



WISDOM YOGA INSTITUTE PRESENTS

Wisdom Yoga Therapy 800 Hour Training Prospectus

2018 - 2020



wisdomyogainstitute.org

Wisdom Yoga Therapy

Yoga Therapy is the art and science of using all the tools of yoga to support individuals to manage health and wellness. Wisdom Yoga Institute's Wisdom Yoga Therapy program is a collaboration between Surya Health & The Yoga Space that began in 2012 (under the name Living Yoga Therapy), designed to offer evidence informed training to yoga teachers who wish to use Yoga Therapy clinically for individuals and therapeutic group classes.



Welcome to Wisdom Yoga Therapy

This course is designed to equip yoga teachers to become skillful at working with individual health needs using Yoga Therapy. Take your yoga teaching to a new level so that you can conduct intake interviews, client assessments, find and understand research relevant to your clients, create yoga therapy management plans, and deliver yoga therapy in a variety of settings. Wisdom Yoga Therapy graduates have been able to deliver yoga therapy in cancer centres, hospitals, palliative care units, rehabilitation centres, allied health clinics, private practice and yoga studios.

Course Structure

The course is structured in modules for flexible delivery. Workshops are delivered as either weekend workshops in Perth OR intensives in Asia. The same content is delivered regardless of location. Practicums A and B are online and can be undertaken from wherever you are in the world.

There are flexible entry and exit points depending on your goals. Undertake a single module of interest, or commit to the full 800 hour, 2 year program. The program takes rolling admissions and modules are offered every second year, so you can start with any of the following modules: Therapeutic Yoga Foundations, Mind Body Wellness, Applied Anatomy and Physiology, or Yoga for Chronic Illness. Prerequisites apply to the Business of Yoga Therapy and the Practicums – see flowchart diagram.

Students who have completed 100 hours Yoga therapy training and wish to continue to gain experience, mentoring, increased training hours and move towards accreditation readiness can undertake Practicum A (Seeing 1:1 clients) or Practicum B (1:1 intake and assessment of clients who are then incorporated into small group 8 week Yoga therapy programs).



Become A Yoga Therapist:

Prerequisite: Foundational Yoga Teacher Training
+ 1 year teaching experience

200 Hr
Teacher Training

150 Hr Therapeutic
Yoga Foundations



Therapeutic yoga foundations 150 hours

- » Prerequisite: 200 hour teacher training +1 year yoga +1 year teaching experience
- » Yoga Sutras and Ethics
- » Teaching Methods and Class Planning
- » Yoga as therapy 1,2,3 and 4
- » Vinyasa Krama - the Art of Sequencing
- » Art of Adjusting
- » Philosophy 1,2,3 and 4
- » Yin Fundamentals and Yin for Everything
- » Salutations for Everybody
- » Yogic Cosmology
- » Panchamaya Kosa
- » Guna
- » Tanmatra - Inner and Outer Elements
- » Therapeutic Meditation
- » Anatomy 1,2 and 3
- » Pre and Post Natal Mindful Health through Yoga
- » Teaching Yoga Nidra & Restorative Yoga
- » Modifying Asana - inversions, backbends and arm balances
- » Intro to Therapeutic Relationships - Intake and assessment
- » Communication Skills for Yoga Professionals

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.

Accreditation Pathways

International

Wisdom Yoga Institute (formerly Living Yoga Therapy) is a member school of IAYT, the International Association for Yoga Therapists. Program Directors Chandrika Gibson and Dr Jean Byrne PhD are honoured to have been recognised as leaders in the field with the qualification C-IAYT from the International Association of Yoga Therapists.

Graduates of our original 365 hour course (final intake Sept 2015) who have at least 150 hours clinical experience since graduation have successfully applied for IAYT certification (C-IAYT) under the grand parenting 1 pathway. This opportunity for grand parenting finished in June 2017. The current 800 hour Wisdom Yoga Therapy course has applied for accreditation by the IAYT and is currently being evaluated.

Australia

In Australia, Wisdom Yoga Therapy training is a recognised post graduate course with Yoga Australia, and training hours can be used to upgrade Yoga Australia levels.

In late 2016 Yoga Australia began registering Yoga Therapists and Yoga Therapy Training Courses. We are proud to be a 650 hour training provider recognised by Yoga Australia.

For Yoga Australia Yoga Therapy registration, prerequisite teacher training (prior to Yoga Therapy specific training) is 350 hours in keeping with Yoga Australia Level 1 standards.

Please Note: Yoga Alliance are very clear that they do not recognise or register Yoga Therapists, however you can use our Yoga Therapy training as CE (Continuing Education) hours. We are registered YACEP providers.

Admission Requirements and Procedures

The prerequisite for embarking on yoga therapy training which leads to accreditation with a professional body, is a minimum of 200 hours yoga teacher training (IAYT) or 350 hours teacher training (Yoga Australia), one year of teaching experience and at least one year of regular yoga practice.

We also require all students to be dedicated to 5 days a week yoga sadhana (all styles and forms of practice are accepted), and to commit to adhering to the principles of yama and niyama.

Requirements	IAYT	Yoga Australia
Prerequisite personal yoga practice	1 year	1 year
Prerequisite Yoga Teacher	200 hours teacher training	350 hours teacher training
Yoga teaching experience	1 year (can be concurrent with teacher training)	1 year (can be concurrent with teacher training after 350 hours training)
Yoga Therapy Specific Training	800 hours yoga therapy training	650 hours yoga therapy Training
Practicum	Minimum 150 hours	Minimum 150 hours
First Aid	Recommended	Required

Upcoming Workshops 2018 - 2019

Module	Dates	Location	Prerequisite
Applied Anatomy & Physiology	Oct 13 – Nov 4, 2018 (6 days)	Perth	n/a
Yoga Nidra & Restorative Yoga	Nov 17-18, 2018 (2 days)	Melbourne	n/a
Yoga Therapy for Chronic Illness	Mar 2 – May 19, 2019 (8 days)	Perth	n/a
Yoga Therapy in Chronic Illness	April 1 - 8, 2019 (8 days)	Hong Kong	n/a
Business of Yoga Therapy	June 8 – 23, 2019 (5 days)	Perth	Yoga Therapy in Chronic Illness
Therapeutic Yoga Foundations	Aug 23 – 31, 2019 (9 days)	Bali	n/a

Course Fees & Payment Plans

Tuition is AUD\$1100- \$2000 per module except Practicums which are US\$1500 each. Allowing for changes in currency rates, the full tuition in 2018 is under AUD\$12,999. Early bird rates are 10% off full fees.

Please note: For intensives airfares, accommodation and food costs are the responsibility of students and not included in tuition fees.

Lunch and light refreshments are provided during Perth weekend workshops.

Expect some small variation in fees in different locations due to currency exchange rates and host studio requirements. For example the 2018 Singapore 60 hour Mind Body Wellness intensive is SGD\$1450. The same module when delivered in Australia is AUD\$1500.

Early bird rates will be advertised for each Module or Intensive.

Payment Plans are available by arrangement. AUD\$500 deposit will be required, and full payment of fees must be completed prior to commencement of the module workshops.



Coursework and Assessments

Wisdom Yoga Institute follows adult education best practices and accommodates different learning styles. Written assignments are short and each will be explained fully in class time. Assessment is ongoing throughout workshops and based on verbal contribution, interaction with peers in practical learning activities, online meeting contributions and submitting written assignments. Fluent written and spoken English is required. Reliable internet access and email are also required.

See the Student Handbook for more information on coursework expectations and support.

Administration and Faculty

Wisdom Yoga Institute's Graduate Certificate in Yoga Therapy is administered and directed by Chandrika Gibson and Dr Jean Byrne PhD. As Program Directors they collaborate on content, curriculum and direction of the program. Most administrative enquiries will be handled by Chandrika Gibson, however at times, admin assistants may respond to simple queries. All administrative queries are to be sent to chandrika@suryahealth.com.au

The faculty are all highly qualified and include:

Chandrika Gibson, a naturopath, researcher, senior yoga teacher and experienced yoga therapist who holds numerous natural medicine qualifications including a Masters in Wellness. Chandrika also holds an adult education qualification, the cert IV in training and assessment, and is a very experienced presenter and mentor. She is currently undertaking a PhD, co-owns Surya Health with her partner Satyam Brown, and co-directs Wisdom Yoga Therapy with Jean Byrne.

Dr Jean Byrne PhD, an accomplished researcher with published academic work in the area of mindfulness and women's health. Jean is an authorised level 2 Ashtanga yoga teacher, with a certificate in Childbirth Education, a Grad Dip in teaching and a PhD in eastern philosophy. Jean has created and delivered numerous yoga teacher trainings and is an experienced teacher trainer and mentor. She co-owns the Yoga Space in Perth with her husband Rob Schutze, co-directs Mindful Birth with Michelle Papa and co-directs Wisdom Yoga Therapy with Chandrika Gibson.

Rob Schutze PhD is a long term meditator, a level 2 authorised Ashtanga yoga teacher, clinical psychologist and researcher into chronic pain and mindfulness based interventions. His academic work has been published in the high impact journal Pain. Rob contributes to areas of the curriculum including pain science, yoga psychology and mental health. He co-owns Yoga Space and Wisdom Health with Jean Byrne.

Stephen Byrne is a senior yoga teacher, registered yoga therapist and anatomy specialist. Stephen consults on neuro-musculoskeletal content and facilitates some of the Applied Anatomy and Physiology workshops.

Scott White is a qualified physiotherapist, yoga teacher, experienced yoga therapist and anatomy specialist. Scott consults on and delivers some of our Applied Anatomy & Physiology workshops. He owns Inner Focus Physiotherapy in Perth.

Satyam Brown is a long term meditator, senior social worker, mindfulness instructor and counsellor with vast experience in supporting people facing serious illness and death. Satyam contributes to the curriculum for trauma, mental health, and palliative care. He is a palliative care counsellor and co-owns Surya Health with Chandrika Gibson.

Katie Carter PhD is a yoga teacher, social worker, mindfulness instructor and writer. Katie has a Masters in human rights and completed her PhD in the area of trauma, social justice and yoga. Katie contributes to the Yoga Therapy for trauma and mental health workshops and consults on trauma related content. She owns WomenKind in Perth.



Program Outline

The full Wisdom Yoga Therapy program is 800 hours of yoga therapy specific training. Graduates who have met all prerequisites, undertaken the full program and achieved competency in all assessments are able to use the Accredited Wisdom Yoga Therapist logo to use in their marketing.

Modules

Therapeutic Yoga Foundations

This module builds on your 200 hour teacher training, fills in many gaps and strengthens your foundation in yoga teaching skills and yoga philosophy. Topics covered include the major texts of yoga philosophy, the timeline of yoga from origins to modern lineages and movements, teaching methods and class planning, the art of adjusting, anatomy of all body systems, communication skills for teachers and therapists, basics of Ayurveda, teaching meditation, relaxation and restorative yoga, teaching yin yoga, the therapeutic applications of backbends, arm balances, trataka and yoga nidra. We begin to explore client intake and assessment and the structure of yoga therapy sessions.

At the end of this module, students will have;

- » Familiarity with the evolution of the teachings through history and philosophies of yoga as it applies to yoga therapy
- » Basic understanding of the models of yoga and Ayurveda including guna, dosha, kosha and tanmatra
- » Familiarity with yoga cosmology including nirguna brahma, purusha/prakriti and the aspects of mind
- » Basic understanding of the fluctuations and states of the mind in yogic terminology
- » Knowledge of yoga perspectives on suffering/ease and the obstacles/remedies to the experience of yoga as expressed in the Yoga Sutras, the Bhagavad Gita, and the Hatha Yoga Pradipika
- » Familiarity with models of health and disease from yoga and Ayurveda as they apply to the practice of yoga therapy including prana vayu, ama and agni, as well as the vyuha model of heya, hetu, hana, and upaya
- » Foundational knowledge of human anatomy and physiology, including all major systems of the body
- » Basic understanding of biomechanics as they apply to different bodies in the practice of yogasana
- » Respect for anatomical differences
- » Knowledge and experience of relaxation and meditation techniques including yoga nidra, trataka, bhavana, mantra and restorative yoga

Mind Body Wellness

This module introduces students to definitions of yoga therapy, scope of practice, ethics, the therapeutic relationship, yogic diet and lifestyle, ayurvedic and yogic assessment, models of health and wellness, positive psychology in yoga therapy, wellness assessment using yogic frameworks, intake, communication skills, assessment and wellness coaching in yoga therapy including goal setting, behavioural change and motivational interviewing.

Learning Outcomes

Upon completion of this module, students will have:

- » In depth knowledge of, and observed capacity for, well developed communication skills including listening, presence, directive and non-directive dialogue
- » In depth knowledge of the application of yama and niyama in yoga therapy
- » In depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices include asana, pranayama, bhavana, mantra, nyasa, mudra, and yantra
- » In depth understanding of vihara including yogic dietary concepts
- » Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship
- » Clear understanding of the scope of practice of yoga therapy and when to refer
- » In depth knowledge and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide feedback, acknowledge progress and maintain the therapeutic relationship.
- » Demonstrated ability to conduct intake and assess the client including taking a history, assessing the current condition of the client using holistic assessment models
- » Demonstrated ability to elicit the goals, expectations and aspirations of the client
- » Demonstrated ability to integrate information from the intake, assessment and observation to develop a working understanding of the client's condition, limitations, and possibilities.
- » Demonstrated ability to apply knowledge to determine which aspects of the clients presentation can be addressed through yoga therapy
- » Demonstrated ability to identify priorities and set both long and short term goals in collaboration with the client

Applied Anatomy & Physiology

This module focuses on blending western biomedical anatomy and physiology with yogic physiology in order to individualise yoga therapy management plans. Subjects include anatomy of asana, anatomy of pranayama, the endocrine system, nervous system anatomy and yoga therapy mechanisms, movement as medicine, biomechanics, working with physical limitations and when to refer, red flags for yoga therapists, somatic self-awareness, chronic pain, yoga for cardiovascular fitness and yoga practices for strength and flexibility.

Learning Outcomes

Upon completion of this module, students should have:

- » Knowledge of human anatomy and physiology including all major systems of the body and their interrelationships as relevant to yoga therapy
- » Knowledge of biomechanics and movement as they relate to yoga and yoga therapy
- » Knowledge of common pathologies and disorders of major symptoms, including symptoms, management, typical trajectories, and contraindications.
- » Familiarity with biomedical terminology
- » Familiarity with commonly used drugs and surgical procedures
- » Basic knowledge of neuroscience as it relates to movement and chronic pain
- » Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being
- » Basic knowledge of the nervous system and its' relationship with the breath
- » In depth knowledge of the therapeutic benefits of pranayama
- » In depth knowledge of the and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process
- » In depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client

Practicum A

This module asks students to begin to put their skills in to action by treating their friends and family free of charge. Closely supervised by a mentor, the processes of seeking clients, undertaking intake, assessment and creation of empowering, individualised yoga therapy management plans begins. Sourcing current research to inform your plans is emphasized.

Learning Outcomes

Upon completion of this supervised Practicum, students should have:

- » Demonstrated ability to conduct intake and assess the client/student
- » Taking a history of the client and his/her condition(s)
- » Assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.
- » Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student.
- » Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.
- » Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.
- » Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student.
- » Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies.
- » Demonstrated ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.
- » Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/ students as well as group classes, taking into consideration the holistic nature of the individual.
- » Demonstrated ability to apply knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients.
- » Demonstrated ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy.
- » Demonstrated ability to facilitate the client/student's experience of the practice, including providing instruction, demonstration, education of the client/student using multimodal strategies of education such as auditory, visual, and kinaesthetic learning tools
- » Providing supportive strategies for the client/student to actively participate in his/her practice, such

as a means to remember his/her practice (e.g., auditory and visual tools).

- » Demonstrated ability to develop and maintain therapeutic relationships including fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety
- » Practicing effective, client/student-centred communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors.
- » Demonstrated ability to provide follow up and re-planning, including gathering feedback, re-assess, and refine the practice and to determine short-term and long- term goals and priorities
- » Addressing new and changing conditions, goals, aspirations, and priorities of the student/client and to provide appropriate support
- » Providing appropriate closure for the therapy sessions



Yoga Therapy for Chronic Illness

This module takes you through yoga therapy management plans for a variety of conditions and individual variations. Based on your experience with real life clients, this module takes you deeper into how to understand biomedical language, creating referral networks with other health providers, and the evidence for yoga therapy in chronic diseases such as cancer, cardiovascular disease, diabetes, hormonal imbalances, anxiety, depression, asthma, arthritic conditions and more.

Learning Outcomes

Upon completion of this module students should have:

- » Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.
- » Demonstrated ability to find and use evidence to inform yoga therapy practice.
- » Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.
- » In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.
- » Basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions—their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.
- » Basic knowledge of psychological concepts and terminology, including mood, cognition, behaviour, and personality, as relevant to the work of a yoga therapist.
- » Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.
- » Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.
- » Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist.
- » Familiarity with common medical terminology.
- » Knowledge of how to reference current healthcare information relevant to the work of a yoga therapist, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.
- » Development/evolution of disease (pathogenesis), including but not limited to direction, intensity, onset, and duration and their influence on the ease or difficulty of healing and disease management. Setting priorities: symptoms/pacification (shamana [short term]) and purification/strengthening (shodhana [long term])
- » Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.
- » Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs.
- » Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants, to the degree possible in a group setting.

The Business of Yoga Therapy

This module explores spirituality and business, applies yogic ethics to real life situations, goes deeper in to therapeutic agreements, maintaining client confidentiality, boundaries, the journey clients may take with yoga therapy, the power of community in supporting client's spiritual, emotional, mental and physical wellness, and creating your own yoga therapy niche and brand. Techniques for delivering yoga therapy practices are workshopped and shared so that every graduate has a full tool kit of asana, pranayama, mudra, yantra, mantra, pratyahara, dharana and dhyana practices to share with clients.

Learning Outcomes

Upon completion of this module students should have:

- » In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles.
- » In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles.
- » Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships.
- » In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.
- » Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.
- » Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.
- » Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.
- » Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.
- » Basic knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.
- » Basic knowledge of how to develop and maintain ongoing collaborative relationships.
- » Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.
- » Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.
- » In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

- » Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.
- » Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.
- » In-depth knowledge of the application of yama and niyama in the context of yoga therapy.
- » In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include, but are not limited to, asana (postures); pranayama (regulated breathing); meditation and relaxation techniques such as bhavana (visualization), mantra (recitation), and ritualized activities such as nyasa and mudra; and vihara (lifestyle modifications) including basic yogic dietary concepts.

Practicum B

This module asks you to seek opportunities to serve in your community by delivering small group yoga therapy programs to underserved populations. Further individual case studies are undertaken with mentoring to ensure you graduate a confident and competent, evidence informed, yoga therapist.

Learning Outcomes

Upon completion of this module students should have:

- » Demonstrated ability to conduct intake and assess the client/student, including Taking a history of the client and his/her condition(s); and assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.
- » Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student.
- » Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.
- » Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.
- » Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student.
- » Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies.
- » Demonstrated ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.
- » Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/ students as well as group classes, taking into consideration the holistic nature of the individual.
- » Demonstrated ability to apply knowledge of how to choose and prioritize the use of yoga tools and

techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients.

- » Demonstrated ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy.
- » Demonstrated ability to facilitate the client/student's experience of the practice, including providing instruction, demonstration, education of the client/student using multimodal strategies of education such as auditory, visual, and kinaesthetic learning tools; and providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools).
- » Demonstrated ability to develop and maintain therapeutic relationships including fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; practicing effective, client/student-centred communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors.
- » Demonstrated ability to provide follow up and re-planning, including gathering feedback, re-assess, and refine the practice and to determine short-term and long-term goals and priorities; addressing new and changing conditions, goals, aspirations, and priorities of the student/client and to provide appropriate support; and providing appropriate closure for the therapy sessions.



Learning Resources and Environments

Each module you will receive a detailed manual, compelling presentations and facilitated workshop experiences. You will require reliable internet access and are expected to communicate via email and Zoom. The venues where Wisdom Yoga Therapy training is delivered are yoga studios and in Perth are Yoga Space West Perth and Surya Health in Banksia Grove. In Hong Kong we are hosted by Pranava Studio, 9F, 100 Jervois Street, Sheung Wan. In Singapore we are hosted by Hom Yoga Academy. All studios are clean and comfortable learning environments with audio visual equipment, whiteboards, mats, bolsters and chairs if required.

Contact Us

If you are interested in part of this training or becoming an accredited Wisdom Yoga Therapist, please enquire for an application form by emailing chandrika@suryahealth.com.au

Keep up to date with resources and upcoming events by following our social media pages and checking out our website www.wisdomyogainstitute.org

We welcome all yoga teachers, allied health professionals and dedicated yoga practitioners to Shine Your Light and become part of the Wisdom Yoga Institute community.

