Release yoga for release of the breath system
- Pranayama, Mudra & Meditation study and practice
- Active Release techniques that help the body de-armor and releases the overcharged state of the body and mind
- Core work for release and strengthening
- Partner yoga and wall work for release
- Learn Yin and Hatha Yoga poses for opening up the breath system
- PSOAS release & strengthening through hatha yoga, breathe and restorative yoga
- Mindfulness through breath-initiated movements
- Alignment of asana through focus of the breath shaping the pose
- Intro to Transformation Breathwork

The Outcomes of this Module:

By the end of the training you will be able to:

- Understand yin, hatha, pranayama, roll and release yoga for developing a home practice or for teaching through focusing on the breath system
- Develop sequences for classes or home practice that will help you or others learn to breath better
- Feel more open in areas that were tense, stronger in places that could use more strength and less tension throughout your body
- Practice and develop partner yoga and wall yoga sequences for connection and release
- Have an understanding of how, what and why the breath is so important
- Release the PSOAS and learn how to give release to yourself and others
- Learn and practice different types of meditations that you can implement into your daily lives and classrooms

Who should attend?

- Students of Yoga or any other movement discipline (dance, sports, etc.).
- Yoga teachers and teachers of any other movement discipline that want to continue professional development in movement arts and yoga.
- Student of LIFE with an interest in tension release and the power of relaxation.

What's included?

- This immersion / teacher training works with modules, feel free to do one or all of them, there is no particular order for the modules.
- You will receive a manual for each module. If you are interested to teach, there will be plenty of opportunity to practice teaching in a safe setting.
- If you are not interested to teach, you just practice, no obligations whatsoever
- You will receive a diploma from the Art of Release Yoga Continuing Education system through Yoga Alliance.
- Your minds, bodies and breath system will change in a positive way.