

RAD Yoga Courses

Course	Who's It For?	Course Description	Time	CEC Credit Hours	Prereqs	Online Available
RAD Yoga 1: Foundations in Self Myofascial Release and Asana	- Yoga Instructors	RAD Yoga 1 sets the foundation for instructors to intelligently and skillfully integrate and sequence self-myofascial release into a yoga class or private session. This training involves 2 components: online and in-person. The online material consists of videos on fascia & fascial chains, self-myofascial release & RAD mobility tools. The 10-hour in-person involves practical application.	11 hours/ 1.5 days	11 hours of credits (10 contact and 1 non-contact) Yoga Alliance NASM AFAA ACSM IAYT	None	Yes

What's In It For You?

- A hands-on and highly collaborative experience where our Yoga Master Coaches utilize best education and learning practices based on adult learning theory.
- Lifetime access to online materials, such as education videos, practice quizzes, course manual, class planning documents, product how-to guides, and more.
- Differentiate yourself by offering new, fresh classes in your community by integrating evidence-based practices and current research surrounding fascial lines, self myofascial release, enhanced joint and tissue mobility, and improved recovery.

- Practice combining self myofascial release and mobility techniques into your own asana practice before offering new classes in your community.
- Become a [RAD Affiliate](#), offer products to your clients via simple URL link you can post anywhere and/or carry them in your studio, and earn another professional revenue stream.
- Earn Yoga Alliance, ACSM, NASM, and AFAA Continuing Education Credits

Learning Outcomes Include...

- Differentiate current theories and effects of SMR (self myofascial release) and why it works
- List and describe in detail each of the three RAD Self Myofascial Release techniques
- Scan different regions of the body and apply the most appropriate self myofascial release technique and tool based on goals and intentions
- Articulate the importance of how much force is required to elicit change and in what direction that force needs to be applied
- Identify the do's and don'ts of Self Myofascial Release
- Describe the difference between mobility and flexibility
- Practice appropriate landmarking and sequencing skills that can be immediately integrated into your asana practice
- Integrate release techniques and reassess mobility and range of motion through a variety of yoga poses
- Discuss and practice effective student cueing techniques
- Utilize specific SMR techniques in the warm up and cool down that have a positive effect on the nervous system, mobility, and injury reduction
- Modify the provided example class structures to fit the needs of your clients and community
- Compare mobility to flexibility and identify their role in yoga
- Apply basic anatomy and physiology principles to improve self myofascial release (SMR) and mobility results

Unavailable at this time; please check back with us in 2021

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RAD Yoga 2: Advanced Techniques in Assessment and Recovery	- Yoga Instructors	Build upon the knowledge and skills you learned in RY-1 and bring your yoga practice, asanas, assessments, and tension release expertise to the next level. Develop your skills in observation and assessment and learn advanced sequencing techniques, how to examine common postural abnormalities, and interventions to help your clients optimize their poses and wellbeing. They will love you for it!	11 hours	11 hours of credits (10 contact and 1 non-contact) Yoga Alliance	200 hour RYT recomm.	No
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Learning Objectives Include...

- Demonstrate advanced sequencing for a yoga class that builds toward peak poses
- Integrate both SMR and asanas designed for specific populations and mobility conditions
- Understand how SMR works and perform specific SMR techniques safely and effectively
- Examine common postural pathologies and create an intervention plan that will elicit postural balance
- Utilize RAD mobility assessment protocol to determine where true mobility restrictions lie and develop an intervention plan
- Successfully apply SMR and yoga principles to a variety of case studies