

32-Hour Gentle Somatic Yoga® Certification Practitioner ~ Level 2 In-Person Course Outline

Facilitated by James Knight, CHSE, E-RYT

Topics Covered in this course:

1. History of Gentle Somatic Yoga

Review:

- James Knight

2. Neuroscience

New:

- Neuroscience
- Fascia
- Aura and Chakras

Review and/or Going Deeper:

- Sensory Motor Amnesia
- The Three Involuntary Reflexes
- Pain and its Purpose
- Stretch Reflex

3. Methodology

New:

- Core Energetics
- Vipassana Meditation
- Visualization and Body Scan

Review and/or Going Deeper:

- Teachers Presence and Touch
- Pandiculation
- Means-Where-By
- Kinetic Mirroring
- Brain Learns through Contrast
- Lock-in
- Integration Movements and Micro-Movements
- Tips and Guidelines
- Body Scan

4. Philosophy of Gentle Somatic Yoga – Awakening The Possible

5. Benefits of Gentle Somatic Yoga: Common Injuries and Conditions

6. Next Steps after becoming a Certified GSY Practitioner ~ Level 2

7. Somatic Movement Flows® (SMFs) ~ A minimum of 27 SMFs are offered in this training

Note: The page numbers refer to the page on which the Somatic Movement Flows® are described in James Knight's Gentle Somatic Yoga Encyclopedia Volume 1™. Since the



publication of the Encyclopedia, a few names of the SMFs have been changed, the Flows have been modified & enhanced, and new SMFs have been added. New SMFs that are not in the Encyclopedia will be emailed (or hand-delivered the first day of class) to you in a .PDF format.

Preparing the Soma

- Somatic Seated Meditation Not listed in Encyclopedia
- Three Part Breath – Pranayama Not listed in Encyclopedia
- Vipassana Meditation Not listed in Encyclopedia
- Ajna Meditation Not listed in Encyclopedia
- Somatic Seated Moving Twist Not listed in Encyclopedia
- Somatic Cross-legged Seated Forward Bend Not listed in Encyclopedia

Neck, Shoulders, Arms, and Hands

- Nodding Yes With Self-Massage Variations Page 30
- Bowing Forward Page 26
- Compass Page 39
- Somatic Neck Release Page 44
- Looking Over Shoulder Page 47
- Turtle Page 49

Upper, Middle, and Lower Back

- Enhanced Arch & Curl Page 137
- Low Back & QL Release Page 92
- Snake Dance Page 83

Hips, Legs, and Feet

- Somatic Seated Bound Angle Page 102
- Somatic Hamstring Release Page 115
- Somatic Seated Forward Bend Page 118
- Somatic Pigeon Page 98
- Wiping Sand from Feet Page 128

The Soma from Head to Toe

- Somatic Mountain Pose Not listed in Encyclopedia
- Miracle Moment Not listed in Encyclopedia
- Somatic Standing Forward Bend Page 80
- Flamingo Page 134
- Energy Booster Not listed in Encyclopedia
- Chakra Attunement Not listed in Encyclopedia
- Soma Sensing – Standing Not listed in Encyclopedia

