**Sample Overview of Applications of Yoga Therapy:**

**Quarter 1:**

**Primary Content: Structural Yoga Therapy; Building a Therapeutic Relationship**

Faculty: Robin Rothenberg, C-IAYT; Jill Massengill, D.C., C-IAYT; Grace Bullock, PhD Psychology, C-IAYT; Ken Kraybill, MSW, Motivational Interviewing Trainer, Taran Collis, C-IAYT and Ayurvedic Wellness Practitioner; Aria Peterman, C-IAYT and Ayurvedic Chef

Common Pathologies of Musculoskeletal system and Yoga Therapy Strategies

The Brain, The ANS and Stress

Cognition, Memory and Perception

Appraisal of Change

Building a Therapeutic Relationship

Proprioception/Nociception

Acute and Chronic Pain

Sutras on Duhkha, Samskara, and Parinama

Gate and Postural Assessment

Ergonomics

Motivational Interviewing

Developing Intake Skills

**Quarter 2:**

**Primary Content: Psychological and Emotional Health; Building a Therapeutic Relationship**

Faculty: Robin Rothenberg, C-IAYT; Jill Massengill, D.C., C-IAYT; Grace Bullock, PhD Psychology, C-IAYT; C-IAYT; Taran Collis, C-IAYT and Ayurvedic Wellness Counselor

Ken Kraybill, MSW, Motivational Interviewing Trainer

Psychological Illness: Myth of Normal

Yoga Therapy vs. Psychotherapy – where is the line?

Trauma

Yoga Therapy for Emotional Health

Emotional Primes

Emotional Styles

Ayurvedic Approach to Emotions in relation to the doshas

Cognitive Distortions and Shadow Work

Yoga Nidra

Chakras and Emotional Healing

Window of Tolerance

Motivational Interviewing

Yoga Sutras, Pancha Maya, and Kriya Yoga

DEI Training (Diversity, Equity and Inclusion)

**Quarter 3:**

**Primary Content: Physiologic Systems; Ayurvedic Approach to Health**

Faculty: Robin Rothenberg, C-IAYT; Jill Massengill, D.C., C-IAYT; C-IAYT; Taran Collis, C-IAYT and Ayurvedic Wellness Counselor; Dr. Dhaval Dhru, ENT and Ayurvedic Physician; Dr. Bill Dean, Urologist and Ayurvedic Physician; Sierra Rediger, C-IAYT and RN, Aria Peterman, C-IAYT and Ayurvedic Chef

Respiration and Health

Sub-doshas

Ayurvedic principles: dhatus, malas, digestion and disease process

Digestive System and Yoga therapy/Ayurvedic Strategies

Autonomic Shift and Five Pillars of Chronic Illness

Immune System and Yoga therapy/Ayurvedic Strategies

Understanding Cancer

Cardiovascular System and Yoga therapy/Ayurvedic Strategies

Neurological System and Yoga therapy/Ayurvedic Strategies

Urinary System and Yoga therapy/Ayurvedic Strategies

Ayurveda and Energy Medicine

**Quarter 4:**

**Primary Content: Continuation of Physiology, Understanding Addiction in a Yoga Therapy Context; Grief and Loss; Building Your Business**

Faculty: Robin Rothenberg, C-IAYT; Jill Massengill, D.C., C-IAYT; Sierra Rediger, C-IAYT and RN; Taran Collis, C-IAYT and Ayurvedic Wellness Counselor; Nikki Myers, C-IAYT, Founder of YS12 (Yoga for Twelve Step Programs); Aria Peterman, C-IAYT and Ayurvedic Chef, Chris Federman, C-IAYT and OBGYN

Endocrine System and Yoga therapy/Ayurvedic Strategies

Reproductive Systems (Male and Female) and Yoga therapy/Ayurvedic Strategies

Working with Alzheimer’s in a Yoga Therapy Context

Habits, Will-power and Samskaras

Death, Dying, Grief, and Loss

Yoga for Addiction Recovery

Practicum teaching forum

Professional Business Building

**Homework for Each Module:**

Includes a combination of reading, essays, quizzes, theoretical case studies, personal journaling, presentations, and group work. Homework will be reviewed and supervised by the mentor assistants. You will be assigned one MA who will work with you for the duration of the program.

**Practicum Requirement according to IAYT guidelines:**

Total of 150 Face to Face hours with Clients; 250 hours total practicum (includes mentor supervision and record keeping; research). You’ll begin seeing clients as soon as intake and interviewing techniques are developed (Beginning in Quarter 2).

**Mentorship, Primary mentors:**

Each module you’ll be assigned one of our fantastic mentors for supervision of your practicum work with clients. Through the full course, you will have the opportunity to work with them all. This enables you to receive multiple perspectives on how to approach client work, demonstrating the various ways to apply the principles of yoga therapy in real life. Mentorship is focused on supervision of your work with clients, not on your personal practice. Monthly mentor meetings of 60-90 min. are required for the duration of the program.