

32-Hour Gentle Somatic Yoga® Certification Practitioner ~ Level 1 In-Person Course Outline

Facilitated by James Knight, CHSE, E-RYT

Topics Covered in this course:

1. **History** of Gentle Somatic Yoga
 - Thomas Hanna
 - Eleanor Criswell
 - James Knight
2. **Neuroscience**
 - Sensory Motor Amnesia
 - The Three Involuntary Reflexes
 - Attention
 - Mapping
 - Pain and its Purpose
 - Stretch Reflex
3. **Methodology**
 - 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
 - Visualization and Mediation
4. **Philosophy** of Gentle Somatic Yoga – Finding Your Inner Yes
5. **Benefits** of Gentle Somatic Yoga: Common Injuries and Conditions.
6. **Next Steps** after becoming a Certified GSY Practitioner ~ Level 1
7. **Somatic Movement Flows®**(SMFs) ~ A minimum of 25 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 Legs up the Wall Page 10
- Somatic Inverted Bound Angle Page 12
- Somatic Reclining Twist Page 13

Warming Up The Body

- Somatic Cat-Cow Not listed in Encyclopedia.
- Somatic Childs Pose Page 68
- Namaste Flow – Pranayama Not listed in Encyclopedia
- Rainbow Page 13

Neck, Shoulders, and Hands

- Somatic Head Circles Page 28
- Heart Opening (aka: Egyptian and Heart Activation) Pages 16 and 20
- Foot Sliders Page 24
- Celtic Cross Page 32
- Swimming Shoulders Page 53
- Inside-Out Page 36
- Somatic Hand, Wrist, and Finger Exploration Not listed in Encyclopedia

Upper, Middle, and Lower Back

- Beads on a Necklace Page 76
- Model on a Runway Page 131

Hips, Legs, Knees, and Feet (4)

- Swimming Frog Page 104
- Somatic Psoas Release Not listed in Encyclopedia
- Somatic Hip Opener Page 109
- Around the Clock Page 89
- Somatic TFL Release Page 124
- Somatic Standing Calf Release Page 127

The Soma from Head to Toe

- Restore the Core Page 58
- Lighthouse Page 63
- Body Yawn Page 139

