

GSY Teacher Training Certification Practitioner Level 2 - Online Course Outline

Chapter 1 – Introduction and Welcome

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

Unit 2: Welcome to Gentle Somatic Yoga Level 2! - [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](#) (Review)

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

Module 1 – History of Gentle Somatic Yoga

Unit 1: James Knight | Gentle Somatic Yoga – [VIDEO & HANDOUT](#) (Review)

Unit 2: Quiz – History

Module 2 – The Neuroscience behind Gentle Somatic Yoga

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

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

Unit 3: Stretch Reflex – [HANDOUT & VIDEO](#) (Review)

Unit 4: Neuroscience - Going Deeper – [HANDOUT](#)

Unit 5: Fascia – [HANDOUT](#)

Unit 6: Aura and Chakras – [HANDOUT & VIDEO](#)

Unit 7: Assignment – Case Study - [VIDEO](#)

Unit 8: Quiz – Science

Module 3 – Methodology

Unit 1: Core Energetics – [VIDEO & HANDOUT](#)

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

Unit 3: Pranayama – [HANDOUT](#)

Unit 4: Pandiculation – [VIDEO & HANDOUT](#) (Review)



- Unit 5: Means-Where-By – [VIDEO & HANDOUT](#) (Review)
- Unit 6: Kinetic Mirroring – [VIDEO & HANDOUT](#) (Review)
- Unit 7: Brain Learns through Contrast – [VIDEO & HANDOUT](#) (Review)
- Unit 8: Lock-in – [VIDEO & HANDOUT](#) (Review)
- Unit 9: Integration Movements and Micro-Movements – [VIDEO & HANDOUT](#) (Review)
- Unit 10: Tips and Guidelines – [VIDEO & HANDOUT](#) (Review)
- Unit 11: Body Scan – [VIDEO & HANDOUT](#) (Review)
- Unit 12: Teachers Presence and Touch – [VIDEO & HANDOUT](#) (Review)
- Unit 13: Quiz – Methodology

Module 4 – Philosophy

- Unit 1: Awaken the Possible – [VIDEO & HANDOUT](#)
- Unit 2: Written Assignment
- Unit 2: Quiz – Philosophy

Chapter 3 - Somatic Movement Flows®

Module 1: Preparing the Soma

- Unit 1: Somatic Movement Flows® (SMFs) – [VIDEO & HANDOUT](#) (Review)
- Unit 2: Preparing the Soma – [VIDEO & HANDOUT](#)
- Unit 3: Somatic Seated Meditation – [VIDEO & HANDOUT](#)
- Unit 4: Three Part Breath – Pranayama – [VIDEO & HANDOUT](#)
- Unit 5: Vipassana Meditation – [VIDEO & HANDOUT](#)
- Unit 6: Ajna Meditation – [VIDEO & HANDOUT](#)
- Unit 7: Somatic Seated Moving Twist – [VIDEO & HANDOUT](#)
- Unit 8: Quiz – 5 SMFs

Module 2: Neck, Shoulders, Arms, and Hands

- Unit 1: Anatomy of the Neck, Shoulders, Arms, and Hands - [HANDOUT](#)
- Unit 2: Nodding Yes With Self-Massage Variations – [VIDEO & HANDOUT](#)
- Unit 3: Bowing Forward – [VIDEO & HANDOUT](#)



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

Unit 5: Somatic Neck Release – [VIDEO & HANDOUT](#)

Unit 6: Looking Over Shoulder – [VIDEO & HANDOUT](#)

Unit 7: Quiz - 5 SMFs

Unit 8: Turtle – [VIDEO & HANDOUT](#)

Module 3: Upper, Middle, and Lower Back

Unit 1: Anatomy of the Upper, Middle, and Lower Back - [HANDOUT](#)

Unit 2: Enhanced Arch & Curl – [VIDEO & HANDOUT](#)

Unit 3: Low Back & QL Release – [VIDEO & HANDOUT](#)

Unit 4: Snake Dance – [VIDEO & HANDOUT](#)

Module 4: Hips, Legs, and Feet

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

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

Unit 3: Quiz - 5 SMFs

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

Unit 5: Somatic Hamstring Release – [VIDEO & HANDOUT](#)

Unit 6: Somatic Seated Forward Bend – [VIDEO & HANDOUT](#)

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

Unit 8: Windmill with Enhanced TFL Release – [VIDEO & HANDOUT](#)

Unit 9: Quiz - 5 SMFs

Unit 10: Wiping Sand from Feet – [VIDEO & HANDOUT](#)

Module 5: The Soma from Head to Toe

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

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

Unit 3: Somatic Mountain Pose – [VIDEO & HANDOUT](#)

Unit 4: Miracle Moment – [VIDEO & HANDOUT](#)

Unit 5: Somatic Standing Forward Bend – [VIDEO & HANDOUT](#)



Unit 6: Quiz – 5 SMFs

Unit 7: Energy Booster – [VIDEO & HANDOUT](#)

Unit 8: Chakra Attunement – [VIDEO & HANDOUT](#)

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

Unit 10: Quiz – 3 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: GSY Class #3 - Includes Core Energetic Exercises – [VIDEO & HANDOUT](#)

Unit 4: Quiz – Sequencing

Chapter 5 – Assignments, Final Quiz, and Teach-back

Module 1: Written Assignments

Unit 1: Your Energy Body - [VIDEO](#)

Unit 2: Written Assignment – Expand on Case Study from Chapter 2, Module 2 - [VIDEO](#)

Module 2: Final Exam

Unit 1: Final Exam

Module 3: Final Teach-back

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

Module 4: Video Library

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

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

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 (Review) – [VIDEO](#)

Unit 3: Social Media (Review) – [VIDEO](#)



Chapter 7 – Next Steps for Continued Education

Module 1: Next Steps

Unit 1: Embodied Movement – [VIDEO & HANDOUT](#)

