

“The Sattva Yoga Therapy® Diploma Program at Pranayoga Institute changed my life. I came into the program wanting to better serve, with a particular interest in working with those touched by cancer. One of the first things Dani shared as I visited the school, and frequently throughout the training program, was the importance of self-care in this work. As I went through the training, what surprised me was that I learned so much more about myself. I began to truly understand the value of self-care in the role of yoga therapist. I began to realize that the only way we can serve to the best of our ability is to first make the space for ourselves so that we can serve from an embodied, balanced, and poised space. One of the things that sets Pranayoga’s program apart is the weaving of Ayurvedic wisdom throughout the entire training. I feel this integration is essential in the work of yoga therapy, the two go hand-in-hand.

I also value the flexibility the program provides. In meeting one weekend a month, I was still able to work full-time and travel to Fort Wayne from out of state, making things manageable. If you’re looking to dive deeper into your studies and step into the work of yoga therapy, Pranayoga provides a welcoming and engaging learning community.”

-Natascha B., Wisconsin

“The Sattva Yoga Therapy® Diploma Program at Pranayoga Institute has been everything I desired it to be and more. We were led by experts in many domains of yoga therapy from Ayurveda, breast cancer recovery, cardiac rehabilitation, healing structural injuries, trauma, and addiction. We were led by authentic healers who teach by example and from their own experience. I have been deeply impacted by their truth and empathy. A yoga therapist is unique in the ability to hold “agenda less” space for care seekers. Each time I am at Pranayoga, I am welcomed back into that space for more awareness to unfold.”

-Roxie S., South Bend, Indiana



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Sattva Yoga Therapy®

DIPLOMA PROGRAM

at Pranayoga Institute



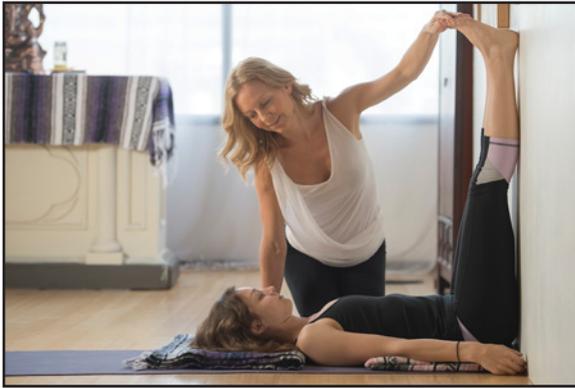
Moving the health industry
from surviving to thriving.



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Pranayoga Institute's Sattva Yoga Therapy® Diploma Program consists of 8 core curriculum modules, a sattva immersion, 19 yoga therapy principles modules, and a mentorship program providing Sattva Yoga Therapy to care-seekers.

Each one of our 29 modules has been thoughtfully crafted with IAYT standards and objectives. As a Sattva Yoga Therapy student you will gain knowledge, improve personal strength as a yoga therapists, utilize knowledge through applied instruction, give feedback to others, and embody practices as both participants and experts in the field of yoga therapy.

Successful completion of all of the modules, assignments, and practicum will earn a Certification of Yoga Therapy from Pranayoga Institute.

Skills and knowledge gained in this program include but are not limited to:

- Holistic range of yoga practices and their potential therapeutic effects
- Yoga and ayurvedic perspective on wellness and disease
- Yoga for different doshas
- Adaptive yoga sequences
- Chronic illness and palliative care
- Contraindications
- Common conditions
- Common pathologies and disorders of all major systems
- Commonly used drugs
- Ethics and privacy

- Medical terminology for cancer and chronic illness
- Stress and yoga
- Healing emotional and physical trauma
- Understanding commonly occurring mental health conditions and our relationship as yoga therapists
- Knowledge of psychological concepts and terminology
- Discussing models of human development and their importance to medical and psychological health
- Understanding the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives on health and healing
- Chanting, affirmations, and meditation
- Multi-dimensional yoga therapy/pancha maya practices
- Assessments and intakes
- Managing the subtle dynamics and co-dependency
- Understanding the scope of work as a yoga therapist and referral etiquette
- Co-creating healing
- Helping the student set up a home sadhana and support system
- The sukha/sthira of yoga therapy sessions
- Setting up therapeutic classes and environments for healing
- Evaluating and implementing group program
- Non violent communication
- Business and time management

Start the application process today at pranayogaschool.com.

Tuition:

\$9,400 + \$450 non-refundable application and deposit fee. Monthly payment plans available. Pay in full saves 10% of module pricing (\$940). Practicum Tuition: \$900 upon mentorship start date.

Application and tuition details available online at pranayogaschool.com.

Pranayoga Sattva Yoga Therapy® Director Dani "Vani" McGuire C-IAYT, E-RYT500, AWC



Vani (Dani's given name through Integral Yoga) has practiced yoga since 1995, having studied Integral, Tantric and Ayurveda, Yoga Therapy, and Prana Vinyasa and Ashtanga. Her teaching is an alchemy of eastern philosophy and modern living. Vani's mission is bringing yoga to as many people as possible in a way that serves them, especially as a yoga therapist, helping people move from suffering to ease. She is creator of Sattva Vinyasa and Sattva Therapy. Vani has published several DVDs and mini online classes, and is a "Top 10 Teacher" on Yoga International online classes. She is founder of Pranayoga Institute (one of the first 25 yoga therapy accredited schools in the world), and Pranayoga Foundation (a non profit serving yoga to the under served population). Vani leads teacher trainings and workshops at conferences and studios around the world, is a ayurveda wellness counselor, and offers birth and death support as a yoga therapist and doula. Her first book on modern day yoga of action and self-realization, was published in October 2018. Learn more at sattvavinyasa.com, pranayogaschool.com, and pranayogafoundation.org.

MEET YOUR TEACHERS

Jenny Sevika Young, E-RYT500, C-IAYT, YACEP, LMT
Jenny started yoga for her daughter in 2010 but stayed for herself. This is when powerful healing began to transform her body, mind, and spirit, not necessarily in that order. She became RYT 200 certified through Pranayoga Institute of Yoga and Holistic Health in 2012 as well as Thai Massage from Thai Body Work in 2012. She became ERYT 500 certified in 2015, and a Certified International Yoga Therapist in 2017. As a teacher, she sees each student as whole. She strives to create a supportive environment in which each student can safely experiment in uncovering the beauty and joy that reside within the heart of each of us.

Julia Haller, C-IAYT, Sattva Vinyasa Embodied
Julia is a yoga therapist who has been serving the Fort Wayne area for the past five years. She is a Certified Yoga Therapist through IAYT as well as a 500 hour registered teacher. She received her teaching certifications in Sattva Vinyasa in 2015 and Sattva Therapy in 2017. Julia enjoys working one-on-one with clients using the tools of yoga to help them reach their health and wellness goals. Her aim with each session is to create space for the client to connect to themselves, and deepen their understanding of the healing potential within.