



Yoga Therapist Training Program Overview

With Robin Rothenberg, Dr. Lynn Hughes,
Lulu Peelle, and Dr. Jill Massengill

Module 1: Yoga Therapy for Musculoskeletal Conditions

- Overview of Yoga Therapy based on the Pancha Maya Kosha Model and Patanjali's Yoga Sutras
- Introduction to the Autonomic Nervous System and the Stress Syndrome
- Functional Anatomy from a Fascial/Connective Tissue Model
- Posture/Gait Analysis
- Detailed information on common pathologies of the musculoskeletal system
- Experiential practices addressing common structural issues employing various techniques including: Viniyoga Principles to breath, sequencing and adaptation; Iyengar principles of alignment, use of props and restoratives; Yoga Nidra.
- Introduction to Ayurveda as applied to Yoga
- Record Keeping, SOAP notes, Intake, Interviewing Skills

Module 2: Yoga Therapy for Emotional Health

- Overview of Emotional Health from the Yoga Tradition
- The 7 Emotional Primes and the Vagus Nerve
- Orienting the tools of yoga for emotional balance including: asana, pranayama, mantra, mudra, meditation, bhavana, prayer and ritual
- Kriya Yoga for Emotional Health
- Pancha Maya Kosha, Vayus, Human Energy System and Chakras
- Anatomy of the Brain
- Cognitive and Ego development
- Integration of yoga with western psychology and neuroscience
- Role play and skill building for working with clients
- How to deal with "difficult" clients
- When to refer
- Memory and Learning Styles
- Ayurveda and the Mind
- Nutrition, digestion and detoxification for the mind
- Psychological personalities and the doshas
- Spirituality, Faith and Religion in the Context of Yoga Therapy

Module 3: Yoga Therapy for Physiological Conditions

- Overview of the Pancha Maya to understand Physiologic Connectivity
- Linking the Emotional Body, Immune System and the Nervous System
- Ayurvedic sub-doshas; dhatus; digestion
- Ayurvedic physiology linked to specific conditions
- Prevention from an Ayurvedic perspective
- Physiology of Digestion and Common Pathologies
- Immune Function and Common Pathologies
- Circulatory System and Common Pathologies
- Respiratory System and Common Pathologies
- Nervous System and Common Pathologies
- Women's Health, Reproduction and Endocrine System and Common Pathologies
- Addressing Common Physiologic Conditions through the Tools of Yoga

Module 4: Clinical Practice Immersion

- Supervised clinical practicum with real clients
- Developing curriculum for group classes for specific conditions
- Business development, networking and referrals
- Weaving Yoga Therapy into your existing clinical practice
- Developing yoga research protocols and learning to evaluate research studies with discernment

In between the modules students will be engaged in clinical practice with close supervision from their faculty mentors. Reading and homework assignments for each module will further supplement and support the learning process. Short exams will follow each session to ensure competency and understanding of basic principles. Full participation in all four modules is required for successful completion of the program.

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