25-hour Intensive Training with Doug Keller – Detailed Content

Thursday, 18 March 2026, from 8:00 am to 12:00 noon, and 1:30 pm 5:00 pm (7.5 hours):
Joint Health, and the Key Role that Joint Movement Plays in Regulating Muscle Tone

The first day introduces the dimensions of optimal aging that will be discussed throughout the training — keeping in mind that the principles being laid out are applicable to good yoga practice at any age, and for most groups of people.
The main topic is joint play — which is the key to working productively with our muscles, as well as for achieving greater mobility and freedom from pain.
The main focus will be on the feet, ankles, knees, hips, and sacroiliac joints (more time will be devoted to the elbows and wrists in connection with the shoulders on Saturday). We'll cover typical problems in these areas that limit mobility throughout the body, and we'll lay out the principles for joint play that provide a foundation for intelligent sequencing that are vital for making progress in asana practice as well as general joint mobility.
Most problems of muscular imbalance as well as stiffness, weakness, inflammation, and pain start in the joints, so it's quite appropriate to start here, understanding how joint play is key to reducing or managing the problems that come with age — and the importance of starting early in refining our practice and teaching!

Friday, 19 March 2026, from 8:00 am to 12:00 noon, and 1:30 pm to 5:00 pm (7.5 hours)
Principles of Fascial Fitness — Maps for Movement

The second day moves into working specifically with our skeletal muscles, from the perspective of fascial fitness.
We usually associate the idea of 'fitness' with cardiovascular fitness, but even more important than that, from the perspective of aging, is fascial fitness — especially since cardiovascular health rests in large part upon it.
We will lay out what 'fascial fitness' *is*, the principles for increasing and maintaining it through accessible asana practice, and what the benefits of fascial fitness are.
This session will focus on how functional movement is reinforced through asana practice. The foundation for this approach will be the myofascial lines or 'sutras' that govern functional movement as well as posture. These provide the basis for postural assessment to understand pain patterns, as well as a logic for sequencing a practice to refine functional movement and improve postural patterns, for adjusting poses, and for avoiding injuries.
Particular focus will be on hamstring health and function, and what to do with hamstring injuries, as well as muscular actions that support mobility in the sacroiliac joints while providing stability to those joints — and the pain patterns associated with the sacrum and low back.
The morning will focus on the role of myofascial lines in the lower body as they affect the feet, knees, hips, and low back, and the afternoon will *also* introduce

myofascial lines in the arms and shoulders that affect the neck, shoulders, elbows, and wrists. The focus on the shoulders will continue into Saturday.

Saturday, 20 March 2026, from 1:30 pm to 6:00 pm (4.5 hours)
The Upper Body: Health and Movement of the Shoulders (and Neck) as well as Wrist Health

The health of the spine and neck, as well as breathing patterns, is greatly impacted by issues surrounding the shoulders — and these issues are relevant at any age. This session will go into further detail on the fundamentals of maintaining shoulder mobility and health, especially as it impacts posture, the health of the spine, and the breath.
This will include consideration of the myofascial lines or sutras governing the shoulders, as well as the alignment and action necessary for good 'joint play' in the shoulders that is necessary to avoid inflammatory conditions and injuries. These provide guidance for sequencing as well as manageable shoulder routines that increase strength, stability, and flexibility, and which provide clear guidance for adjusting the shoulders in a wide range of poses.
By looking at the 'big picture' of the shoulders, we can improve wrist and hand function, and examine wrist and elbow problems and limitations that so often present problems for practice.

Sunday, 21 March 2026, from 8:00 am to 10:00 am, and 12:30 pm to 4:00 pm (5.5 hours)
The Spine, and the Role of Skeletal Muscles in Bone Health — Functional Movement

The final day puts together the 'big picture' connecting upper and lower body, with special focus on the health of the spine, key alignment and movement patterns to be reinforced in asana practice, and the topic of bone health for the spine and hips. Bone density and the issues surrounding osteoporosis and osteopenia are broad and complex. Bone health needs to be a concern starting at age 40, since diagnoses of osteopenia and osteoporosis at age 60 and beyond is the result of bone loss between 40 and 60. Both skeletal muscle actions and breath patterns are key to maintaining bone health during these crucial years, and it's never too early to recognize the value of muscular work in asana for bone health.
For safe and productive yoga, attention needs to be paid to the health of the spine as supported by (rather than endangered) by yoga practice — with proper consideration of safe spinal extension, flexion, and twisting, and the related myofascial lines involved in asana practice that maintains the health of the spine. This attention will include reinforcement of postural assessment principles, and how they are applied in asana alignment.