

# Yoga Alignment Principles and Practice Workshops

Anatomy Posture

Body Mechanics

Therapeutics



Most students practice yoga with the common goal of finding ease and grace in their movements and strength and stability in their postures. Aligned postures are fundamental to achieving this while increasing health and vitality. Correctly aligning asana unleashes the wisdom and healing power of yoga. Alignment begins with knowledge and is followed by its application into our postures.

Our workshops are committed to sharing the knowledge of alignment. They are fully experiential, on-the-mat, and presented in a yoga class setting. The specific principles of postural mechanics and alignment are explored using cutting edge application of anatomy and exercise physiology. Yet, all concepts and principles remain consistent with classical yogic philosophy.

The value that yoga alignment brings to all of our physical activities and the prevention of injuries, in practice and in daily activities, is shared throughout the workshops. No one style or tradition of yoga is emphasized. All material is fully compatible with all approaches to yoga.

## GENERAL TOPICS

- Principles of yoga alignment
- Postural and body mechanics in Asana practice
- Yoga teacher trainings
- Yoga Therapeutics: How to Avoid Injury

# ALIGNMENT WORKSHOP

We explore all topics in a user-friendly fashion. All material can be immediately applied to both a personal practice and yoga teaching. The terminology used is taught intelligently. It is not watered down while remaining completely understandable, even to those less familiar or less comfortable with anatomy and biology. A visual slide presentation is often used to soften the complexity of anatomy and to clearly illustrate its relationship to yoga alignment.

## STUDENTS WILL:

- Learn practical, easier ways to set up postures
- Deepen and advance their practice with safety
- Understand how to follow the natural design of the body
- Recognize common postural misalignments that cause injury
- Make the time on the mat a personalized therapeutic experience

## TOPICS COVERED:

- Importance of alignment
- Fundamental alignment and mechanical principles
- Soft tissue anatomy and stretching
- Ligament physiology
- Muscle physiology and stretching
- Foundations and orientations of postures
- Principles of full body alignment

Topics can be stand-alone programs, half-day workshops, or combined into multiple day workshops. Custom programs can also be created based on your studio needs.

“ Steven is so experienced, so literate in body, mind, and spirit and conveys overall with enthusiasm, humor, and wisdom. His work has helped me to move forward and resolve a number of different ailments and I've been happy to integrate and share that with my students and clients. I learn more each time from him. ”

***D. B., Yoga Teacher and Therapist, Yogaville, VA***

“ Best Yoga program I have ever attended. I learned more here about safe Yoga practices than in any other program including my teacher training. Would definitely recommend! ”

***C.N., Yoga Teacher, Tucson, AZ***

## SAMPLE WEEKEND WORKSHOP SCHEDULE

### **Yoga Alignment and Mechanics: Form and Function**

**1.5 - 4 hours**

- Principles of Yoga Alignment
- Postural and Body Mechanics in Asana Practice
- Anatomy for Yoga and Yoga Teacher Trainings
- Yoga Therapeutics: How to Avoid Injury in Asana Practice
- Anatomy and Alignment Principles for Yoga Teacher Trainings

### **The Shoulders and Upper Extremities**

**2 - 5 hours**

- Anatomy and joint mobility of the shoulders
- Shoulder integrative alignment principles
- Shoulder openers
- Alignment of the shoulders through Shoulder Walking
- Arm alignment for strength
- Hand and wrist positioning for stability
- Understanding the diaphragm

### **Integrative Alignment of Pelvis, Sacroiliac and Hip joints**

**2 - 5 hours**

- Pelvic integrative alignment
- Identifying hip dysfunction and methods for improvement
- Sacroiliac joint anatomy and physiology
- Identifying normal, unstable, and fixated sacroiliac joints
- Techniques to improve sacroiliac joint function
- Hip functionality
- Hip extension

### **Exploring the Lower Extremities**

**1.5 – 4 hours**

- Alignment of the legs
- The Psoas muscle
- Foot alignment principles
- Hamstring function and techniques to increase flexibility
- Anatomy and physiology of the Knees
- Variation on knee alignment
- Reducing hyperextension of the knees
- Therapeutic blocking for the knees

### **The Spine: Anatomy and Alignment**

**1.5 – 4 hours**

- Anatomy of the spine
- Principles of spinal curve function
- Engaging the upper thoracic spine
- Maintaining the lumbar curve
- Lumbar ligament physiology
- Core strength and spinal health
- Identifying limited mobility in the spine
- Muscular relationships to improve lower spinal imbalances

## ABOUT STEVEN WEISS

Steven Weiss, MS, DC, ERYT, C-IAYT is a holistic chiropractor, nutritionist and certified yoga therapist. Throughout his professional career, yoga has been a central theme as both a means of therapy and as a path toward health and vitality. Steven has studied extensively and practiced numerous yoga approaches and is most strongly influenced by the Iyengar, Anusara, and Sivananda disciplines. His teachings however, support all styles and traditions yoga, focused on deeply exploring the fundamental alignment and mechanical principles necessary for every asana practice. Dr. Weiss was a member of the wellness center and yoga faculty at the New York's Omega Institute for Holistic Studies for 25 years. He now teaches regularly with various yoga organizations and teacher trainings internationally.



Steven's approach to teaching anatomy, yoga mechanics and postural alignment is always hands on and experiential. His goal is for the students to be able to immediately apply the principles explored in their practices and teaching. He is the author of *The Injury-Free Yoga Practice*, *Integrative Alignment Yoga Therapy*, and *Yoga Alignment Principles and Practice*.

### FOR MORE INFORMATION

For additional workshop information and to review a sample chapter or purchase our **2024** edition of *Yoga Alignment Principles and Practice* please visit: [Injuryfreeyoga.com](http://Injuryfreeyoga.com)

Or contact us at:  
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