

# BMC WELLNESS ACADEMY



Be More Connected

## 300HR Advanced Teacher Training Curriculum *“The Body” w/ Maria and Brandy*

### Anatomy & Biomechanics

#### Musculoskeletal System

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- Musculoskeletal System Review
- Connective Tissue & Fascia
- Location & Movement Terminology
- Muscle Movement & Contraction
- Joint Movements & Mobility
- Muscle Pairs & Pose Examples

#### Spine & Back Anatomy

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- Spinal Regions & Vertebrae
- Back Muscles
- Spinal Functions
- Spinal Movements

#### Core Anatomy & Psoas

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- Core Form & Function
- Core Fundamental Teachings
- TA & Engaging Deeper Abs
- Pelvic Floor
- Psoas Introduction
- Psoas Common Issues
- Psoas Teaching Considerations

## Pelvic Anatomy

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### Pelvis & Hips Anatomy

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- Intro Hip Muscles
- Hip Movements
- Lower Legs Anatomy
- Knee Functions & Issues
- Fostering Knee Health
- Adapting for Knee Pain
- Foot Pain & Issues
- Teaching for Foot Health
- Shoulder Girdle Introduction
- Shoulder Girdle Function & Issues

## Physiology

### Physiology, General

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- How Yoga Supports Health & Physiology
- Nutrients, Vitamins, Minerals
- Cells & Cellular Biology
- DNA, Genes & Epigenetics
- Epigenetics & Lifestyle Research

### Nervous System & Stress

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#### Nervous System Overview

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- Vagus Nerve
- Fight-or-Flight, Relaxation, Polyvagal
- Good Stress & Chronic Stress
- Why Yoga Works

### Respiration

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- Respiratory Anatomy, Breathing Physiology
- Respiratory Anatomy Part 2

## Brain

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- Brain Anatomy Models
- Brain Physiology & Hemispheres
- Brain Health, Lifestyle & Yoga

## Immune System

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- Immune, Lymph & Microbiome
- Terrain vs Germ Theory
- Toxins Prevalence & Impact
- Detoxification
- Immune Disorders & Healing
- Immunity & Yoga

## Digestive System

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- Digestive System Physiology
- ENS & Gut-Brain Axis
- Digestion & Energy
- Issues & Conditions
- Digestion & Yoga
- Ayurveda Cooking & Cleansing

## Cardiovascular System

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- The Circulatory System
- Heart Issues & Conditions
- Heart Health & Yoga

## Endocrine System

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- Endocrine (Hormonal) System
- Pineal Gland
- Hormonal Issues & Health

# Adapting in General

## Beginners

- Beginners Introduction
- What Students Want & Need
- Promoting Student Safety
- Sequencing for New Students
- Clarity of Teachings
- Choosing Pose Versions for Beginners

## More Student Types

- Intermediate / Advanced
- Mixed Level Classes
- Seniors

## Pregnancy

- Pregnancy & Yoga Introduction
- Pregnancy & Adaptations by Trimester
- Yoga Practices for Pregnancy

## Pain

- Sensation & Pain
- Working with Pain
- Chronic Pain Chronic
- Pain & Yoga

# Back & Spinal Issues

## Back Conditions In General

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- Back & Spinal Conditions Introduction

## Upper Back, Neck, & Shoulder Issues

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- Upper Back & Neck Issues
- Upper Back & Neck Care - General Approach
- Upper Back & Neck Care - Asana
- OPLL

## Low Back Pain

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- Intermediate / Advanced
- Mixed Level Classes
- Seniors

## Issues of the Spine

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- Pregnancy & Yoga Introduction
- Pregnancy & Adaptations by Trimester Yoga
- Practices for Pregnancy

# Musculoskeletal Issues

## Hip Issues

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- About Hip Issues
- SI Joint Anatomy & Issues Sciatica &
- Piriformis Syndrome Hip
- Strengthening Exercises
- Poses for Hip Health & Hip Issues

## More Musculoskeletal Issues

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- Pregnancy & Yoga Introduction
- Pregnancy & Adaptations by Trimester
- Yoga Practices for Pregnancy

## Mental Health

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- Mental Health / Emotional Health Intro
- Mental Health & Yoga
- Anxiety
- Anxiety & Yoga
- Depression
- Depression & Yoga
- Diagnosable Disorders

## Inflammation & Arthritis

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- Mental Health / Emotional Health Intro
- Mental Health & Yoga
- Anxiety
- Anxiety & Yoga
- Depression
- Depression & Yoga
- Diagnosable Disorders

## Neurological Conditions

- Headaches & Migraines
- TBI & Concussion
- Epilepsy
- Multiple Sclerosis (MS)

## Yoga Nidra

- Yoga Nidra Intro
- Yoga Nidra Practice