

Become A Yoga Therapist:

Prerequisite: Foundational Yoga Teacher Training
+ 1 year teaching experience



Become A Yoga Therapist

Prerequisite: Foundational Yoga Teacher Training
+ 1 year teaching experience



Mind Body Wellness - 60 HRS

- » Yoga Therapy Defined
- » Spirituality & Wellbeing
- » Philosophy & Ethics
- » Ayurveda & Yogic Lifestyle
- » Wellness Coaching Skills
- » Models of Health & Wellness
- » Prana Flow, Vayus, Nadis and Granthis
- » Biopsychology of yoga – chakra system
- » Yoga for Dosha Balance

The Business of Yoga Therapy - 50 HRS

- » Prerequisite: Yoga for Chronic Illness
- » Legal, Regulatory & Business Issues
- » Yoga Therapy in a Multidisciplinary Team
- » Building a referral network
- » Funding Models for Yoga Therapy
- » Therapeutic Relationship
- » Scope of Practice
- » Ethical Dilemmas
- » Intake and Assessment
- » Evaluating and reporting
- » Find Your Niche
- » Grow Your Business

Applied Anatomy & Physiology - 60 HRS

- » Anatomy Review
- » Observing Asana
- » Pathologies & Therapeutics
- » Movement as Medicine
- » Yoga for Flexibility
- » Yoga of Strength
- » Yoga for Fitness
- » Anatomy of Pranayama
- » Somatic Self Awareness
- » Intro to Pain Science

Mentoring & Practicum A - 195 HRS

- » Prerequisite: 100 hrs training
- » 1:1 Yoga Therapy
- » Forming and maintaining a therapeutic relationship
- » Assessment Skills
- » Sequencing for Individual Goals
- » Protocol development
- » Case taking
- » Record keeping
- » Ongoing evaluations
- » Ending a therapeutic relationship

Yoga for Chronic Illness - 80 HRS

- » Yoga for Trauma & Mental Health
- » Yoga for Cardiovascular Disease
- » Yoga for Diabetes
- » Yoga for Arthritis, Ageing, and Auto-immune Conditions
- » Yoga for Women's Hormonal Health: Menarche to Menopause
- » Yoga for Cancer
- » Palliative Care: The Yoga of Dying

Mentoring & Practicum B - 205 HRS

- » Prerequisite: 100 hrs training
- » 6 months
- » Small group yoga therapy for shared diagnosis
- » Integrating yoga therapy in your community
- » Providing psychoeducational support
- » Group dynamics
- » Sequencing for shared goals
- » Adapting for individuals within group
- » Intake, assessment, evaluation and reporting.



+ 150 Hr Electives

- » Mindful Birth
- » Yoga Foundations
- » Restorative
- » Yin
- » MBSR
- » Yoga Nidra