**Condition Research Assignment**

This assignment begins the process of researching issues that will likely be common in your practice and teaching. We’ll delimit our search to common issues within the domains of back care and aging, which of course overlap to some degree. Choose a topic you’re interested in researching on back care or on aging. For instance, you may choose osteoarthritis, bone health, sciatica, something vague like general stiffness, etc. It may be something you yourself face, or something you observe in a family member, friend, current student, or something that simply is of interest to you. Please keep the concern to the physical realm. Please email your topic to me at [symt@spandyoga.com](mailto:symt@spandyoga.com), no later than February 1, 2018. I’ll review and then we’ll set up a time to talk.

Throughout, please cite all sources. Sources may include websites, apps, course and other texts, people, your own experiential explorations, insights and hunches…

**As you work with your topic, please fill in this guide.**

1. Topic and, if different, western allopathic name of this topic:
2. Why I chose this topic:
3. Description of this issue or concern:
4. Ballentine’s view (if listed):
5. Lad, Ayurveda and/or Dr. Demers’ view:
6. Other important points of view of which you are aware:
7. To what cause or causes is this condition attributed, and by whom/ which school or thought or body mapping system (ex. Chinese Medicine)?
8. Do some yoga practice (asana, vinyasa, meditation, relaxation, other) while“embodying” the condition. What insight do you have about the condition? What insight do you have about accommodating yoga, movement, or other practices for someone with this concern? (What would be favorable? What would be neutral? What would be detrimental?) What accommodations might you make generally speaking?
9. To your way of thinking, are there deeper koshic influences attributable to this condition? If so, what might one or two of them be?
10. What, if any, insights do you have at this time as to how you might approach helping someone currently expressing their own unique variation of this condition?
11. What yoga or related practices, principles or remedies might you consider introducing (e.g. diaphragmatic breathing, agni stimulation, triphala, etc.)
12. What might you tell someone with this condition who says they would like to take some general multi-level yoga classes, as they heard yoga will help?
13. What interests for further study do you have?