3-Day Flagship Course

Yoga Biomechanics

If you are a body-nerd, science-buff, or simply curious about how to create positive adaptations through your asana practice, this course is for you! Join Jules Mitchell for a 3-day intensive that weaves together asana with the basics of biomechanics to take your knowledge and teaching confidence to the next level. The latest research and foundational principles of exercise science are discussed in an easy-to-understand, practical way that builds body awareness and will immediately impact the way you teach and practice yoga. A sample of discussion and interactive topics include:

- Differentiate between anatomy and biomechanics
- Improve range of motion without stretching
- Discuss where yoga asana fits into load management
- Explore how tendons and similar connective tissues respond and adapt to loads
- Unpack how we define injuries and how to best communicate about them
- Create more clarity and accuracy in alignment cues
- Consider specific cueing and intentional loading to promote mobility and skill
- Examine the fascinating role of pain science in the yoga experience
- Appreciate how to individualize and enhance poses with creative prop placement
- Play with unique and effective tools such as isometrics and resistance stretching

2-Day Course

Breathing Mechanics and Asana

An emphasis on breathing is central to the practice of yoga. Where most pranayama practices are promoted for their physiological responses and nervous system regulation, the breathing practices in this course are examined for their effects on the pressure systems of the body. Join Jules Mitchell for a unique discussion on the anatomy and mechanics of breathing and how it can influence posture, pain, and even range of motion. Put the theories in action by exploring how different breathing approaches within the poses create profound results.

Topics include:

- Force and pressure systems
- Thoracic and pelvic diaphragms
- The core and its misconceptions
- The axial skeleton and the soft spine
- Breathing spaces
- Directional breathing
- When and when not to cue the breath
- Best practices for the general public

2-Day Course

Somatic Principles and Yoga

As yoga becomes more mainstream and exercise science enters the conversation, it is easy to be consumed by the physicality of the postures. When we continue to emphasize mindfulness, we naturally teach with a focus on sensing and feeling. Somatics, or moving within, is at the essence of all yoga postures, whether vigorous or restorative. In this course, Jules Mitchell draws from motor control theory, the stretching research, and current pain science to explore how and why various somatic principles work. You'll experience examples from variety of somatic education programs and discover how to incorporate "mini lessons" into your yoga sequencing. Dress comfortably and be prepared to roll around on the floor!

Themes include:

- Learning instead of achieving
- Proprioception and interoception
- Variability
- Neuroplasticity
- Developmental patterns
- Mobility of the ribs, spine, and pelvis

2-Day Course

Restorative Yoga Immersion

Restorative yoga traditionally targets the nervous system, upregulating the parasympathetic response and downregulating neuromuscular activity. In this course, you will engage in a vivid discussion about how restorative yoga fits into the narrative of passive stretching. Through the art of masterful prop arrangement, you can maximize certain intentions, addressing individual circumstances including posture, limited flexibility, hypermobility, injuries, and other musculoskeletal concerns. Learn to read the story each body tells, assess a student's specific needs based on tissue quality, and cultivate your intuition.

Course includes:

- Extensive demonstrations
- Plenty of hands-on practice
- Discussion and collaboration
- Backbends and forward bends
- Sidebends and twists
- Restorative inversions
- Supine standing poses
- Sequencing for specific purposes/themes

5-Day Course

Yoga Biomechanics: Stretching Redefined

Classical asana meets the latest scientific research in this 5-day course led by Jules Mitchell MS, CMT, ERYT500. Foundational concepts of biomechanics are introduced alongside important principles in exercise science that should be part of every yoga teacher training curriculum. From here, you'll participate in a comprehensive discussion evaluating the benefits and resolving many unknowns about stretching. The conversation then expands to examine where yoga asana can be informed by such knowledge and which claims about our beloved practice are valid.

This course also dives into the physiology and behavior of biological tissues and how they adapt to repeated mechanical stresses. Experience how to best achieve specific outcomes in asana through mobility drills, purposeful prop placement, and the concept of co-contraction. You will gain confidence in using postures as assessments and therapeutic tools both in your practice and private sessions. Question common cues and popular buzzwords to avoid ambiguous and unnecessary instructions.

Topics include:

- Load management
- Stretch tolerance
- Stress, strain and time-dependent outcomes
- Exploring isometric and eccentric loading in asana
- Resistance stretching
- Increasing end range performance
- Alignment and variability
- Adjustments and props with biomechanical intent

This course includes a brief homework component where teachers learn to critically evaluate a yoga related scientific study to assess methods, comprehend outcomes and determine its practical relevance in teaching. While slightly intimidating at first, this lesson turns out to be everyone's favorite part! *Please bring a journal, either electronic or paper.*

5-Day Course

Breathing Mechanics, Somatic Principles, & Restorative Yoga

Immerse yourself in a blissful 5-day asana-centered sensory experience led by Jules Mitchell, MS, CMT, ERYT500. This course offers the perfect blend of current science with somatic and restorative education. We will explore the profound impact specific breathing practices and techniques have on asana alignment, as well as unwrap the extraordinary potential of movement on neural adaptations and proprioception. The fascinating role of mechanical tension on cellular biology completes the research review.

We will delve into the motor and sensory structures of the brain and adaptive potential of the nervous system and what that means for healing, repair, and pain perception. The neural benefits of asana will be highlighted, as well as the value of novel movements and variability on and off the mat. Finally, we will conclude our time together with plenty of practical application, incorporating the details of motor learning and neural response discussed throughout. You will leave feeling inspired, confident and ready to integrate numerous powerful techniques into your teaching and personal practice.

Topics include:

- Anatomy of the brain
- Anatomy of breathing
- Proprioception and interoception
- Imagery and performance
- Motor control and motor learning
- Somatics (moving from within)
- Restorative yoga sequencing
- Personalized prop placement

Customizable Course (2-4 days)

Yoga Prehab/Posthab Teacher's Immersion

One of yoga's greatest paradoxes is that some students come to class to alleviate the same musculoskeletal conditions that yoga might exacerbate in another student. The same pose can have a protective or therapeutic effect in some while aggravating symptoms in another. In this workshop you'll unpack the definition of injury, learn about soft tissue capacity, and examine recent advances in pain science so you are empowered to teach group classes to a diverse population. Following an extensive and thorough lecture, the asana intensive will immediately apply those principles in real bodies in real time. Through masterful prop arrangement in both active and restorative poses, you will learn to address common musculoskeletal aches and pains to keep your students safe and excited to practice yoga.

You will learn to:

- See individual variations as an opportunity, not a complication
- Customize cues to promote adaptation and change
- Utilize empowering language to incite confidence in your students
- Expand your understanding of common "complaints" (shoulder and hip issues, back pain, tendinopathies, hypermobility, etc.)
- Sequence to support the injury prevention/recovery continuum

Customizable Course (2-4 days)

Biomechanics Meets Energetics

The way we teach modern postural yoga is rapidly evolving. Stay current with continuing education informed by sports science and biomechanics research in this all new continuing education course designed for teachers to further develop their craft. Jules blends sharp intuition with scientifically supported concepts to foster deeper insight into the poses and why we teach them.

Topics include:

- Learning to read bodies
- Cueing for individual bodies and how to apply in group settings
- Optimal tensional integrity using tissue quality as a guide
- Deviating from conventional yoga alignment instructions when appropriate
- Directional breathing approaches for visible transformations
- Biomechanical principles for specific adaptations
- Utilizing co-contractions and isometrics
- Deliberate prop placement
- Sequencing skillful group classes

In this unique asana intensive, you'll develop proficiency in reading the story that each body tells, build confidence and develop your instinct for identifying who would benefit from which pose variation and why.

Customizable Course (2-4 days)

Anatomy and Biomechanics Intensive

This course highlights the fundamentals of anatomy and biomechanics with a modern science perspective. Research has changed how we see the body. Prior notions of "wear and tear" have been replaced with perspective of robustness, repair, and regeneration. Understanding the properties and adaptability of musculoskeletal tissues can greatly inform our teaching. While anatomy is essential to understanding how the body functions, this course goes beyond memorization. You will learn to ask, "how and why," and take time to reflect on how such inquiries translate into teaching yoga.

Topics to be covered:

Yoga Anatomy:

- Language of Anatomy
- Regions of the Body
- Anatomical Orientation
- Planes of Movement
- Bones, Joints, Muscles, Connective Tissue
- Breathing
- The Nervous System

Yoga Biomechanics:

- Kinetics and Kinematics
- Mechanical Behavior
- Tissue Structure and Composition
- Adaptation
- Capacity
- Alignment
- Stretching