



# THE RADIANT HAND SCHOOL OF YOGA

## YOGA LEVEL IV – ANATOMY AND PHYSIOLOGY

### **About**

As part of the Teacher Training Course, this progressive and academic workshop is a continuation to Yoga's Level I, II & III, and is the next step towards your Teaching qualification. To attend the Level IV workshop you must have attended Introduction to Yoga I, II and Yoga III.

### **Aims**

This in depth and progressive teacher training course develops an understanding of anatomy and physiology in relation to yoga, in a comprehensive and structured way. Yoga Level IV furthers your Journey in Yoga, physically, mentally and spiritually, developing your understanding of many aspects of yoga anatomy.

This **academic workshop** will involve 6 hours (two 3 hour sessions) of formal contact time a week for 6 weeks (inclusive of 1 week study week), at least 2 hours of optional contact time, daily self practice and self study using a variety of techniques that will be taught to you as part of the course. Yoga Level IV incorporates the following:

- **The Skeletal system**  
By enhancing the capacity of our bones to absorb nutrients, we improve the strength of our bones, thus longevity.
- **The Muscular system**  
Yoga serves to increase muscular strength and flexibility, promoting a greater range of movement and natural alignment throughout.
- **The Digestive system**  
Yoga stimulates and nurtures our digestive system, increasing nutrient absorption, regular excretion and detoxification.
- **The Circulatory system**  
With its focus and awareness upon the breath and movement, our oxygen intake and blood flow increases, thereby strengthening the circulatory system.
- **The Lymphatic system**  
Adopting a deeper state of relaxation enhances the free flow of our body's lymph fluid, thus enhancing our ability to maintain fluid balance, immune system response and remove waste material.
- **The Respiratory system**  
Breathing is the gateway to life. From a yogic viewpoint, it is believed that the breath is the link between the body and the mind; if we can control our respiration we can control every aspect of our being.
- **The Nervous system**  
Yoga opens up the channels of intrinsic communication between the central and the peripheral nervous system.

- **The Endocrine system**  
Yoga is instrumental in bringing our emotional and physical states into balance by regulating our moods, growth and development, metabolism and sexual function.
- **The Skin and Sense Organs**  
We experience the world with the help of our five senses, namely, sight, sound, taste touch and smell. Yoga teaches us to consciously practice control of our five senses and their respective organs.

Upon completion of the course you will receive a Diploma towards your Teacher's Training qualification. Full attendance on all dates is required.

### **Cost and booking details**

Please contact The Radiant Hand on 020 8682 5186 or email [info@theradiantand.co.uk](mailto:info@theradiantand.co.uk) for details of cost, course dates and booking details.

### **Requirements**

The requirements are that you have attended and achieved the necessary grades in Introduction to Yoga I, II III to further your learning towards becoming a Yoga Instructor. In addition you must have your own yoga mat, towel and blanket.