



ACCESSIBLE YOGA TRAINING in BRISTOL

led by Alessandra Uma Cocchi

Official Accessible Yoga Trainer

IN PERSON • November 12/14, 2021

from 9:00am to 1:30pm and from 2:30pm to 6:00pm

“Yoga is a basic human right. We all deserve to practice it in whatever state we find our body or mind. *Accessible Yoga* offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type”. (Jivana Heyman)

Accessible Yoga - What is it?

An approach aimed at sharing Yoga with everyone, regardless of physical skills or conditions. Seeking the essence of the practice, and not the performance. In fact, Yoga is an accessible practice by its very nature. A special focus will be placed on accessible 'integrated' classes, where practitioners on chair, mat or other conditions are invited to practice together at the same time. We will explore the many ways Yoga can be adapted and suited to practitioners with disabilities, limiting physical or social conditions, senior and sick people. Not a specific style of Yoga, but a set of guiding principles applicable within any tradition.

Who can apply

Yoga teachers of any tradition with at least 200 h. basic training.
Any yoga teachers in training.

Where it is held

In Bristol, in person, St Werburghs Community Centre, Horley Rd., Bristol BS2 9TJ, UK.

Specific Goals

- Understanding the benefits of an accessible Yoga practice, especially focused on improving muscle strength, balance, flexibility and physiological functions - and aimed at reducing stress, anxiety, chronic pain, for health and well-being promotion.
- Exploring appropriate and safe variations of the most common asanas practiced in different settings (chair, mat or bed, standing).
- Understanding the purpose and application of props, thus allowing accessibility for various abilities.
- Acquiring knowledge on the most common medical conditions, benefits and precautions in the yoga practice.

- Training oneself to create integrated Accessible Yoga mixed-level classes where practitioners of different abilities can practice together.
- Exploring the many ways Yoga can be adapted to suit practitioners with disabilities, physical or psychological challenges, seniority, specific conditions.
- Reflecting on making classes welcoming and inclusive, capable of restoring the practitioners' empowerment and agency over themselves.
- Learning how to make classes truly open to everyone, in full respect of possible traumatic conditions.
- Reviewing the benefits of Pranayama and Meditation, and reflecting on the most appropriate way to make these practices available to all, regardless of skill level.
- Learning how to apply the teachings of Yoga philosophy in daily life to reduce stress, create greater balance and develop authentic connections with oneself and others.
- Reflecting on the possibility of cultivating social justice and equity through Yoga.
- Building a strong sense of community and a network capable of supporting members along the transformative process of Yoga.

The Training Contents

- *The Accessible Yoga Practice*
Review and exploration of the adaptation principles of the practice according to various needs (chair, lying down, standing, mat). Techniques aimed at creating an "integrated" Accessible Yoga experience in a group with different skills at the same time.
- *The Accessible Yoga Psychology*
Excursus of the main traditional teachings and study of excerpts from Patanjali's Yoga Sutras and from the Bhagavad Gita, made accessible in order to nurture awareness and self-esteem in those with disabilities or limitations.
- *The Science-backed Benefits of Yoga*
Outline of anatomy and physiology of the human body and subtle bodies. A round-up of the most common medical conditions and the ageing process.
- *The Accessible Yoga Community*
Accessible Yoga is an international 'transversal' movement aimed at promoting an inclusive Yoga culture. It is a mutual support network for teachers and operators.

The Training Structure

The Course is split into two sections: offline and in person.

- The offline section consists of a preliminary study, to be completed before the start of the online part. The study is carried out individually through a set of pre-recorded videos and readings.
- The in-person section revisits and develops what was absorbed through the preliminary offline study, while adding additional information, experience and reflection. An intense personal and interactive work aimed at exploring the possibilities of sharing the physical and subtle practices with students.

Trainers

- VIDEOS: Jivana Heyman (founder of Accessible Yoga); Ann Swanson (Yogatherapist).
- IN PERSON: Alessandra Uma Cocchi (official Accessible Yoga trainer and C-IAYT Yogatherapist).

GUEST SPEAKERS:

- Bristol Yoga Roots Project - *Yoga for Under-Represented Populations*
- Nina Boswell Brown - *Considerations when Teaching Students with a Disability.*

- Stephanie Shanti Bosanko - *Accessible Yoga Nidra*.

Educational Materials

The provided materials consist of:

- a printed copy of the Accessible Yoga Training Manual
- a link to 16 pre-recorded videos for a total of 6 hours.

N.B. : Accessing the materials will cancel any right to refunds in the event of cancellation.

Preliminary Study

Before starting the in-person training, a preliminary study of the following is required:

- Watching the videos
- Reading the following texts (any commentary dear to you):
 - *Patanjali Yoga Sutras*: Book 1: Sutra 1 to 16, 33 / Book 2: 1 to 9, 29 to 55 / Book 3: 1 to 3
 - *Bhagavad Gita*: Chapter 2.

The videos deal with the general discourse on accessibility and Accessible Yoga, Yoga philosophy and psychology, anatomy and pathology with reference to the needs of accessibility, the physiology of ageing, the scientific basis of Yoga.

The videos remain available for viewing for one year. Its use is strictly confidential and should not be shared with anyone.

Training Hours

The Training is scheduled on November 12th through 14th, 2021, from 9:00 am to 6:00 pm, including 1-hour lunch break from 1:30 to 2:20pm and appropriate pauses between sessions.

The daily schedule will be sent prior to the start of the program. It may undergo minimal changes along its development.

The commitment to full attendance of the course is required, with a tolerance of 10% for absences.

Continued Education Hours, Certifications and Accreditation

- The training is worth 33 hours of continued education.
- The hours are divided as follows:
 - pre-recorded videos: 6 hours
 - reading: 3 hours
 - live contact sessions: 24 hours.
- Yoga teachers who complete training hours are authorized to lead Accessible Yoga classes and courses. They will receive an 'Accessible Yoga Certified' certificate upon completion.
- **There may be cases that allow participation to those who are not Yoga teachers. They are not authorized to lead courses or classes of Accessible Yoga. They will receive an 'Accessible Yoga Ambassador' certificate.**
- **The Course is recognized as continuing education by Yoga Alliance International.**

Registrations

Online: <https://www.stephanieshanti.com/events/accessible-yoga-training-2>

ATTENTION: access to digital content cancels any right to any refund requests.

Administration

The Training is promoted, organised and managed by Shanticulture Training School.