



WELCOME TO BLISSOLOGY

SOMATICS AND SEQUENCING 2023

We are so happy to welcome you to this course. It is going to be a dream to have this time together to deepen our love for yoga and community.

Please read this document carefully so you are oriented for this groundbreaking course.

At a high level, know that we are running four "mini-courses" within the framework of the course:

1. **Sequencing Theory: The Art and Science** - understanding the Blissology concepts cerebrally.
2. **Sequencing Practical: Practicing and feeling** this information in your bodies.
3. **Somatics Theory: The Art and Science** - understanding the Blissology concepts cerebrally
4. **Somatics Practical: Practicing and feeling** this information in your bodies.

We are honored to have some talented Blissology Assistants join us.

They will mentor you through this course.

- Adam Brous
- Theresa Schiessl
- Sheri Zebroff

Also, we have **OPTIONAL In-Person Somatics Add-On** this summer

This will be a joyous day where those who opt in can present their 40 minute sequence in person for feedback on July 10 in Kelowna.

Email us to inquire: trainings@blissology.com

Thanks for being here and committing to your teaching and your practice and helping to spread more BLISS out onto the planet!

Namaste,

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HOW THE COURSE WILL WORK:

- New content is live every Monday.
- Course Content & Important Dates:

Monday: All Lectures on theory + routines for this course will be posted every Monday.

Tuesday:

1. Each Tuesday we will post OM WORK questions related to the Monday's videos.
2. There will also be some videos spread through out the week so no day is overloaded
3. Read through the comments of other students on teachable and join in!
4. Students prepare questions to ask for Thursday call. Please do this especially if you cannot attend the zoom call so we can help to address what you are working through.

Thursday: Zoom call Thurs Feb 9, Feb 23 and March 9 @ 9:00am PDT

Friday: Students to submit homework by Friday EOD in their time zone.

- Course Content Breakdown

Aside from Lectures on Sequencing and Somatics, there will be practical assignments. This is for you to learn not just the theory cerebrally but to experience it on the mat. We are looking forward to this part of the course. Here's what to expect:

Week 1: Dissect 1 Blissology Yoga Flows - Earth Body Yoga

Self Review: Don't skip this!

Week 2: Dissect 2 Blissology Yoga Flows

1. Students OM WORK is to be submitted on specific Teachable Page under Comments
2. Peer Review in groups according to google docs spreadsheet
3. Post your video to the FB page
4. It is important to use the hashtag for the name of your group so we can move it into the appropriate guides.

Week 3: Superflow

1. Students OM WORK is to be submitted on specific Teachable Page under Comments
2. Mentor Review in groups according to google docs spreadsheet
3. Post your video to the FB page
4. It is important to use the hashtag for the name of your group so we can move it into the appropriate guides.

Week 4: How to get Embodied to Maximize Creativity

1. Students OM WORK is to be submitted on specific Teachable Page under Comments
2. Students Video Submission is to be uploaded on the students specific Photo Album in Facebook

Week 5: Create Your Own Flow

1. Students OM WORK is to be submitted on specific Teachable Page under Comments
2. Students Video Submission is to be uploaded on the Facebook group.



- **How will homework be submitted:**

- Weekly Homework Submission → Students to post OM Work on Teachable Pages using comments. You must complete all of these questions for certification.
Refer to this page.
- Weekly Video Submission → Student to post a 1x 8 min video each week demonstrating flow assigned via their Facebook Page using appropriate hashtags. Make sure your videos do not exceed 8 minutes in length.
- Mentors can not review videos more than one week after the course ends. Any video submission after this point will be subject to an extra charge

- **How will Mentors provide feedback on students' submissions:**

1. Video Submission → Mentor to offer feedback on their group's video submissions via the Facebook Guides each week. Feedback can be written via "comments" under the video in their guide. One more time, make sure you use hashtags for your posts to FB
2. Weekly Homework Submission → Mentors will comment on your feedback to OMWork and videos. They can not respond to every comment but we love hearing what you have to say.
3. "Office Hours" Zoom Calls every Thursday at 5:30pm PST
4. Our intention is to give you a chance to get clear on the material. As mentioned above, please post your comments and questions on the teachable zoom call link.
5. We call it Office Hours because it's like the time your professor would leave his or her office door open for students to discuss the material.
6. We will post the recording of the Zoom call, if you miss it. Don't worry. :-)

- **Please add our email to your contact list ASAP!**

We will be emailing you from trainings@blissology.com several times a week.

However, if you don't add both trainings@blissology.com and info@blissology.com to your contact list, the emails will go to your Spam!!! So trust us and let's be friends! :-)



BLISSOLOGY