

Whitman Wellness School of Yoga 900 Hour Yoga Mastery Program

Faculty:

Kara Kenn
Anatomy & Physiology
September 18th & 19th 2021

Overview:

We will begin our weekend intensive with an education and understanding of the definitions and classifications of anatomy and physiology. Beginning with the life of the cell, we will follow the path through the anatomy of the physical body and every system within the human body. An overview of the 11 major systems will end with a deep dive into the muscular and skeletal systems. Developing knowledge about the interrelationships of both, will cap off this discussion. We will then look at biomechanics of movement and common pathologies with a focus being on the musculoskeletal disorders. Discovering and experiencing curative asanas and precautions will be brought into the weekend. Creating workshops, classes, series based upon the information gained through out the weekend will be included.

Learning Outcomes:

- Develop knowledge of anatomy and physiology.
- Discover cell to system biology.
- Review and immerse into the systems of the body.
- Become educated about biomechanics and movement.
- Understand common pathologies.

Total Hours:

16 hours
Additional field work hours

Expectation

At the completion of this intensive it is expected the student will have a thorough understanding of anatomy and physiology, the biomechanics, systems of the body along with muscular disorders. Student will be able to create a course of action to address disorders in clients.

Course Organization:

Course will be didactic with lecture as well as experiential including yoga and practice creating yoga lessons plans for research, series, and private yoga therapy.

Course Materials

Power point slides, hand out will be provided.

Faculty Bio:

Kara is a yoga enthusiast who brings her knowledge of the body into her practice and teaching. She is a Physical Therapist (MSPT) with over 20 years of experience. She graduated her YogaSpirit 500 hour AYT in 2021, and recently obtained her Reiki I & II certification. Off the mat, Kara loves spending time with her husband and 2 sons (usually at a sporting event!).

