

**Whitman Wellness School of Yoga
900 Hour Yoga Mastery Program**

Faculty: Laura Walsh

Course Name: Yoga and Your Fascia for RealEase

Dates: February 2022

Hours: 8:30am - 4:30pm

Overview: Introduction to Yoga and Your Fascia: principles of physical & emotional bodies; whole body experience; client case studies - groups will develop treatment recommendations. Presentations of Client Wellness Protocol by students.

Learning Outcomes: At the end of this program, students will know what fascia is, how to identify and release restrictions that affect wellness in the whole body caused by injury, chronic tension, habitual patterns and illness. This can be incorporated in to wellness plans for clients as part of yoga therapy treatment and for their own Wellness.

Total Hours: 7.5

Expectation: Students will understand the fascia nervous system and how to help instill more flexibility, fluidity and wellness using breath, movement and props.

Course Organization: Lecture, Experiential and Case Study Presentations

Course Materials: Powerpoint, Case Study Handouts, Foam Rollers, Therapy Balls

Faculty Bio: Laura's passion for yoga began as a teenager, using the old classic, Richard Hittleman's Yoga 28 Day Guide Exercise Plan, as a first guide which established a lifelong practice. In 2010, she was a member of the first WWC 200 Yoga Teacher Training graduates and followed up as a graduate in the first WWC 300 class. Yoga and Your Fascia was developed from her interest in myofascial release treatment and how self-care is accessible to all bodies.

