



# The AcquaViva School of Yoga

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Yoga Teacher Training Course 2013-15. AVSY 200

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## Handling the notes

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The 'themes' and 'models of movement and support'...

The 'models of movement and support' are specific thematic approaches to body work that will be introduced individually, and then resurface throughout the entirety of the course.

They are valid models that will help you investigate the workings of the body with some anatomical and physiological background information that will be useful for teaching and problem solving.

Each model can be used as a foundation for a lifetimes practice by itself, but together they offer a complete overview that can help you negotiate through any blind spot in your awareness.

They can also help you help others, because by the end, depending on how you have applied yourself, you will have at your finger tips a full range of approaches and explanations, one of which is likely to resonate with your client's preferred way of seeing things.

... Relaxing into a *different* 'learning' process.

The body is an infinitely complex organism. To 'know everything' about even one of its systems would take pretty much a lifetime, and if it is just one system, it is out of context of the whole, so the knowledge would be pretty much meaningless in terms of yoga.

The course notes explore simple ideas, but these ideas highlight the immense vastness of potential information behind them and it is easy for the mind to get pulled into some idea of having to 'know' it all. This pull is not in the least bit useful as far as practice and understanding goes...

I will be sharing what I feel are the most useful models of movement and support with you (distilled from over two decades of dedicated study and experience).

But most of the 'information' that I provide is NOT FOR LEARNING... it is offered as A FRAMEWORK FOR UNDERSTANDING YOUR PRACTICE.

By all means, feel free to 'memorize' phases that you feel are significant, or that inspire and will serve as a kind of 'mantra' for you, but please don't treat these notes as 'education' in its normal sense...

A lot of what I say mostly serves to challenge and help shift some popular misconceptions, giving the mind different paradigms to play with as you investigate and practice unveiling your own true physical nature...

IT IS THE PRACTICE OF THE YOGA, and nothing else, that will continuously hone your 'understanding'... the notes and homestudy assignments are meant to support you in that process, so please use them in this way.

### Contraindicated 'learning' ...

If when reading notes, you find yourself getting lost in the information itself, and losing the will to live, I would suggest stopping for a moment, and just tune into the sensations in your body and breathing until you can return to yourself, your body (because this is what I am talking about – your body).

And when things have calmed down, return to the title and first paragraph or two of the section you are on, and DO SOME PRACTICE WITH THIS IN MIND. I am speaking to the BODY through my teaching and the notes, so if you wish to understand what I am saying/writing about, **then you must embody as you read/listen.**

### The 'Spirit of Inquiry' ...

Remember that it is the SPIRIT OF INQUIRY within your practice that makes for transformation.

The themes that I offer give you a useful framework for that inquiry, because the themes redress common misunderstandings about the body. But obsessing about 'getting it' will keep you from the actual experience... when you 'get it', it will be a simple matter of recognition, and it will come about because things happen to be in correct spatial relationship and the mind has quietened in the process, not because of what you are doing.

Once recognized, it becomes simpler to re-'create the conditions' that will lead to the experience, because you will know directly what you are looking for.

The core information that will be of most use to you will be repeated throughout the course to show the consistent thread running between the various different models of movement and support.

## Getting it ?

You certainly don't need to 'get it' to practice it... in fact imagining that you do 'get it' is likely to interfere with its practice, because it is the open-minded self-investigation that is the yoga PRACTICE, and 'knowing' what you are doing stops the investigative aspect of practice dead in its tracks.

*'A rigid mind is very sure but often wrong. A flexible mind is generally unsure, but often right.'*

(Vanda Scaravelli)



Here are some of the baseline 'models of movement and support' that will appear throughout the course:

- Creating the Conditions ~ removing the conflict of mind body and breath in relationship to each other and environment, so that freedom is a natural consequence. This is the 'umbrella' principle to all themes.
- Through the joints ~ 'putting yourself back together' ...an objective relationship with the body and movement. Structural reorganization and balance. Fluid joint mechanics and grounding.
- 'Patterning' ~ pattern recognition in structures, movements and the relationships between things. ~ inward and outward cross-diagonal movements and relationships through joints and between structures. Integrating left and right. Balancing the tensegrity model of the muscular/elastic body by relating through the fluid spaces between structures.
- Fluid mechanics ~ diaphragms, the fluid body and breathing choices in movement and support.
- The Breathing Spine at the central axis of support and as the central engine of movement and expression.