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## Class Syllabus

The in-class portion is scheduled over a period of 4 months.

### STEP ONE

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*In-class – 4 consecutive days.*

This initial portion of the training is designed to teach you the Urban Zen PANIC™ (pain, anxiety, nausea, insomnia, constipation and exhaustion) assessment model, to refine your skills to include self-care and care-giving, introduce you to the practices of the UZIT modalities (Yoga Therapy, Reiki, Essential Oil Therapy, Contemplative Care and Nutrition) and introduce you to the integration of these modalities to prepare you to go back to develop your integrative self-care practice and prepare to work with others. Along with the instruction to Yoga Therapy, you will be attuned in the Reiki tradition and introduced to the use of essential oils for self-care. Even if you have been previously attuned, please know that your participation is essential for the cohesiveness of this training.

### STEP TWO

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*In-class – 3 consecutive days.*

This section of the training is designed to further the use of these integrative modalities in your personal life as well as establish the protocol for using the UZIT modalities in patient care. This section will include the deepening of knowledge of how to use the PANIC™ Model to determine which of the modalities in what combination you will be using in a given situation.

- A base for Contemplative practices in the form of self-care exercises, mindfulness techniques and communication skills will be taught.
- Nutrition for self-care will be addressed.
- Further instruction into the use of essential oils for use with the PANIC™ model.

You will be provided with necessary forms, guidance and suggestions for your one-on-one clinical component and the hospital-based clinical rotation.

### STEP THREE

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*Out-of-class – Clinical Rotation Component*

In two parts:

- Home Case Studies – 10 90-minute sessions using all modalities
- Clinical Setting – Session write-ups for each shift noting information on the work you did with your patients. 50 hours of this work is required for completion requirements – this may take months to complete depending on your schedule. An Urban Zen representative will be on-site to supervise and assist you in this process.

## STEP FOUR

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*In-class – 2 consecutive days.*

Classes reconvene to assess you in the individual and integrative modalities. More information on these assessments will be given during Step 2. You will also be given deeper training for the integration of these modalities into your daily work with patients.

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## Homework

Below is a sample of Homework 1. All assignments are subject to change.

Personal Pranayama – Daily:

- Inhale, Exhale, Pause
- Keep a journal of your observations
- End practice with 5 minutes of seated meditation and 10 minute Savasana

Gaiam Yoga Studio:

- You will receive an email with your log-in information from Gaiam Yoga Studio.
- Please review WEEKS 1-5 of Gaiam Yoga Studio for the next three weeks. Be prepared to teach minimized poses to your Mentor Groups – how can you take the standing poses down to minimal in-bed movements.

Restorative Practice - Daily:

- Set up the poses everyday for a month
  - Get to know the pose and its effects on your body
  - Submit to your mentor; due by Step 2 class dates
- Photograph yourself or someone you've set up in the following poses:
- Constructive Rest (2 variations)
  - Supta Baddha Konasana/Reclined Cobbler's Pose (3 variations)
  - Supported Savasana/Relaxation Pose (2 variations)
  - Side Child's Pose

Reiki:

- Self Reiki daily
- Journal your experience

Reading:

- Reading assignments will be provided in class.

Review:

- In-bed movements of the feet and legs
- In-bed movements of the hands and arms
- In-bed movements of the spine
- Body Scans

Resource Work:

- Locate a restorative class/Iyengar in your area. Take one restorative class before the next meeting.