



YOGA WELL INSTITUTE

PROFOUND TEACHINGS FOR INSPIRED LIVING

2021 YOGA THERAPIST TRAINING PROGRAM GUIDE

Berkeley, California

Welcome

Thank you for requesting information about our Yoga Therapist Training Program!

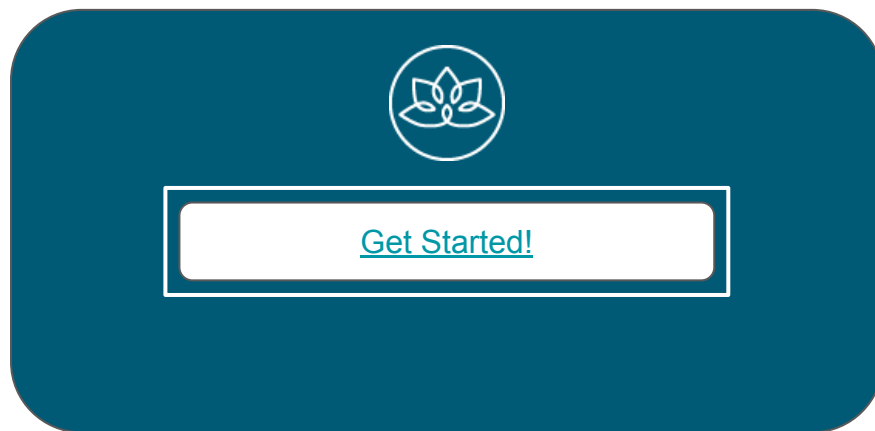
This guide provides detailed information about our program, including the schedule, the support structures, and the investment.

Our program is particularly well-suited to those who are:

- Passionate about the depth and insight found in the ancient tradition of Yoga
- Eager to make a more significant impact on the individuals they work with
- Open to experiential learning being just as important (if not more so) than book learning
- Looking for a program with integrity and authenticity
- Focused on quality of education, community and learning

Please use the Table of Contents to find the answers to your questions. We hope this guide is the first step on your way to reaching your goals of becoming a Yoga Therapist!

If you already know this is the program for you, take a moment and begin your application!



Live Well,
The Yoga Well Team

Why Yoga Well?

You have many options available when selecting a Yoga Therapist Training Program. So, why study with us?

- Individualized mentoring of your personal Yoga & Meditation practice. This is an opportunity to **undergo the process you are training to lead others through.**
- Personalized professional mentoring and supervision of your teaching and Yoga Therapy Sessions, which allows for growth beyond the mat and gives you the **necessary tools to begin a career in Yoga therapy.**
- Rigorous, intellectual container of authentic and coherent Yoga teachings covering all therapeutic aspects of Yoga and the human system; these perspectives give you the chance to **offer a wide range of therapeutic suggestions.**
- An abundance of time (3.5 years, to be exact) to **learn, practice, and integrate the teachings of the Viniyoga tradition**

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Why Three and a Half Years?

Our program runs deep, and integration takes time.

We know you have a life and commitments outside your participation in this program. Shorter, in-person experiences over a longer period of time allow you to take the work on, not only as a thing that you study, but as an expression of who you are becoming. The entirety of this program gives you the opportunity to **live** Yoga.

What Will I Be Studying?

Our Yoga Therapist Training Program is designed to train you in the knowledge and experience needed to be a quality Yoga Therapist.

Through study, you'll understand the philosophical and physiological concepts of Yoga Therapy.

Through experiences, you'll know how to apply them.

Through mentoring, you'll get personalized feedback on your teaching and practice.

Curriculum Elements

Yoga Philosophy — Yogasūtra Chapters 1 & 2, and select *sūtras* from Chapters 3 and 4, as they apply to Yoga Therapy.

Yoga Anatomies — including the *pañcamaya* model from the *Taittirīya Upaniṣat*, Patañjali's *vyūha* model, Sāmkhya's 25 *tattvas* and Āyurveda's three-*doṣa* model

Meditation — Foundational meditation concepts including models for meditation, understanding the process and structuring a practice. Special attention will be paid to the healing aspects of meditation.

Concepts of Āyurveda — Key Āyurvedic concepts as they relate to observation and diagnostic thinking in Yoga Therapy, especially the three *doṣas*, *agni*, *āma* and the 6 stages of illness.

Mantra and Chanting — Essential principles of sound and how it influences us. How to incorporate *mantras*, Vedic chants, and the verbal practice of the *Yogasūtra*.

Yoga Therapy Experience Design — How to plan, sequence, and structure powerful movement, breathing and meditation practices which accurately match the capacity and need of the person(s) with whom you are working. How to create a single practice that addresses different dimensions of the individual simultaneously. How to evolve that practice over time as the person changes.

Observation Skills — How to observe all aspects of a person, including physical condition, capacity, mental state, emotional fitness and tendencies. Learn how to assess and “take the pulse” of an individual and how to recognize common conditions.

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Teaching Methodology and Professionalism — The nature of the teacher-student relationship, concepts regarding group and individual classes, ethics, and communication skills.

Anatomy / Physiology / Psychology — Foundations in medical anatomy, physiology, Western psychology, neuroscience and human behavior as relevant to Yoga Therapy. Modern perspectives and evidence on exercise, breathing, and meditation/mindfulness. Review of medical literature on mechanisms and efficacy of Yoga for specific medical conditions.

Approach of Allopathic Medicine — Review of various commonly-encountered conditions from the allopathic point of view. Mechanisms of disease, treatment options and prognosis to facilitate integration of Yoga Therapy with conventional medicine.

Teacher Student Relationship

Since the relationship between the teacher and the student is so critical to the healing process, both in Yoga and in Yoga Therapy, it is of absolute importance that the relationship be maintained in an ethical, safe, and secure manner. The Yoga Well Institute takes integrity very seriously and our ethical standards are commensurate with those of other medical and health practitioners.

Our Code of Ethics includes proper boundaries for the teacher-student relationship. Additionally, we have an experienced and knowledgeable Student Liaison who is available to all participants and mentors at any time throughout the program and afterward. The Student Liaison is here to help you get the most out of the student-teacher relationship and to navigate any difficulties that may arise.

The Yoga Well Institute's Code of Ethics is available here:

<https://www.yogawell.com/code-of-ethics/>

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What Is It Like to Be in the Program?

Our Yoga Therapist Training Program lives inside your daily practice, and is supported by weekly trainings and assignments, monthly classrooms, and regular online and in-person modules.

Our Yoga Therapist Training program is designed as a container to hold you both informationally and experientially. Instruction is scheduled to allow you to truly digest the material and experiences while at the same time maintaining continuity of topics.

Daily

Everyone has a personal practice designed for them by their mentor. You're expected to practice everyday, keep a brief journal of your experiences, and get regular oversight from your personal mentor.

Weekly

The training includes a weekly guided meditation every Wednesday morning. Over time, this provides you great breadth and depth of experience in meditation, as well as the preparatory practices. This is the weekly touch point with your faculty and community.

Monthly

Approximately once to twice a month, we meet online on Monday evening for two hour theory classes. These cover a wide array of topics and keep you in regular contact with the material we're covering in the training.

Bi-Monthly and Quarterly

For the first year of this training we will host a series of bi-monthly online Intensive Modules over Zoom for 5 days. After the first year of the training, we will gather in-person once a quarter (presuming it is safe and feasible to resume regular travel) for 5 Day intensive Modules in California. We cover a broad range of Yoga Therapy topics in formats that include lecture, discussions, small group activities, observations and demonstrations, and of course practices.

You will find the dates of our Module Schedule in the Program Logistics of this Guide.

All online classes are video recorded and available on demand for review.

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Meals, Lodging, Wellbeing

For the Quarterly In-Person Modules, we will be in a classroom setting with tables and chairs. Some students take handwritten notes, many bring and use their computers - either is fine.

For practice sessions, you should plan to bring your own equipment, such as mats and bolsters. Tea and water are available throughout the day. We have frequent breaks and practices, and you'll be on your own for a 90-minute lunch break during which you can enjoy the company of your fellow students.

This is not a "residential program." We choose teaching facilities with plentiful lodging and food options nearby for your convenience to arrange on your own.

Please note, we recommend that even if you are local to the area, that you consider staying close to the facility for the weekend so that you don't have to worry about a commute. We also recommend that you clear your calendar for the weekend and do not plan evening activities.

Program Logistics

Application

The first step of the application process is to [schedule a call with our Admissions Department](#).

You will work with our Admissions Staff who will assess if you meet the prerequisites for the program and if the Yoga Well Institute is the right fit for your personal development.

While the 2021 program begins in October, we recommend that you have an established relationship with your mentor several months prior to the start of the program. Because of this, we recommend you start the application process as soon as possible

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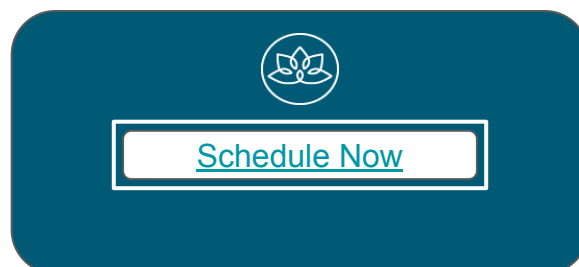
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Investment

To secure your spot, a **\$1,175 non-refundable deposit** is required.

Those who enroll early (submit an application by June 1st 2021 and pay their deposit prior to June 30th, 2021) **receive \$500 off the deposit!** For more information, please [schedule a time to speak with our Admissions Department.](#)

The full cost of the 3.5 year Yoga Therapist Training program depends upon method of payment. After the initial deposit, there are three payment options available:

1. *1-Time Payment of \$19,975 for a total of **\$21,150 (10% discount)***
2. *16 Quarterly Payments of \$1,321.88 for a total of **\$22,325 (5% discount)***
3. *48 Monthly Payments of \$465.10 for a total of **\$23,500***

Quarterly and monthly payments are automatically billed to the card on file.

The total cost of the program will vary for each student depending on how you handle travel and the specific arrangement you have with your Mentor.

We do offer a limited number of positions in our Therapist Training with Financial Aid based on need and merit, when available.

Mentorship

Students should budget approximately \$100 a month (and some months \$200) for mentorship for the duration of the training. The Yoga Well Institute does not participate in that agreement, and the price is determined by the mentor and student.

Travel

When possible, there are 4 In-Person Modules a year. Each Module is five days long and begins on Friday afternoon and ends on Tuesday evening.

The first year of Modules will be held on-line through Zoom. We plan to begin in-person Modules in October of 2022. When Modules begin they will be held in the Berkley/East Bay Area.

Please budget accordingly for in-person Modules based on your own needs and preferences.

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Monday Sessions

One to two times a month
4:30-6:30 pm PT / 7:30-9:30 pm ET

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Wednesday Morning Meditation

Every Wednesday
7:00-7:30 am PT / 10:00-10:30 am ET

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The Application of Meditation

Will begin in November 2022
Second and last Wednesday of each month
7:45-8:45 am PT / 10:45- 11:45 am ET

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Modules

Modules 1- 4.5 will be held online. All other module locations (online or in-person) are to be determined.

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2021

Nov 5 - Nov 9: Module 1
Dec 10 - Dec 14: Module 1.5

2024

Jan 19 - Jan 23: Module 10
Apr 12 - Apr 16: Module 11
Jul 12 - Jul 16: Module 12
Oct 18 - Oct 22: Module 13

2022

Jan 28 - Feb 1: Module 2
Mar 4 - Mar 8: Module 2.5
Apr 22 - Apr 26: Module 3
Jun 3 - Jun 7: Module 3.5
Jul 15 - Jul 19: Module 4
Sep 9 - Sep 13: Module 4.5
**Modules from here forward are planned to meet in-person.*
Oct 21 - Oct 25: Module 5

2025

Jan 24 - Jan 28: Module 14
Apr 18 - Apr 22: Module 15

2023

Jan 20 - Jan 24: Module 6
Apr 14 - Apr 18: Module 7
Jul 21 - Jul 25: Module 8
Oct 20 - Oct 24: Module 9

Why Work With a Mentor?

Personalized, one-on-one teaching is the heart of the Viniyoga tradition as taught by T. Krishnamacharya and Mr. Desikachar. You are training to be a guide for others, as such we believe it is critically important for you to experience the process yourself, to know what it is like to be guided.

All participants are expected to work with a Mentor or Primary Teacher to receive guidance in two areas: your personal, daily Yoga practice and your professional work teaching clients and functional groups. The nature of the one-to-one relationship allows for real deepening of your understanding through individualized instruction and is the catalyst for change. Ideally, you are already working with a Primary Teacher. If this is not the case, during the application process, we will introduce you to an appropriate person.

The student-teacher relationship cannot be honored if it is administered by an outside institution. There is an energetic exchange of give-and-take in that relationship, which does include a financial commitment, that can only be honored from one human to another. Hence, the mentoring fees are not included in the tuition cost.

While this relationship is tailored to you, and may be structured in many different ways, most students report that they initially meet once a month with their Mentor. Additionally, we will assign each student a Practicum Mentor who will focus on assessing your practical client experiences and support you in meeting the practicum requirements to obtain your Yoga Therapist certification. The frequency of Mentor meetings is likely to increase when the practicum work begins in the program around the seventh module.

For some, the Personal Mentor and Practicum Mentor will be one in the same. Though, it is possible that you may mentor with two or more people over the course of the program. Either way, you will compensate your mentor(s) directly.

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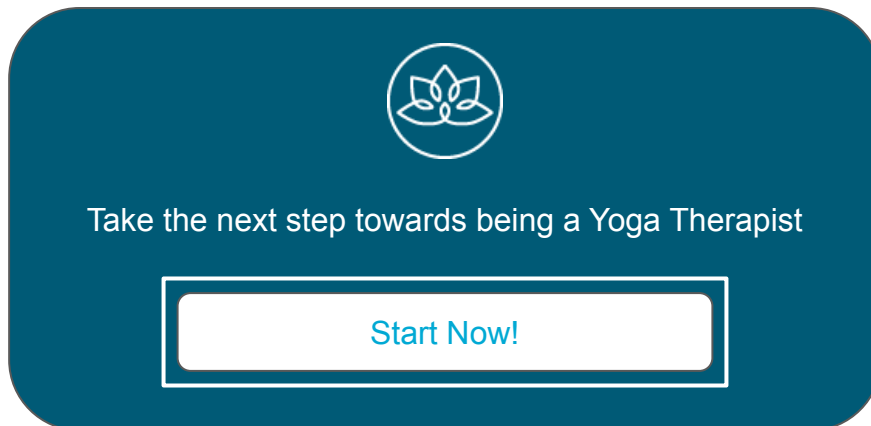
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During the first Module, we will go over all the necessary elements to receive certification with IAYT. You will receive a Student Handbook and guidance to track your progress and fulfill all necessary requirements.



Talk to You Soon!

We hope that this guide has provided you with insights about what you can expect from the Yoga Therapist Training Program. You may want to talk to an actual person about investing in this sort of opportunity, which is why talking to our Admissions Team is the first step in applying for the program.



There are no strings attached. We want to help you get situated in whatever learning opportunity best fits your journey right now. Speak soon!

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