

# Good Life Yoga School

Marcus Veda & Hannah Whittingham

## ROCKET SCIENCE: The Anatomy of Rocket

50 Hour Advanced Training

### Dates & Location

Monday 6<sup>th</sup>– Saturday 11<sup>th</sup> May @ Yogarise, Covent Garden (9.30-5.30pm)

### 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 the Rocket 1 sequence in order to teach it 'traditionally' as well as using the arcs to create themed sequences based on strengthening, stabilising and opening certain areas of the body. You will learn to adapt for all bodies and levels of experience.

The anatomy contingent of the course will run alongside and within the sequence, 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.

*You can choose to take just the mornings (Rocket only) or just the afternoons (Anatomy only), if you prefer.*

### 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 the Rocket sequence 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

## **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

Guests: Amme Poulton, Fiona Callanan & Nino Russo,

## **Cost**

£799 early bird discount (until 1<sup>st</sup> Jan, 2024) // £850 thereafter

You can take just Rocket (9.30-1.45pm) for £450, or just Anatomy (2.45-6pm) for £450.

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.

Please note that this course will allow you to teach Rocket/Rocket Inspired classes, it does not qualify you to teach Rocket Teacher Trainings.

To become a Rocket Teacher-Trainer, you must train with *It's Yoga* (led by David Kyle) and gain his certification.