

MODULE 1

Functional Anatomy & the Landscape of Artful Sequencing with Sam



Meet Sam E-RYT 200 & RYT 500

It's been over a decade since I began my yoga practice and in that time, the mat has become a place to slow down, explore movement and build awareness. I am E-RYT 200-hour & RYT 500-hour with Yoga Alliance and have completed extensive training in yoga anatomy and biomechanics with Tiffany Cruickshank, Jason Crandall & Jules Mitchell.

My passion for movement goes far beyond traditional yoga asana. I am certified in CrossFit coaching, Functional Movement Screening, Functional Range Conditioning & Kinstretch, which I weave intelligently into my sequences, offering a practice that enhances your self-awareness and "makes sense" in your body.

My dharma has led me down the path of teaching teachers and I have the honour to facilitate 200-hour & 300-hour yoga teacher training programmes, expanding the knowledge of anatomy and meaningful class sequencing to developing yoga teachers.

Anatomy

During this module, you'll gain an in-depth understanding of the anatomy and biomechanics of the axial and appendicular skeleton. Each day will begin with an exploration of the functional range of motion of a specific region of the body, and how to evaluate this in your students. You'll learn how to use yoga to address issues that often present themselves on the mat.

Sequencing

Moving beyond the traditional methodology of sequencing, we'll explore the "why" behind every posture you incorporate into your classes. You'll learn how to structure your class planning, and how to use anatomy, philosophy and impactful theming to inform your classes.

**"We don't use the body to get into a pose.
We use the pose to get into the body."
- Bernie Clark**

