

100 HOUR YOGA THERAPY YTTC

WHAT IS YOGA THERAPY?

This thoughtfully designed training program will equip you with the techniques and methodologies of Yoga Therapy under the expert guidance of our specialised Yoga Therapy doctor. You will gain a deep understanding of therapeutic yoga practices and develop the skills needed to guide others in this powerful healing modality.

Upon completion, you will receive a certification that includes a Multistyle RYT or YACEP, along with a Shree Hari Yoga Certification, providing you with a recognised and credible qualification.

Throughout the course, you will explore the core principles of Yoga Therapy, learning techniques such as relaxation, breath awareness, body scanning, and guided visualisation—all aimed at fostering healing and overall well-being.

Discover how to create impactful Yoga Therapy sessions that support deep relaxation, reduce stress, and encourage inner healing. You'll gain both theoretical and practical knowledge of Yoga Therapy's scientific and philosophical foundations.

Under the guidance of experienced instructors, including our specialised Yoga Therapy doctor, you'll refine your ability to lead therapeutic sessions with confidence. Personalised feedback and mentorship will help you build the competence required to support others on their path to holistic health.

WHO CAN JOIN?

Our Yoga Therapy course is open to everyone, especially those with chronic health conditions, mental health challenges, or individuals recovering from injury. It is particularly beneficial for seniors, pregnant individuals, and people with disabilities, as it offers customised practices tailored to their specific needs. The course is designed to deepen your understanding of yogic tools, enhancing both your personal practice and your ability to support others.

Please note that this training does not qualify participants as physicians or licensed healthcare providers. Yoga therapists do not diagnose or treat conditions from the standpoint of conventional medical professions.

PRANAYAMA AND MEDITATION

In this course, you will explore and practice a range of traditional breathing and meditation techniques designed to cultivate inner balance, clarity, and control over various aspects of life. Pranayama techniques covered include Surya and Chandra Bhedana, Ujjayi Breath, Sitkari, Sitali, Bhramari, Anulom Vilom, Kapalbhati, and Bhastrika. In addition, the meditation component includes Sthula Dhyana (Object Meditation), Jyoti Dhyana (Candle Flame Meditation), Sukshma Dhyana (Formless Meditation), Yoga Nidra, 7 Chakra Meditation, Trataka Meditation, Om Meditation, and Mind Sound Resonance Meditation, offering a deep and comprehensive experience of inner stillness and self-awareness.

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TEACHING PRACTICE, METHODOLOGY, AND TECHNIQUE

TEACHING PRACTICE IN YOUR YTT

Teaching practice in Yoga Therapy training focuses on applying yoga therapy techniques for body system disorders and diseases while exploring yoga's role in therapeutic settings. You'll incorporate pranayama, mudras, and bandhas into therapy sessions, along with meditation and yoga nidra for deep relaxation and healing. Additionally, you'll learn the principles of yoga therapy, understand ethical considerations, and maintain professionalism and client confidentiality.

ANATOMY & PHYSIOLOGY

In your training, you'll explore key body systems essential for yoga practice. This includes the muscular and skeletal systems, breath control through the respiratory system, and the nervous system's role in relaxation and stress management.

You'll examine the nervous system in depth, focusing on its importance in Restorative Yoga, states of sleep, and their effects on brainwaves and overall health. The course will also cover practical applications of Restorative Yoga for pregnancy, children, the elderly, and therapeutic use, highlighting how these practices can be tailored to different needs.

PHILOSOPHY

- **Yoga Overview:** History, meaning, and lifestyle of yoga.
- **Four Paths of Yoga:** Jnana Yoga (knowledge), Raja Yoga (meditation), Bhakti Yoga (devotion), and Karma Yoga (action).
- **Ashtanga Yoga:** Study of the Ashtanga Yoga system and Patanjali's Yoga Sutras, including the eight limbs of Ashtanga Yoga.
- **Yogic Lifestyle:** Understanding the yogic way of life and its practices.
- **Obstacles and Solutions:** Identifying common challenges on the yoga path and strategies to overcome them.
- **Satsang and Sangha:** The importance of spiritual community and gathering.
- **Three Gunas:** Concepts of Satva (purity), Rajas (activity), and Tamas (inertia).
- **Ethics and Lifestyle:** Guidelines for ethical behavior and lifestyle for yoga practitioners and teachers.

AYURVEDA: FOUNDATIONS AND KEY CONCEPTS (IN GOA ONLY)

- In our Ayurveda section, you'll explore the foundational principles of this ancient healing system, which focuses on balancing the body, mind, and spirit to promote overall well-being. Here's what you'll learn:
- **Basic Principles of Ayurveda:** Understand the core concepts of Ayurveda, including the three doshas (Vata, Pitta, and Kapha), and how they influence your physical and mental health.
- **Dosha Characteristics:** Learn about the unique qualities and functions of each dosha, and how they interact with your body's constitution and health.
- **Ayurvedic Diet and Nutrition:** Discover how to tailor your diet to balance your doshas, improve digestion, and enhance vitality through the consumption of foods and herbs suited to your unique constitution.
- **Daily Routines (Dinacharya):** Explore daily practices and routines recommended in Ayurveda to maintain balance and harmony in your life.
- **Seasonal Routines (Ritucharya):** Learn how to adjust your lifestyle and diet according to seasonal changes to support your body's natural rhythms and maintain equilibrium.
- **Cleansing and Detoxification (Panchakarma):** Gain insights into traditional cleansing methods that help remove toxins and rejuvenate the body and mind.
- **Herbal Remedies:** Get introduced to common Ayurvedic herbs and their therapeutic uses for promoting health and treating various conditions.

By grasping these fundamental concepts, you'll be equipped to incorporate Ayurvedic principles into your daily life, enhancing your overall health and well-being.

HANDS-ON TRAINING

In the hands-on training, you will learn how to confidently guide Yin Yoga classes, lasting up to 90 minutes or less. You will be taught to lead both the class and individual asanas, including how to guide students with their eyes covered, using verbal cues to direct their practice. Each session has a specific goal, which you will work towards. Throughout the training, you will receive personalised guidance from our experienced yoga instructors.

You will also have the opportunity to practice teaching, give and receive constructive feedback, observe others while they teach, and assist students during classes led by your fellow trainees.

TYPICAL DAILY SCHEDULE

06:15 - 07:15

Begin your day with pranayama, meditation & cleansing (Kriya)

07:15 - 07:30

Tea Break

07:30 - 09:00

Immerse yourself in the art of asana practice

09:30 - 10:00

Enjoy a serene, silent breakfast, nurturing both body and mind

10:00 - 11:00

Teaching Practice, Methodology, and Technique

11:00 - 12:00

Explore the intricacies of anatomy and physiology

12:00 - 13:00

Discover the connection between Yoga and Astrology.

12:30 - 14:00

Enjoy your deserved lunch

14:00 - 15:00

Engage in self-study, allowing time for personal reflection

15:00 - 16:00

Dive into the realm of philosophy

16:00 - 17:30

Return to the mat for another invigorating asana practice

17:30 - 18:00

Sunset

18:00 - 19:00

Meditation, mantra chanting, sound healing, kirtan, and more!

19:00 - 20:00

Rejuvenate with a nourishing dinner

20:00 - 05:00

Transition into a restful night's sleep

