

# Blue Heron Academy eLearning

## Online Yoga Teacher Certification

Yoga Teacher Certification Program combines studies in traditional yoga practice, postures and positions with core understanding of breathing, body posture and benefits for maximizing therapeutic benefits.

**Objectives:** Yoga Course Description and Instructions:

Section One:

- **Expanded Yoga Course Description**
- *The Ancient Roots of Modern Yoga*

Section Two:

- General Anatomy, Anatomical Directions and Upper Skeletal Region
- *The Practice of Modern Yoga*

Section Three:

- General Anatomy, Anatomical Directions, and Lower Skeletal Region
- *Understanding Yogic Energy*

Section Four:

- General Anatomy and Physiology, the Head, Neck and Facial Muscles
- *Posture, Body Structure and Movement*

Section Five:

- General Nutrition and Metabolism
- *Holistic Yoga and Personal Transformation*

Section Six:

- Diet, Inflammation, and Pathology
- Teaching Asanas

Section Seven:

- Human Cardiovascular System
- *Teaching Pranayama*

Section Eight:

- Human Nervous System
- *Teaching Meditation*

Section Nine:

- Human Digestive System
- *Sequencing and Planning Yoga Classes*

Section Ten:

- Human Endocrine System
- *Yoga Therapy and Special Population Groups*

Section Eleven:

- Human Respiratory System
- *Yogic Diet, Ascetics, and Fasting*

Section Twelve:

- Human Reproductive System
- *Taoist Yoga, Chi Kung and Dao Yin*

Section Thirteen:

- Human Lymphatic System
- *Tai Chi Chuan, Research and Applications*

Section Fourteen:

- Human Urinary/Excretory Systems
- *Modern Exercise Physiology and Yoga*

Section Fifteen:

- Therapeutic Modalities and Physiological Effects
- *Combining Yoga with Contemporary Approaches to Exercise*

Section Sixteen:

- National Board Review
- *The Yoga Profession - Yoga Curriculum Review*

Section Seventeen:

- National Association of Therapeutic Exercise NBCA National Board Exam