

Syllabus: Bridge from Body to Soul:

Applying the Phoenix Rising Yoga Therapy Method for Yoga and Mental Health Professionals (Part I)

What is Phoenix Rising Yoga Therapy?

Phoenix Rising Yoga Therapy (PRYT) is an interdisciplinary approach to healing that blends the ancient practice of yoga with modern mind-body psychology. PRYT places great emphasis on building a deep connection with one's inner self, facilitating a holistic approach to treating the whole person. This body-mind therapy uses a combination of yoga practices, therapeutic dialogue, and awareness techniques to help clients gain insight into their physical and mental states, ultimately reducing physical and emotional stress, restoring balance and harmony, and fostering self-awareness and personal growth. By tapping into the wisdom of the 'knowing' voice within, the goal of PRYT is to catalyze powerful change and transformation.

The six phases of Phoenix Rising Yoga Therapy

Phase 1: Breath & Movement

Movement synchronized with breath to create a physiological change - heart pumping, more rapid breathing, blood flowing.

Phase 2: Playing the Edge

Explore, Establish, Engage and Embrace posture(s) (4-Es) with a physical edge, i.e. stretch

Phase 3: Dropping-In

Engage posture(s) to enter a state of deeper presence, awareness, openness via the body - present-centered embodied awareness or direct experience.

Phase 4: Meditation

Buddhist-influenced breath/body-focused meditation

Phase 5: Listening for Insight

Bring forth insight that naturally arose during meditation

Phase 6: Integrating Insight into Action

Reflecting back to draw insight forward

Course Overview

Phoenix Rising Yoga Therapy (PRYT) is a unique and transformative approach to healing that combines the practices of yoga and mindfulness with exploratory dialogue. This 8-week course is designed to equip you with a range of skills and techniques that can have an immediate impact on your existing professional practice.

The course is a comprehensive and immersive program that provides an in-depth understanding and personal experience of the course material. You will have access to a range of learning opportunities, including live experiential webinars, self-study modules, daily practice, a detailed manual for reference, teaching videos for practical guidance, and guided embodied experiences to deepen understanding. With this diverse range of resources, you can fully engage with the course content, gain practical knowledge and insights, and apply what you have learned.

The course aims to provide a well-rounded learning experience that will equip you with the necessary tools to succeed in your personal and professional development. You will learn easily actionable tools and techniques that can be integrated into your existing practice or toolbox, making it a valuable addition for yoga professionals and health practitioners outside the field of yoga. As the demand for holistic and integrative therapy continues to rise in the fields of mental health, occupational, physical, and other body therapies, learning with Phoenix Rising Yoga Therapy can help you stay current in your field.

Course Objectives

By the end of this course you will:

- ☐ Demonstrate skill facilitating mindfulness, meditation and yoga based experiences within scope of current professional practice.
- ☐ Expand clients' physical and mental comfort zones (window of tolerance) by effectively utilizing *The Edge* technique.
- ☐ Help clients process, understand, and transform mental or physical ailments through embodied practices.
- ☐ Support clients in becoming active, engaged participants in their wellbeing.
- ☐ Develop interpersonal skills to build stronger therapeutic relationships.
- ☐ Apply well-established Phoenix Rising Yoga Therapy techniques with confidence, safely and ethically.
- ☐ Reconnect or connect with the PRYT Community and become familiar with the latest developments in PRYT Methodology.

Note: The links in this syllabus are active only for enrolled students.

Week 1

Introductions, Overview, Logistics and *The Magic*

The Essential Elements and the power of Profound Presence behind the magic of PRYT.

Overview

The first week of this course is dedicated to an in-depth exploration of the essential elements that create profound presence in Phoenix Rising Yoga Therapy. Through experiential exercises and student exchange, you will have the opportunity to deeply understand and embody the core elements of client-centeredness, readiness, unconditional positive regard, breath, non-judgment, connection, present centeredness, and integration. To support the learning, you will be provided with various resources, including assigned readings and videos, and Sadhana (daily practice) guidance. Completing these activities before the upcoming webinar will ensure that you are fully prepared to engage with the material.

Objectives

Over the course of the first week, you will:

- ☐ Develop a comprehensive understanding of the therapeutic relationship in Phoenix Rising Yoga Therapy, including how to create a safe and supportive space for clients, build rapport and trust, and maintain appropriate boundaries.
- ☐ Learn skills to effectively engage clients in direct experience through the body, helping them to immerse themselves in a profound state of awareness.
- ☐ Practice and experience the impact of profound presence, utilizing the core elements of presence, connection, openness, and integration.

Pre-Webinar Preparation

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Familiarize yourself with the Kajabi learning platform, which will be used throughout the course.
- ☐ Read the Student Handbook.
- ☐ Begin Sadhana (daily practice), utilizing the resources and guidance provided on Kajabi and read the assigned article, *How to Change Your Life with Sadhana* by Michael Lee.

- ☐ Watch the assigned video Michael's Origination Story (17 min) and take note of the key elements of PRYT, including edge, breath, presence, connection, safety, readiness, openness, staying present, and integration – which will be discussed during the upcoming webinar.
- ☐ Watch the assigned video(s) *PRYT Four Quadrants: Yoga, Buddhism, Psychology, and Neuroscience* (34 min) which will provide background to PRYT.
- ☐ Read chapters 1-3 and 5 in *Phoenix Rising Yoga Therapy: Bridge from Body to Soul*, by Michael Lee.

Week 2

Overview of the PRYT Method and how the 6 phases fit.

Phase 1: Breath & Movement

Movement synchronized with breath to create a physiological change - heart pumping, more rapid breathing, blood flowing

Overview

During the second week of this course, we will explore an overview of Phoenix Rising Yoga Therapy and how the Six Phases provide a vehicle for delivery. You will gain an understanding of the first phase and how breath and movement are used as a bridge from external focus to internal focus, how they can be used to promote physical and mental health, and how to apply a variety of breath and movement techniques with your clients.

Objectives

By the end of the week, you will:

- ☐ Be familiar with the Phoenix Rising Yoga Therapy Method and how the Six Phases provide a vehicle for delivery and how the Phases support each other sequentially.
- ☐ Understand the importance of how breath and movement provides a transition from the busy mind to a mindful focus of here and now.
- ☐ Be able to facilitate various breath and movement techniques tailored for each client in various contexts.
- ☐ Have personally experienced the impact of using breath and movement to upregulate and/or down regulate the central nervous system to reduce stress, increase energy, and expand the window of tolerance.

Pre-Webinar Preparation

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Watch the assigned videos: and *What is Phase 1 Breath and Movement, why is it important and how do you lead it?* (38 min)
- ☐ Watch the assigned video *Overview of the 6 Phases with Michael Lee* (4 min) and read the article *Yoga Therapy Trailblazer*
- ☐ Read the assigned PRYT manual pages
- ☐ Read the assigned articles: *The Neuroscience of Breath* and *Profound Presence*,
- ☐ Watch the assigned video on Yoga Breathing / Pranayama (17 min)

Week 3

Phase 2: Playing the Edge

Explore, Establish, Engage and Embrace posture(s) (4-Es) with a physical edge, i.e. stretch.

Overview

During the third week of this course, we will explore how *Playing the Edge* can be used to promote a deep inward focus and sense of present-centered embodiment. You will learn how to use the Edge as a tool for personal growth and as a way to help clients unlock their potential and create positive changes in their lives.

Objectives:

By the end of this week you will:

- ☐ Gain confidence facilitating *Edge* to help clients unlock potential and create positive changes in their life.
- ☐ Understand the importance of using the *Edge* for focusing awareness which becomes the fuel for personal growth and transformation.
- ☐ Practice using different tools and techniques for coaching *Edge*
- ☐ Engage self exploration in *Playing the Edge* to enhance self connection, awareness and acceptance.

Pre-Webinar Preparation:

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Watch the assigned video *What is meant by Playing the Edge, why is it important and how do you lead it?*
- ☐ Read assigned PRYT Manual pages
- ☐ Read assigned article *Playing the Edge*
- ☐ Select 2-3 yoga postures that invite *Playing the Edge* for you. Practice them in your daily Sadhana this week. Reflect on your experience and what you learned, considering how the *Edge* serves you, what facilitates or hinders you in engaging the *Edge* and how *Edges* in postures relate to *Edges* in your life.

Week 4

Phase 3: Dropping-In

Engage posture(s) to enter a state of deeper presence, awareness, openness via the body - present-centered embodied awareness or direct experience.

Overview

During the fourth week of this course, we will explore how *Dropping-In* can be used to promote a deep state of concentration and an openness that provides a different lens of experience, creating a less cluttered mind that allows wisdom to arise. Dropping-In is a powerful tool for personal growth and self-awareness, helping individuals to confront their fears and limitations, take risks, and ultimately grow and develop as individuals. By exploring the psychology frameworks of yoga and Buddhism, you will gain a deeper understanding of the benefits of *Dropping-In* and its impact on mental and emotional well-being.

Objectives:

By the end of this week you will:

- ☐ Apply the concept of *Dropping-In* using various yoga postures and direct awareness into the sensations, using the technique of Pratyahara.
- ☐ Have personally experienced *dropping-in* with curiosity and openness.
- ☐ Facilitate clients dropping-in to a state of concentration and mindfulness making it easier to focus the senses and turn one's attention inward.
- ☐ Have a deeper understanding of yogic and Buddhist psychology frameworks and be able to integrate this knowledge into your work as a practitioner.

Pre-Webinar Preparation:

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Watch assigned video introductions to PRYT Phase 3 What is dropping-in, why is dropping-in important, how do you facilitate dropping-in?
- ☐ Read the assigned PRYT Manual pages
- ☐ Read articles on *The Transient Hypofrontality* (and listen to the TedX talk by following the link in the article), *The Neuroscience of Mindfulness* and *Belonging in the Body*.
- ☐ In your Sadhana this week, select one posture that you can sustain at an edge for 3-5 minutes and use the sensation of the *Edge* as your focus. As you engage, notice whether your mind wanders and consistently bring your focus back to the sensation in the present. Reflect on your experience and what you

have learned, considering what happens when you *Drop-in* and what facilitates or hinders your ability to *Drop-in*.

Week 5

Phase 4: Meditation

Buddhist-influenced breath/body-focused meditation

Overview

During this week, we will explore two key aspects of meditation - concentration and mindfulness - and how they work together to create a foundation for a successful practice. Concentration develops mental discipline and stability, which is essential for practicing mindfulness effectively. In turn, mindfulness can help improve concentration by teaching you to be aware of distractions and bring your attention back to the present moment.

Through a simple and straightforward approach, we will demystify and simplify the practice of meditation, using the body or breath as an anchor and a single point of focus. By the end of the week, you will have a clear understanding of how to lead a brief meditation and guide others in developing a simple mindfulness practice.

Objectives:

By the end of this week you will:

- ☐ Develop a comprehensive understanding of the principles and benefits of meditation, including the science behind it and how it can be applied in various settings.
- ☐ Establish a consistent and effective personal meditation practice to gain firsthand experience with the benefits of meditation.
- ☐ Enhance communication skills to effectively guide meditation experiences for individuals and groups, including understanding the nuances of tone, pace, and language.
- ☐ Learn how to tailor techniques to the needs of individuals or groups.

Pre-Webinar Preparation

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Watch assigned video *What is meditation, why is it important and how do you lead it?*
- ☐ Read the assigned PRYT Manual pages and the assigned articles
- ☐ Follow 2 guided meditations from AudioDharma or DharmaSeed (podcasts).
Note: Some episodes are talks only, some are talks and include a meditation and some are simply guided meditations and defined in the titles.

Reflect on your experience and what you learned considering what happens when you *Meditate* and what facilitates or hinders your *Meditation*?

Week 6

Phase 5: Listening for Insight

Bring forth insight that naturally arose during meditation

Overview

During this week, you will learn how to guide others in the practice of inner listening, a powerful tool for gaining insight and wisdom. Through the lens of the Buddhist 5 Hindrances, we will examine common barriers that prevent clients from fully engaging with their inner voice, such as negative self-talk, distractions, and fear. By identifying and understanding these obstacles, you will be able to help clients cultivate a deeper awareness and create space for inner listening to occur. Through various techniques and exercises, you will develop the skills to help clients tune into their intuition and inner guidance, and learn how to apply this practice to your personal and professional life.

Objectives:

By the end of this week you will:

- ☐ Understand the concept and benefits of inner listening, which involves developing the ability to quiet the mind and connect with the voice within to gain insights and guidance.
- ☐ Help clients develop a deeper connection with their inner wisdom and support them in gaining insights and guidance to navigate life's challenges.
- ☐ Learn effective communication skills and language to support clients in listening to their inner voice without mental interference or hindrances.
- ☐ Gain confidence in facilitating clients to tap into their inner wisdom based on experiential understanding of the power of the practice.
- ☐ Explore the Five Hindrances as a framework for understanding and overcoming the barriers that prevent us from connecting with our inner wisdom.

Pre-Webinar Preparation:

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Watch assigned video *What is meant by Listening for Insight, why is it important, and how do you lead it?*
- ☐ Read the assigned PRYT Manual pages and articles

- ☐ Reflect on your experiences during the last several weeks of Sadhana and consider the insights and wisdom that arose for you. Explore the significance of these insights and how they can be applied to your life.

Week 7

Phase 6: Integrating Insight into Action

Reflecting back to draw insight forward

Overview

This final phase is a vital aspect of the Phoenix Rising Yoga Therapy process as it supports clients in transforming insights into actionable steps and creating meaningful changes in their life. We will explore how to help clients integrate the insights gained through inner listening into their actions, thoughts, and behaviors, supporting them in making conscious, positive choices that align with their truest self. By the end of the week, you will be equipped with the tools and techniques to guide clients in taking the necessary steps to create a fulfilling and authentic life guided by their inner wisdom.

Objectives

By the end of this week you will

- ☐ Develop advanced verbal skills to effectively guide clients in creating actionable plans based on insights gained from inner listening.
- ☐ Gain a deep understanding of the transformative power of reflective practices and their role in helping clients integrate insights into their daily life.
- ☐ Develop skills in the art of client-centered dialogue to facilitate meaningful and productive insight with clients.
- ☐ Learn to help clients use language to describe their experiences in a way that accurately conveys their significance and meaning to themselves and others.
- ☐ Personally experience the profound impact of taking wisdom gained from the body and on the mat and applying it to daily life.

Pre-Webinar Preparation

To ensure that you are fully prepared for the upcoming webinar, the following pre-webinar activities should be completed:

- ☐ Watch assigned video *What is Integrating Insight into Action*, why is it important and how do you lead it?
- ☐ Read the assigned PRYT Manual pages and the article *Actions* by Gil Fronsdal
- ☐ Watch the video on Phase 6 by Michael Lee
- ☐ Reflect on the profound insights and awareness gained through the past weeks of practice, allowing yourself to fully embody the wisdom and guidance that has arisen. Delve deeply into the significance of these revelations for your life, contemplating how they may transform your current path and lead you towards a more aligned and fulfilling existence. Take intentional action towards

incorporating this newfound wisdom into your life, creating positive and lasting change for yourself and those around you.

Week 8

Review, Consolidation and Practical Application

Overview

In this final week, we will consolidate the learning from the previous weeks by putting all the Six Phases of Phoenix Rising Yoga Therapy together to create a cohesive, transformational experience. We will review the purpose of each phase and how they work together to support the client's journey from the body to the soul. Building on this, we will explore how each phase can serve as a standalone practice, offering versatility and adaptability to various contexts and settings. Through experiential learning, you will have the opportunity to explore these possibilities for yourself and your clients, while keeping ethical considerations and your scope of practice in mind.

Objectives

By the end of this week you will:

- ☐ Understand the importance of moment-to-moment assessment during your sessions and classes and how to use this information to guide your clients towards transformation and healing
- ☐ Integrate the Six Phases of PRYT into a cohesive, transformational experience for clients.
- ☐ Confidently structure and guide clients through the six phases of PRYT.
- ☐ Create a safe and supportive space for clients to explore the Six Phases.
- ☐ Apply single phases of PRYT as standalone practices in various contexts and settings.
- ☐ Attune to your client's physical, mental, and emotional state in real-time to adjust direction to best serve their needs.
- ☐ Understand ethical considerations while working within your scope of practice.

Pre-Webinar Preparation

To ensure that you are fully prepared for the final two webinars, the following pre-webinar activities should be completed:

- ☐ Watch assigned video *Integrating Phoenix Rising Yoga Therapy into Your Professional Practice*
- ☐ Read assigned PRYT Manual pages