



## 2019 EAST LONDON SCHOOL OF YOGA LTD

### **ASSISTS AND ADJUSTMENTS – A PRACTICAL HANDS ON EXPERIENCE FOR TEACHERS!!**

TEACHING STAFF : STEWART GILCHRIST(SRYT) and EASTLONDON SCHOOL OF YOGA STAFF

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**COST** : ENROLMENT ON 30OHR TEACHER TRAINING £4500 PLUS VAT (**£5400**)

40 HOUR CERTIFICATE ONLY £680 PLUS VAT (**£816**)

#### **PROGRAMME**

##### MONDAY

Am Introduction

Sample class

Pm Assists

##### TUESDAY

Am assist Practicum

Pm adjustments

##### WEDNESDAY

Am adjustment practicum

Pm Incorporating vinyasa krama

##### THURSDAY

Am practicum

Pm Incorporating chakras

FRIDAY

Am SAMPLE CLASS practicum

Pm ASSESSMENT

## **COURSE CONTENT**

### **Introduction :**

Class dharma

At the outset several issues to consider :

\*Always practice hands-on adjustments under direct guidance of experienced teachers.

\*Inform and announce that class involves hands on assists and adjustments.

\*always give opportunity to refrain from adjustment or assist.

\*ask permission to touch

\*Different bodies respond differently to same touch, make sure your level of touch is appropriate to the individual

\*Stay grounded, be aware that you may use different positions for your own stability or ease of adjusting(sometimes sitting, kneeling, lying etc)

\*it may be useful to await the response to a verbal cue before using hands on

\*it is important to always be aware of the integrity of breath and spine.

\*Do not apply pressure to vulnerable joints, bones, organs etc or any potentially injured areas.

\*in general avoid touching or putting pressure on spine, knees or kneck.

\*make sure the student can come out of the asana safely and not mis-aligned or unstable

\*Breathe with the student, synchronise your breath with his/hers.

\*The chakraisation of asana can be reinforced with verbal cues.

\*remember to pay attention to the WHOLE class, you are probably teaching more than one person.

\*avoid rough touch, harsh movements and terse instructions, use humour and tenderness of touch and speech

It is more than an issue of semantics the use and differentiation between assists and adjustments is very important. The parampara(lineage) of the modern Hatha yogis firmly entrenched in the utilisation of both.

Assists can be seen as when the teacher aids and abets the practitioner to achieve greater physical and esoteric alignment by using verbal and practical physical props.

Adjustments as taught by teachers worldwide in forms of Hatha Yoga for example in India and US(Sri K Patthabi Jois and Sharon Gannon/David Life of Jivamukti Yoga for example) are hands-on realignments, both physically and esoterically, which are practised on the individual. The intention behind both is to create space for self exploration and yog(union of mind, body and self) and subsequently the state of jivamukti(liberation in lifetime).

The purpose of both is to help one deepen their practice by establishing a more stable alignment, making the asana safer and more comfortable.

Brian Cooper in "Art of Adjusting"(Harmony Publishing 2006) presents three major type of adjustments ; Passive, Resistance and Active. Drawing on this method one can focus on particular body part and use

1. Manual Adjustments: manipulating the body further into pose
2. Offering resistance: use your body as a prop that the student can push/pull against to further their progress depth in the pose.
3. Stability : after the body as a prop to help stabilise the pose

The adjustment can be focused on the myofascia, the space between bone and skin, a human onesie that exists unattached in the body apart from the forehead and is "where the asana can be done."

It is important to encourage connection to the integrity of the breath and the spine. The student should not experience asana where s/he finds it difficult to breath or misaligns the spine.

The major aim of all Hatha Yoga is the decongestion of the principal nadi Sushumna. When we adjust and assist it must be seen as both a physical alignment; the stretching of bones, muscles, ligaments, organs etc and an alignment of the psychoenergetic centres that are located on the spinal region, CHAKRAS.

The chakrasation of trikonasana is a good example of how we can work with the alignment and adjustment of chakras in vinyasa asana class. The same principles apply to all asana; standing, forward bending, balancing, back bending and inversions.

The basis of this is the paradigmatic system expanded by Prashant Iyenger in “The Alpha and Omega Of Trikonasana.”

### **LEARNING OUTCOMES**

The student will be able to demonstrate verbally and practically the following by the end of the session:

1. Teachers should be made aware of : (a) health and safety issues (b) risk assessment (c) the need for a disclaimer at the outset of the session.
2. The appropriate assists and use of props for a short sequence of basic warm ups. These will include, tadasana, balasana, virasana, virasana, uttanasana variations and other asanas.
3. Assists, adjustments and use of props for all the components of Surya Namaskara A and B.
4. Adjustments and assists for Trikonasana with a detailed introduction to the use of chakras during adjustments.