

Sattva Yoga Therapy® Diploma

Sattva Yoga Therapy Course Catalog

Meeting Times

Each Module has a dedicated day and time that students will meet.

Module	Meeting
Yoga Therapy Foundation Modules:	Saturday & Sunday 9:15 am – 5:30 pm
Yoga Therapy Principles Modules:	Friday, Saturday & Sunday 9:15 am - 5:30pm

Daily Schedule

Below is a sample of what a daily schedule may look like:

Daily Schedule Example

Time	Sessions
9:00 – 10:45 am	Yoga Practices
10:45 am – 12:30 pm	Lecture & Presentation
12:30 – 1:15 pm, 1:15-2:00pm	Lunch Break 45/Discussion 45
2 – 5:30 pm	Teaching Lab and Lecture (Practice Teaching, Evaluation, and Discussion)

Yoga Therapy Foundations

Meditation and Pranayama Foundations

Teacher: Dani (Vani) McGuire

Course Includes: Lecture, Practices, Discussion, Application and Journaling

Recommended Reading: Light on Pranayama: BKS Iyengar, Wherever You Go There You Are: John Kabot Zen

Dive into the roots of Meditation and healing pranayama practices. Learn how meditation can help individuals understand the nature of one's thoughts, emotions, perceptions and the means to relieve suffering.

Chakraology: Anatomy of the Subtle Body

Teacher: Dani (Vani) McGuire and Julia Haller(Jnani)

Recommended Books: The Subtle Body Anatomy By Cyndi Dale

Our energetic body relates to our physical health. Learn the application of the yoga practices that balance the system and rely on the energy body of healing. Gain knowledge of marmas, nadis and chakra systems and in-depth exploration into the structure, function and pathologies of healing potential hidden in the subtle body. Upon successful completion of this module students will be able to:

Intro to Ayurveda

Teachers: Dani (Vani) McGuire

Recommended Books: The Science of Self Healing, By Dr. Vasant Lad and Prakriti By Svaboda

Ayurveda is the wisdom of life. In sattva vinyasa it is the balance in our daily lives that works in harmony with our relationships to our dharma and others through self study and cultivating daily routines. Learn the foundation of ayurveda and how that is applied to the holistic model of Sattva Yoga Therapy and rejuvenative therapies for nourishing and reducing symptoms while gentle cleaning body and mind.

Structural Yoga Anatomy I

Teacher: Dani (Vani) McGuire and Julia Haller(Jnani)

Course Includes: Lecture, Teacher Labs, Somatic Movement Practices, Observation, Application Competencies:

Learn all the major systems of human anatomy and their interrelationships relevant to the work as a yoga therapist. Movement-management, and contraindications for specific conditions. How our daily patterns and conditions show up in our body and what we can do to correct them.

Ayurveda and Asana: Yoga Practices for Dosha Imbalances

Teacher: Dani (Vani) McGuire

Pre-requisite: Intro to Ayurveda

Course Includes: Lectures, Discussion, Practices, Application

Recommended reading: Yoga and Ayurveda-David Frawley

Learn how the excess doshas can show up as spinal mis-alignments and how to create balance in vrikriti using certain practices including asana, pranayama, and relaxation techniques. Understand how to apply different techniques to the different doshas and ways that people understand the tools of yoga.

Tantra Yoga and Somatic Movement

Teachers Dani (Vani) McGuire

Explore non-linear somatic movement and mantra as it relates to the study of Tantra yoga.

Tantra means to weave together. In yoga therapy we weave together the physical mental, emotional, and spiritual parts of ourselves for healing.

Mantra is the foundation for the practice of meditation and changes the vibratory pattern of the

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subconscious mind, by bringing the mind to a sattvic state.

Somatic movement and mantra are two therapies that help us heal past traumas and transform habits. When we tune into the sacred sound and current of energy body we can find deeper flow and connection to the mystery of living artfully and healthfully.

Therapeutics: The Adaptive Group Class

Teacher: Julia Haller(Jnani)

Course Includes: Practice, Lecture, Application, and Discussion

Recommended Reading: Easy Does it Yoga: Alice Christensen

Learn how to adapt yoga to people in special populations. This chair based asana class focuses on gaining capacity for well-developed skill to be able to execute and communicate a therapeutic group class for special populations. We will address dynamics of the group class/relationships, and methods to adapt to different styles of learning and coping.

Raja Yoga Immersion (4 Day Retreat)

Teacher: Dani (Vani) McGuire and Julia Haller(Jnani) (Offsite Program additional cost for room and board required)

Course Includes: Lecture, Discussion, Practices, Application and Journaling

Recommended Books: The Yoga Sutras of Pantanjali by Swami Satchidananda, Inside the Yoga Sutras (will be provided), Bhagavad Gita by Eknath Eswaran

Putting knowledge into embodiment as an inward journey into the foundation of classical Hatha Yoga. Enjoy sattvic vegan and vegetarian meals, daily morning meditation and sattva vinyasa classes as well as Daily Raja Yoga Program and Sutra Study time.

The Art of Relationship: Ethics, Privates Sessions, and Living Yoga

Teacher: Dani (Vani) McGuire

Explore the Yamas in relationship to the work of a yoga therapist and with private students. The therapeutic relationship, boundaries necessary to form a healthy healing space. The format for conducting private work, sharing, supporting, and educating students where they are. Learning how to conduct sessions according to the pancha maya model of holistic health

Yoga Therapy Principle Modules

Yoga Therapy Defined: Lineage, Models and Foundations

Teacher: Dani (Vani) McGuire

Course Includes: Practice, Lecture, and Discussion

Required Reading: Yoga Therapy by A. G. Mohan and Indra Mohan

Yoga Therapy is a way of transforming both the body and mind. Sattva Yoga therapy practices range from maintaining health to recovering health. The first stage of healing moves the vital force, prana in the body. Using awareness techniques we begin to settle back into the body and the moment where healing can happen. Continue on with the 3 pillars of sattva therapy you learned in **Ethics, Private Sessions, and Living our Yoga** as we continue to observe, assess and develop asana and pranayama sessions for clients based in yoga therapy and ayurveda.

Healing Mudras

Teacher: Jennifer Young (Sevika)

Course Includes: Lecture, Practice, Application, and Sharing
Recommended Reading: Mudras: Mudras for healing and transformation by Joseph Le Page

Mudras are gestures of the hands, face or body that promote physical health, psychological balance and awakening. This module is an in-depth exploration of hand gestures most used for the benefits of common conditions such as digestive issues, back pain, arthritis, anxiety and depression.

Yoga for the Management of Stress /Sattva Restore™

Teacher: Dani (Vani) McGuire

Course Includes: Practices, Lecture, Discussion, and Application.

Required Reading: Why Zebras Don't Get Ulcers: Robert Sapolsky

Release stress and tension with simple stretches, guided imagery, simple pranayama and mindfulness practices that can be used at any age and with any population

Healing Mantra and Pranayama

Teacher: Jenny Young(Sevika)

Course Includes: Lecture, Practice, Discussion and Application

Recommended reading: Science of Breath-Swami Rama, Yoga Sutras of Patanjali. C

Explore the dynamics of breathing and evidence-based practices for increasing health and healing. Learn theory and practical application as well as physiological principles of the breath.

Thai Yoga and Marma Therapy

Teachers: Jenny Young(Sevika)

Course Includes: Lecture, Practice, Discussion, and Application

Thai Yoga Massage and Marma Point Therapy is an ancient healing art, deeply rooted in the science of Ayurveda. Working on the physical body and subtle bodies simultaneously, this healing modality aims to relieve tension in the musculature, binding and displacement in the endocrine system, and most importantly: obstacles in the energetic body, by means of clearing the "sen lines" or energetic pathways that connect the chakras and the nadis. An understanding of these adjunct therapies is an incredible tool for yoga therapists as a means of reaching the subtle body without the active participation of the recipient's mind; and can be used when assessing range of motion, acute injuries in the musculature, actual flexion and extension, and where the participant may be holding emotions and guarding in the body.

Yoga Psychology: Yoga Therapy For Trauma

Teacher: Dani (Vani) McGuire

Course Includes: Lecture and Discussion

Psychology and mental health conditions that are relevant to the yoga therapy and psychological distress symptoms, interventions and approaches. You will also gain knowledge in cognitive behavior and personality concepts relevant to the work of a yoga therapist.

Upon successful completion of this module students will be able to:

Yoga Psychology: Yoga for Recovery

Teacher: Dani (Vani) McGuire

Course Includes: Lecture, Practice, Discussion, and Application.

"Food, drug, chemical and behavioral addictions (porn, gambling, electronics, social media, etc.) contribute to wreak havoc and destroy lives and communities. Mental Health providers frequently refer their clients to Yoga programs as an adjunct to treatment. Addictions are some of the most common of all illnesses and are exploding in our culture. Yoga Teachers play a unique interdisciplinary role with other treatment providers." - Dr Dave Johnson

Students learn how to use yoga and ayurveda in relationship to addictions, that will provide you with skills to work with clients privately, in clinics, and group settings.

Yoga for Heart Disease and Rehabilitation

Teacher: Jennifer Young(Sevika)

Course Includes: Lecture, Practice, Discussion, and Application.

Research has proven yoga's ability to fight stress and balance hormones that raise the blood pressure and heart rate. Learn tools and techniques to lower the risk of heart attack as well as rehabilitation for those who have undergone heart procedures.

Yoga for Neurological Conditions

Teacher: Jennifer Young, Julia Haller, Dani McGuire(Vani)

Course Includes: Lecture, Practice, Discussion, and Application

Learn conceptual framework for adapting yoga to people with neurological conditions such as Parkinson's Disease, Multiple Sclerosis, Cerebral Vasular Accident, Alzheimer's, and Traumatic Brain Injury. Learn the varying symptoms and issues of neurological disorders and how to apply yoga therapies to increase vitality.

Yoga For Breast Cancer

Teacher: Stella Snyder

Course Includes: Lecture, Practice, Discussion, and Application

This course provides an overview of breast cancer and examines the complex physical, emotional, and mental challenges woman face after diagnosis. Discussion includes asana adaptations and precautions according to type of treatment received from lumpectomy, mastectomy and lymph node dissection to radiation, chemotherapy, and breast reconstruction. Yoga techniques are given to assist possible long term side effects, such as lymphodema, neurophathies, osteoporosis, weakened posture, decrease shoulder and arm ROM, fear of recurrence, and loss of feminine spirit. Participants learn non injurious yoga sequences, appropriate types of pranayama, deep relaxation techniques, and calming meditation practices.

Heath Vs Disease

Teacher: Dani (Vani) McGuire

Course includes: Lecture, Practice, Discussion, and Application

Required Reading: Yoga Therapy by A.G. Mohan and Indra Mohan

An inside look at the differences between western allopathic medicine and eastern yoga therapy systems of healing. Understand how disease may begin and some tools we have as yoga therapist to create healing environments and offer tools of support.

Structural Yoga Therapy II: Support and Strengthen

Pre-Requisite: Structural Yoga Therapy I

Teacher: Dani (Vani) McGuire and Julia Haller(Jnani)

Course Includes: Lecture, Practice, Discussion, and Application.

Required Reading: Structural Yoga Therapy: Stiles

Gain Skills for working individually with Students and be able to adapt and demonstrate the ability to transmit body awareness strategies, biomechanics, and healthy movement to regain support and ease of movement, using asana, pranayama, and relaxation. We will look at the structural yoga therapy of the spine, and dysfunction and treatment of structural imbalances.

Healing Injuries

Teacher: Julia Haller (Jnani)

Course Includes: Lecture, Practice, Discussion and Application

We will focus on back pain, SI joint pain, and pelvis by addressing anatomy and biomechanics of joints and muscles. Teachers will gain insights on movements as therapy work to address physical patterns that are limiting range of motion or creating pain. We will look at common injuries and dysfunctions within shoulders and hips, and study anatomy and treatment of structural imbalances

Yoga for the Pelvic Floor

Teacher: Jenny Young

22.5 Contact Hours/non-contact hours 6 *see table below

Course Includes: Lecture, Practice, Discussion, and Application

Unveil the power of your foundation! The pelvic floor sets the foundation for healthy movement, happy relationships and a feeling of safety and wholeness. Yet no other part of the body is as shrouded in taboos as the pelvic floor. This weekend workshop will interweave the wisdom of western anatomy and research along with the ancient practices of Aurveda and yoga. This blending is a powerful combination to heal pelvic dis-ease. The workshop will provide information about key structures in the pelvic floor, common dysfunctions including urinary incontinence, pelvic organ prolapse and pelvic pain, while linking the information to yoga postures, breath awareness, diet and meditation. Come peak through the veil and emerge more empowered! Please wear clothes comfortable for yoga practice and a yoga mat

Yoga Psychology: Yoga for Mood: Anxiety and Depression

Teacher: Dani (Vani) McGuire

Course Includes: Lecture, Practice, Discussion, and Application

Using the ancient tools of yoga and the yoga sutras we will explore the mind and body, gaining clear understanding on how to adapt classes and private sessions for those with anxiety or depression and how to adapt and modify for the individual meeting them where they are.

Ayurveda for Women's Health

Teachers Dani (Vani) McGuire

Based on Ayurvedic Wisdom, this module has been designed to give you the why, how and the motivation to create positive life habits for your better health. By looking at Women's Health through the lens of Ayurveda you can learn how to notice imbalances before symptoms take a hold. And, how to bring your natural rhythms back when imbalance occurs.

Teaching Skills for the Yoga Therapist

Pre-requisite :ethics and private sessions.

Teacher: Dani (Vani) McGuire

Course Includes: Lecture, Discussion and Application

Define the basic skills of therapeutic relationships, how to observe, adapt and support the students process and progress, and recognize and manage obstacles along the way. You will leave with a good list of referrals and know when to utilize them as well as gain competency for working in practicum setting.

Upon successful completion of this module students will :

The Business of Yoga Therapy

Teacher: Dani (Vani) McGuire

Pre-Requisite: Ready to enter into practicum

Course Includes: Lecture, Discussion and Application

We will explore in this module the proper way to conduct history of the client, including assessments, record keeping, confidentiality and assessment tools and follow up plans. You will be able to clearly express goals for the student's condition and identify both short term and long term priorities for the student's goals and well- being.