



YOGA  
FOR  
SPORTS

# 70hr training

with Jim Harrington

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From footballers to runners and triathletes; there is a growing interest in yoga among athletes. They are looking to yoga teachers to help them keep their bodies injury-free and to sharpen mental focus. However, there is a difference between the average yoga enthusiast and a fully focused athlete.

The athlete generally has no ambition to “make progress” in their yoga practice; their ambitions are elsewhere.



### **OBJECTIVES OF THIS COURSE:**

- To bridge the divide between sports training culture and Yoga practices.
- To demystify Yoga for athletes, coaches and sports professionals.
- Posture and muscle imbalance explained.
- To equip Yoga teachers with skills in the form of a Yoga for Sports ‘method’, which can be applied to all kinds of athletic fields.
- To be able to specialise yoga and sequence for particular sports people.



## COURSE CONTENT:

- Alignment redefined - Physical Yoga practice prioritising safety and joint stability.
- 31 key biomechanically sound points of functional movement and alignment.
- Spinal Posture and core strength in sports and Yoga
- The role of the Yoga Coach for an athlete
- Breathing performance and Pranayama
- Mind training - Mindfulness, mental strength, meditation and visualisation.
- Sequencing for specific sports.
- Understanding sports injuries and yoga injuries.





## **COURSE PREPARATION & ASSIGNMENT**

### **Preparation Work before the six day course.**

Please note that this is compulsory preparatory work. It will be handed-in, marked and will help us to fully appreciate and get more from the course.

The concepts will make more sense if a little groundwork is done.

It is hoped that as many people as possible in the group spend some time with this prep work and begin to apply their minds to finding the best possible way that they can apply their knowledge or their newly-acquired knowledge to the task of teaching Yoga for Sports.

### **The task is simple:**

Please consider the following questions, do a little research, and make some notes. Research can be from internet searches, books, or speaking to people who know. How much you do here is entirely up to you, but more investigation will bring more depth to your inquiry and understanding.

### **Step 1**

Choose a sport or an athletic endeavor. One that you have personal experience with or at least an interest in will be best

### **Step 2**

Answer these questions (make some written notes please)

- What are the mental or psychological characteristics required for excellence in this sport?
- What are the physical characteristics required for excellence in this sport? (Size, shape, condition, age, etc.)
- What are the respiratory requirements in this sport?
- What are the most common injuries experienced in this sport?
- Are there some sub-genres in this field? How are they different?  
For example, under Snow skiing, there is downhill racing, jumping, Nordic skiing, and more.



- In what way do you think that yoga may be helpful in terms of the performance of this sport?

### Step 3

Think about how you might be able to reach out to someone who is a practitioner of this sport and work with them as an experiment to conduct an informal case study of your own.

### Yoga for Sports Case Study Assignment / Research paper

This compulsory Case Study / Research paper (800 words) comes with this 6 day course and will ensure a Yoga Alliance certification.

This is a note to begin the process with some preparatory thinking and investigation.

#### **Objective of the Case Study:**

To put into practice theoretical concepts learned from the short course  
To make a start in working specifically with Yoga for Sports  
To gather data and gain some experience with one type of sport.

#### **Deliverables:**

The format and parameters of the research project will be clearly defined during the course. Record and document the process of Yoga-based training with an athlete over a period of at least 6 weeks.

**Hand in Date:** 2 months after the conclusion of the course.

It is expected that those who wish to have their assignment marked and commented on will be able to submit a completed report 2 months after the conclusion of the course. Submissions after this date may not receive any comments or marks.

### Recommended reading and texts

**The anatomy of movement** by Blandine - highly recommended  
Begin to work through the **Anatomy colouring book** on your own  
A basic training in anatomy is recommended.



## ADDITIONAL COURSE INFORMATION



Jim's 6 day intensive training is now in its 7th year.

Jim Harrington is an Australian based in Cape Town.

He has 20 years of yoga teaching experience, holds diplomas in Remedial Therapies and Sports Therapies, and has years of experience with professional athletes. His background includes a stint as the Yoga Coach to the Indian National Cricket team in a bid to improve fitness and mental focus and 2 seasons touring India with the Delhi Daredevils IPL team.

This course will offer you the skills to work more effectively and safely with athletes and to understand the mechanics of yoga in a sport's context. If you are a yoga teacher, a personal trainer, coach, or a movement therapist working with soft tissues, then this cutting edge course is for you.

Jim will also guide students into each of the following topics over the course of the training:

### **The “problem” of generic yoga**

Traditional yoga practices, applied intelligently, can enhance performance in any person, but it isn't a “one size fits all” method. Myths and “rules of thumb” abound in yoga classes; some of these are misplaced or not based on healthy biomechanics.



We will take a closer look from an anatomy and physiology perspective. We will explore functional movement as a paradigm for yoga practice and how this fact alone prevents many serious sportspeople from enjoying the benefits of yoga. Specifically, we will focus on the lower limbs and pelvis, the shoulder girdle, and the lumbar spine as well as identifying a better way to view “core strength”.

This “alignment re-defined” aspect of the course is a foundation that will be useful to all yoga practitioners who are looking to improve their asana practice and also for sustainable and safe ways to practice. A solid understanding of biomechanics, joint structure, and functional movement is essential for working with serious sportspeople so this is the starting point for the Yoga for Sports practices.

### **What is the role of the yoga coach? And who else is in the team?**

We will explore all the practicalities of working with mid-to-high level sportspeople and how to work effectively in a professional sports environment. The planning starts with identifying targets, goals, injury profiles, body mechanics, and mental state in a chosen field, and then applying interventions from the ancient yoga practices.

### **Injuries**

One bad injury can literally end a sports career. We will explore yoga as prehab and as rehab in sports, identifying and explaining common injuries and problems. In this extended course we will spend more time analysing what makes up healthy or ineffective posture, and typical imbalances that develop through our sports. We will look at the possibilities of postural correction and management through yoga asana.

### **Introduction to mind training**

An application of Mindfulness with breathing and other breathing techniques and the physiology of getting in the zone; we will apply Pranayama to sports, specifically with regard to fitness, recovery, and VO2 max. Practical pre-match breathing ratios and techniques to enhance calm and focus will be taught.



### Creating a class plan

A deeper delve into the art of sequencing and planning classes for specific purposes; understanding training periodisation, recovery, pre-event and post-event restorative yoga.

### Research Paper

Students will be required to submit a short (800 words) \*research paper\*, as explained under course preparation and assignment. It is hoped that this exercise builds the confidence to continue working in this very rewarding field.



## CERTIFICATE

Upon completion of this course, you will receive a certificate of completion.

As well as a credit for one of the four Modules (70 hours) which make up the Yoga Alliance 300 hrs Advanced Teacher Training program.

I am looking forward to meeting you and presenting the Yoga for Sports Short Course.

All the best,  
***Jim Harrington***