

Integrative Yoga Therapy Home Study Program



The Home Study Program is a complete course in the history, philosophy, practice, and lifestyle of Yoga. It is composed of eleven modules that you download directly from our web site, each based on a chapter from the 500 page IYT training manual that forms the foundation of this course. Along with each chapter, you'll receive study questions and exercises to complete and e-mail directly to your mentor for feedback. Your mentor is also available for e-mail support whenever questions come up during your work.

Main Focus Areas of the Program:

Chapter 1 - The History and Background of Yoga

- What is Yoga - a variety of perspectives
- History and evolution of spirituality
- The various forms of Yoga within Indian history
- Development of Yoga Therapy

Chapter 2 - The Dimensions of the Human Being

- The 5 koshas as a model of Yoga and health
- Wellness as the integration of all aspects of our being
- The role of body awareness in Yoga practice
- Body awareness exercises for each of the five koshas

Chapter 3 - Ayurveda and Yoga - Finding Balance

- Yoga and Ayurveda - Interrelated branches of the tree of Samkya
- Ayurveda as a philosophy of wholeness
- Ayurveda and asana practice - understanding the interplay of the five elements in the Yoga poses
- Ayurveda and Yoga Therapy - Using the postures, pranayamas, and mudras to balance the doshas

Chapter 4 - Yoga Asana - Movement and Stillness

- Teaching points for postures
- In-depth asana focus - detailed instructions, benefits and contraindications for each of the 5 koshas
- Printable posture cards for easy reference

Chapter 5 - Pranayama - Awakening Energy

- Prana - The life force and the five prana vayus
- Benefits and contraindications of pranayama
- The major pranayamas, their effects on each of the koshas and uses in Ayurveda and Yoga Therapy

Chapter 6 - Science of Mudra

- Origin of Mudras
- Subtle energy - introduction and explorations
- The 50 most important mudras with photos, instructions, benefits and contraindications
- When, where and how long to practice

Chapter 7 - Journey of the Chakras

- The Chakras - A multifaceted approach to healing
- Portrait of each of the chakras in-depth including asana, pranayama, mantra and mudra associated with each
- In-depth guide - the chakras as a healing modality
- The chakras in relation to other aspects of Yoga psychology

Chapter 8 - The Art of Teaching Yoga

- Yoga as a vehicle for stress management
- Patanjali's eightfold path as a guide to Yoga teaching and practice
- A whole person approach to teaching - incorporating the five koshas into Yoga teaching
- The dimensions of Yoga teaching including themes, sequencing, timing, pacing, and adjustments

Chapter 9 - Yoga Therapy - The Yoga of Healing

- What is Yoga Therapy?
- The tools of Yoga Therapy
- The IYT approach to Yoga Therapy sessions
- Yoga Therapy sessions for body awareness, breath, stress release, and the immune system
- Specialized Yoga classes including partner postures, Yoggasage, restorative postures, chair Yoga and Somatics

Chapter 10 - Physiology of Yoga - A guide to the Body

- Anatomy and Physiology from an experiential perspective
- The effects of stress on each system of the body
- How Yoga brings Balance to each system of the body
- Mind-body understanding of specific health conditions
- Yoga practices for specific health conditions

Chapter 11 - Relaxation, Concentration and Meditation

- Meditation - the unfolding of each of the aspects of being
- Types of meditation
- Uses of guided imagery
- Yoga Nidra as a healing art - a ten step process for integrating healing and awakening the whole person
- The Yoga Sutras as a guide to spiritual development

To enroll in the Home Study Program, return this coupon with your check for \$475 made out to:

IYT, 5237 Darrow Road #6, Hudson OH 44236, or include your credit card information below. You can also register directly on line at www.iytyogatherapy.com or call us at (800) 750-9642 or (330) 655-1532 to enroll by telephone.

Name _____ E-mail _____

Address _____ Telephone _____

Check Enclosed Credit card # _____ Exp. Date _____