

# GSY Teacher Training Certification Practitioner Level 1 Online - Course Outline

## Chapter 1 – Introduction and Welcome

Unit 1: Before You Get Started - [HANDOUT](#)

Unit 2: Welcome to Gentle Somatic Yoga Level 1! - [VIDEO & HANDOUT](#)

Unit 3: Overview of this Course – [VIDEO & HANDOUT](#)

Unit 4: Course Structure and Navigation

Unit 5: Course Objectives

Unit 6: Student Demographics – [VIDEO](#)

## Chapter 2 – History, Neuroscience, Method and Philosophy of Gentle Somatic Yoga

### Module 1 – History of Gentle Somatic Yoga

Unit 1: Pioneers of Somatic Movement – [HANDOUT](#)

Unit 2: Thomas Hanna | Hanna Somatic Education – [VIDEO & HANDOUT](#)

Unit 3: Eleanor Criswell Hanna | Somatic Yoga – [VIDEO & HANDOUT](#)

Unit 4: James Knight | Gentle Somatic Yoga – [VIDEO & HANDOUT](#)

Unit 5: Quiz - History

### Module 2 – The Neuroscience behind Gentle Somatic Yoga

Unit 1: Sensory Motor Amnesia – [VIDEO & HANDOUT](#)

Unit 2: The Three Involuntary Reflexes – [VIDEO & HANDOUT](#)

Unit 3: Attention – [HANDOUT](#)

Unit 4: Mapping – [HANDOUT](#)

Unit 5: Pain and its Purpose – [VIDEO & HANDOUT](#)

Unit 6: Stretch Reflex – [HANDOUT & VIDEO](#)

Unit 7: Assignment: Body Map – [HANDOUT & VIDEO](#)



Unit 8: Quiz - Science

### **Module 3 – Methodology**

Unit 1: Teachers Presence and Touch - [VIDEO](#)

Unit 2: Pandiculation – [VIDEO & HANDOUT](#)

Unit 3: Means-Where-By – [VIDEO & HANDOUT](#)

Unit 4: Kinetic Mirroring – [VIDEO & HANDOUT](#)

Unit 5: Brain Learns through Contrast – [VIDEO & HANDOUT](#)

Unit 6: Lock-in – [VIDEO & HANDOUT](#)

Unit 7: Integration Movements and Micro-Movements – [VIDEO & HANDOUT](#)

Unit 8: Tips and Guidelines – [VIDEO & HANDOUT](#)

Unit 9: Body Scan – [VIDEO & HANDOUT](#)

Unit 10: Visualization and Meditation – [VIDEO & HANDOUT](#)

Unit 11: Quiz - Methodology

### **Module 4 – Philosophy**

Unit 1: The Inner Yes – [VIDEO & HANDOUT](#)

Unit 2: Quiz – Philosophy

### **Chapter 3 - Somatic Movement Flows®**

#### **Module 1: Preparing the Soma**

Unit 1: Somatic Movement Flows® (SMFs) – [VIDEO & HANDOUT](#)

Unit 2: Preparing the Soma – [VIDEO & HANDOUT](#)

Unit 3: Somatic Legs Up The Wall – [VIDEO & HANDOUT](#)

Unit 4: Somatic Inverted Bound Angle – [VIDEO & HANDOUT](#)

Unit 5: Somatic Reclining Twist – [VIDEO & HANDOUT](#)

Unit 6: Somatic Cat-Cow – [VIDEO & HANDOUT](#)

Unit 7: Somatic Childs Pose – [VIDEO & HANDOUT](#)



Unit 8: Quiz – 5 SMFs

Unit 9: Namaste Flow – Pranayama – [VIDEO & HANDOUT](#)

Unit 10: Rainbow – [VIDEO & HANDOUT](#)

### **Module 2: Neck, Shoulders, Arms, and Hands**

Unit 1: Anatomy of the Neck, Shoulders, Arms, and Hands - [HANDOUT](#)

Unit 2: Somatic Head Circles – [VIDEO & HANDOUT](#)

Unit 3: Heart Opening – [VIDEO & HANDOUT](#)

Unit 4: Foot Sliders – [VIDEO & HANDOUT](#)

Unit 5: Quiz - 5 SMFs

Unit 6: Celtic Cross – [VIDEO & HANDOUT](#)

Unit 7: Swimming Shoulders – [VIDEO & HANDOUT](#)

Unit 8: Inside-Out – [VIDEO & HANDOUT](#)

Unit 9: Somatic Hand, Wrist, & Finger Exploration – [VIDEO & HANDOUT](#)

### **Module 3: Upper, Middle, and Lower Back**

Unit 1: Anatomy of the Upper, Middle, and Lower Back

Unit 2: Beads On A Necklace – [VIDEO & HANDOUT](#)

Unit 3: Quiz - 5 SMFs

Unit 4: Model On a Runway – [VIDEO & HANDOUT](#)

### **Module 4: Hips, Legs, and Feet**

Unit 1: Anatomy of the Hips, Legs, and Feet - [HANDOUT](#)

Unit 2: Swimming Frog – [VIDEO & HANDOUT](#)

Unit 3: Somatic Psoas Release – [VIDEO & HANDOUT](#)

Unit 4: Somatic Hip Opener – [VIDEO & HANDOUT](#)

Unit 5: Around The Clock – [VIDEO & HANDOUT](#)

Unit 6: Quiz - 5 SMFs



Unit 7: Somatic TFL and Psoas Release – [VIDEO & HANDOUT](#)

Unit 8: Somatic Standing Calf Release – [VIDEO & HANDOUT](#)

### **Module 5: The Soma from Head to Toe**

Unit 1: Anatomy of the Soma from Head to Toe – [VIDEO & HANDOUT](#)

Unit 2: Restore the Core – [VIDEO & HANDOUT](#)

Unit 3: Lighthouse – [VIDEO & HANDOUT](#)

Unit 4: Body Yawn – [VIDEO & HANDOUT](#)

Unit 5: Quiz – 5 SMFs

### **Chapter 4 – Gentle Somatic Yoga Full Length Classes**

#### **Module 1: Sequencing Videos**

Unit 1: GSY Class # 1– [VIDEO & HANDOUT](#)

Unit 2: GSY Class #2 – [VIDEO & HANDOUT](#)

Unit 3: Quiz – Sequencing

### **Chapter 5 – Gentle Somatic Yoga Final Exam and Teach-back**

#### **Module 1: Final Exam**

Unit 1: Written Assignment: Review Body Map from Chapter 2, Module 2 - [VIDEO](#)

Unit 2: Final Exam

#### **Module 2: Final Teach-back**

Unit 1: Teach-back Video - [VIDEO & HANDOUT](#)

#### **Module 3: Video Library**

Unit 1: More Videos of Gentle Somatic Yoga Live Classes – [VIDEO](#)

Unit 2: More Videos with Somatic Movement Flow enhancements – [VIDEO](#)

### **Chapter 6 – Business and Marketing**

#### **Module 1: Business and Marketing**



Unit 1: Description and Titles for GSY Classes & Workshops – [VIDEO & HANDOUT](#)

Unit 2: Website Content – [VIDEO](#)

Unit 3: Social Media – [VIDEO](#)

## **Chapter 7 – Next Steps for Continued Education**

### **Module 1: Next Steps**

Unit 1: Welcome to the Somatic Tribe! – [VIDEO & HANDOUT](#)

