

# Good Life Yoga School

Marcus Veda & Hannah Whittingham

## ROCKET SCIENCE: The Anatomy of Rocket 2022

50/100 Hour Advanced Training

### Dates & Location

Sunday 8<sup>th</sup> – Friday 13<sup>th</sup> May @ Yogarise, Peckham\* (9:30-5:30pm)

Sunday 2<sup>nd</sup> – Friday 7<sup>th</sup> October @ Held, Hoxton Square (9:30-5:30pm)

These modules can be taken separately or together.

### COVID MEASURES

Please do not attend if you have a temperature, a cough, or have recently lost your sense of taste or smell. Wearing a mask is optional, but we encourage you to take all the advised precautions, such as testing frequently and thoroughly washing your hands.

Due to changing requirements of social distancing and studio closures, we may need to change our venue in the lead up to the training. We apologise in advance for any changes and will let all students know as far in advance of the course beginning as possible.

### Course Outline & Content

As well as the chance to learn various ways in and out of the funkier Rocket transitions and postures (and plenty of ways to work towards them), students will learn Rocket 1 and Rocket 2 sequences (with a dip into Rocket 3) in order to teach these 'traditionally' as well as using the arcs to create themed sequences based on strengthening, stabilising and opening certain areas of the body.

The anatomy contingent of the course will run alongside and within these sequences, delving deeper into muscles, joints, bones and body variations in order to understand functional sequencing, as well as when/how/if to adjust students in poses.

### Anatomy

Hips – exploring standing and seated sequences in Rocket 2 & 3 with regards to internal and external rotation at the hip joint, as well as the important muscles that ensure this safe rotation.

Backbends – exploring internal and external rotation at the shoulder joint, the importance of the position of the shoulder blades, the muscles that work them, and understanding hyper-extension.

Arm Balances – exploring the importance of shoulder strength and stability (as opposed to relying on the core), looking at different techniques for straight arm balances as opposed to twists, and considering shoulder/ligament health.

Inversions – All of the funky Rocket upside down fun. Exploring the wide span of inversions from variations of handstands, headstands and forearm stands through to fully supported shoulder stand options as well as restorative inverting, and how to teach suitable variations to different levels of students.

## **Assisting**

Exploring the controversial minefield of assisting students, in terms of anatomical variation and safety of both student and teacher (physically, emotionally, legally and surviving social media).

## **THE ROCKET**

“It’s an attitude not a sequence”: Exploring Rocket sequences 1, 2 & 3 as well as how to adapt for time in 60/75/90 minute classes.

Following the arc while straying from the path: Remixing the sequence for mixed ability classes and anatomical themes whilst keeping the intentions of Rocket creator, Larry Schultz.

## **Inversions & Transitions**

A look at the transitions between postures as well as some of the classic arm balances and upside down-ness of Rocket, working out how to practise and teach them at various different levels for different students' experience.

## **Energetics**

“Rocket gets you high”: Exploring the effect of the different rocket sequences with a view to being mindful of your energy and mood. Exploring ways to close the practice – ashtanga/functional versus yin versus restorative options

## **Pranayama**

Exploring how asana prepares the body for pranayama, looking at nervous system regulation (and disruption) through various pranayama techniques.

## **Overarching focus: Stability versus Flexibility**

Including hyper-mobility, the tendency to prioritise deep stretch over stabilising, and the important difference between useful muscle engagement versus unnecessary tension, and movement versus directionality when it comes to “alignment”.

## **Faculty**

Marcus Veda & Hannah Whittingham

Anatomy: Christian di Giorgio

## **Cost**

For May training: £750 early bird discount (until 1<sup>st</sup> Dec, 2020) // £800 thereafter

For Oct training: £750 early bird discount (until 1<sup>st</sup> April, 2021) // £800 thereafter

£1400 for both May and October Advanced TTs together (this offer can also be used in conjunction with “Align Your Rocket” with us and Claudia Dossena in July.

Bursaries are available for all trainings, please ask us for info.

## **The Small Print**

Half of the tuition fee is due on booking as a deposit, the other half can be paid any time up to 6 weeks before the course start date. Deposits are non-refundable, but if cancelled in advance of a month before the start date, they can be transferred to another training (for full details see terms and conditions).

If you would like to discuss a payment plan, do let us know.

Ideally students will have completed a 200 hour Foundation Teacher Training to join our advanced trainings, but this does not have to have been in Rocket and does not have to have been with us. Do get in touch if you would like to discuss this.

Please note that although this course will allow you to teach Rocket/Rocket Inspired classes, it does not qualify you to teach Rocket Retreats or Rocket Teacher Trainings. To become fully certified and able to do this, you must train with It's Yoga (led by David Kyle) and gain his certification.

### **COVID CLAUSE**

Due to these uncertain times, if we are unable to meet in person we will offer all students the option to transfer to the next suitable course in real life, or to join the next course online (and be refunded the difference).

For any student signing up between August and October 2020 deposits are fully refundable should the course be postponed and you be unable to make the new dates.