



pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH

One Breath. One Community. Every Body.

Sattva Therapy®Yoga Therapy Diploma Program

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Mission, Purpose and Commitment

Welcome to the Sattva Yoga Therapy 1000 Hour Program at PranaYoga Institute. Our Yoga Therapy program provides experiential framework for adapting Yoga practices to the special needs of people with cancer, chronic pain, heart disease, depression, anxiety, trauma, stress and beyond. Our focus is on the whole individual, meeting them where they are, and creating healing therapeutic relationships. The pillars of being a Sattva Yoga Therapist are to allow, educate, and support the individual so that we can help them not survive but thrive through illness and disease management.

The Graduates of the Sattva Yoga Therapy Program as well as graduates from our other training programs, are some of the most sought after teaching professionals in the industry as we live and work dynamically in the field of yoga. We are excited to partner with you to empower, educate and evolve together.

Our goal is to promote the most authentic and comprehensive yoga therapy teaching program. Sattva yoga therapy is rooted in the tradition of Hatha, Ayurveda, and Tantra Yoga, integrating it with the science of allopathic medicine. The Faculty at PranaYoga is committed to growth and education in the field of yoga therapy as pain management method for an integrative approach to healthcare.

I am a little pencil in the hand of a writing God who is sending a love letter to the world. ~Mother Teresa

About Sattva Yoga Therapy

Sattva means balance. The study of Ayurveda is one in keeping the body balanced, and the study of Yoga is one of keeping ourselves in harmony with our bodies, breath, relationships and the world around us. We have joined these sister sciences in our holistic yoga therapy training program so that we may find the integrated approach to healthcare in the 21st century. We believe that for the whole person to not only survive, but to thrive, there needs to be harmonious balance of the three treasures of mind, body and spirit. Our philosophy is one of wholeness and integration to achieve sustainable results and transformation within.

Becoming a Sattva Yoga Therapist will allow you to:

- See private clients as a yoga therapist
- Earn additional income and experience as a professional yoga therapist
- Conduct adaptive group classes for special populations
- Confidently work in collaboration with other health care professionals

Program Overview

The Sattva Yoga Therapy Professional Yoga Therapist certification has over 1000 hours of program material relevant to the study of yoga therapy. This program is offered to those interested in merging the sister sciences of Yoga and Ayurveda in the holistic approach to healing necessary for cultivating sacred space for education, clear communication, support and integration of ancient practices into modern life.

The program is for those who have graduated from a foundational 200 hour Yoga Alliance Program with one year of teaching experience.

This program is made up of:

- 8 Core Yoga Therapy Foundation Modules (Meeting Saturday-Sunday 9:15am-5:30pm)
- Raja Yoga Immersion or our Live Stream: Sattva Vinyasa Embodied Wellness Training. 30 hours.
- 19 Yoga Therapy Principles Modules (Meeting Friday-Sunday 9:15-5:30pm)
- Distance and Mentoring Hours
- Clinical hours and Yoga Therapy Practicum (mentoring hours will be done via phone or zoom for distance students)
- Sattva Yoga Therapy Manuals
- Reading and Homework assignments

Additional Program Costs, NOT covered by tuition:

- Room and board for Sattva Vinyasa Immersion (room and board cost is usually \$350-\$450)
- Travel Cost and Lodging. See admissions for recommendations to low cost lodging and meal planning.
- Reading list

The Sattva Yoga Therapy Program is designed to affirm students' awareness and ability to utilize his or her understanding of alignment, group and private yoga therapy sessions, biomechanics, somatic movement, mindbody therapies, pranic energy healing, subtle body anatomy, therapeutic and professional relationships, and business management.

Foundation Modules-usually take place usually the 1st weekend of each month(schedule is available online at pranayogaschool.com under teacher trainings.)

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

Foundations of Sattva Therapy Modules

Therapy Foundations

- **** Advancing Asana-Wave Sequence, Peak Poses, Vinyasa Kramas & Enhancements.**** Elective Module For 300 Hour Program. (not included in yoga therapy program-if you complete this extra module \$300 you will receive your 300 hour yoga alliance certification once all the sattva therapy foundation modules are complete and homework binder turned in.)
- Ayurveda For Balanced Living
- Chakraology-Subtle Body Anatomy
- Ayurveda and Asana: Sattva Vinyasa Practices For Dosha Imbalances
- Structural Yoga Anatomy I
- Adaptive Yoga-Chair Therapeutics
- Mantra Yoga and Somatic Movement
- Ethics, Working One On One, And Living Our Yoga (The Art of Relationship)
- Meditation and Pranayama (Truth, Knowledge, Bliss.)
- Sattva Vinyasa Immersion. May be held at Satchidanada Ashram or Menla Mountain (approximately \$400 housing cost-extra fee)-Optional Distance online course available in 2020.

19 Sattva Therapy Principle Modules Include

Yoga Therapies Modules

- Healing mudras
- Sattva Restore: Restorative Yoga for The Management of Stress
- Healing Mantra and Pranayama
- Thai Yoga and Marma Therapy

Therapeutic Relationships and Skills:

- Yoga for Heart Disease and Rehabilitation
- Yoga for People with Cancer
- Yoga for Breast Cancer Recovery
- Yoga for Neurological Conditions

Anatomy and Physiology:

- Health Vs Disease
- Structural Yoga Therapy II Support & Strengthen (Pre-requisite-Structural Yoga Therapy I)
- Healing Injuries

Yoga Psychology:

- Anxiety & Depression

- Yoga for Trauma
- Yoga for Addictions

Ayurveda and Yoga Therapy

- Ayurveda for Women
- Ayurveda and Yoga Therapy: 8 Fold Assessments(pre-requisite: Ayurveda and Yoga, Ayurveda for Balanced Living)

Professional Practice:

- Spiritual Health and Healing Distance Class via Zoom
- Yoga Therapy Defined: Lineage, Models, and Foundations
- Teaching Skills for The Yoga Therapist
- The Business of Yoga Therapy: Clinical Assessment (pre-requisites-all other modules complete)

Skills and Knowledge gained in this program include but 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
- time management

Yoga Therapy Practicum Clinical Supervision (begins upon completion of all modules or by approval)

Mentoring cost is \$900 when beginning practicum.

150 Non-Contact 60 contact

The clinical portion is the practicum and mentoring program that allows the student to apply the knowledge and practical application skills that they have gained in the core curriculum, under close observation by the lead teacher. Supervision and feedback will be given as observed in the clinic of our PranaYoga Foundation (the 501c3 non-profit organization that offers free yoga to people with cancer and chronic illness).

The Practicum Clinical internship includes, but is not limited to creating and leading adaptive therapeutic group courses and individual private yoga therapy sessions. The goal of the internship is to ensure clear demonstration and competency on assessments, charting, therapeutic relationships and documentation.

What to expect during your clinical internship: 1 year internship

Yoga Therapy Hours: Yoga Therapy Internship is created to offer yoga therapy sessions to people wanting to experience and in need of yoga therapy. Therapists must work a minimum of 130 hours over the course of the practicum to complete case-studies.

Ex. Case Studies: 10 clients for 12 weeks minimum sessions(with initial intake taking 1-1/2-2 hours)/3 different cases of the following conditions:

charting/documentation hours extra.

As Varied as Possible: Examples of case studies are:

- mood disorders: anxiety and depression
- cancer
- chronic pain (fibromyalgia, crohn's disease, arthritis, knee pain, elbow pain, physical injuries including hips, spine, or shoulders)
- degenerative disorders(alzheimer's, parkinson's spinal muscular atrophy)

Observations

10 Non -Contact Hours

Observe 10 different Group Adaptive Classes, and Yoga Therapy Sessions conducted by other program trainees.

Adaptive Therapeutic Group Classes

Conduct 20 hours of adaptive group classes for a specific population. May be taught through the PranaYoga Foundation or other approved resource.

Competencies gained:

Demonstrate Ability to:

- Develop and maintain therapeutic relationships
- Understand Intakes, Evaluations, and Observations
- Follow-up for clinical sessions, give feedback and re-plan when needed
- Apply yoga therapy concepts of philosophy and anatomy to adaptive yoga courses and private yoga therapy sessions
- Demonstrate understanding and application of Ayurveda self-care techniques and application in clinical sessions.

Obtain Knowledge of:

- Treatment strategies and protocols
- Mindbody relationship of Yoga Therapy

Contact Hours

60 hours

- Meetings with Mentor and other health care providers working with the patient.
- Mentor Review and Discussion regarding patient protocols.
- Mentor Follow up after session and looking over yoga therapy charting
- Observing during yoga therapy sessions
(made up of 1 hour per minimum)

Faculty

Dani "Vani" McGuire

E-RYT500, C-IAYT, Yoga Therapist, Ayurvedic Health Educator, Sattva Vinyasa and Sattva Therapy Founder
Vani has practiced yoga since 1995, having studied Integral, Tantric, Yoga Therapy. She is founder of PranaYoga Institute and PranaYoga Foundation, a 501c3 non-profit that teaches yoga to people with cancer. She is creator of Sattva Vinyasa and Sattva Therapy and all of our 200/300/prenatal and yoga therapy teacher training programs. Her teaching is an alchemy of eastern philosophy and modern living. Using both life and practice as a way of inspiring self-awakening, love, and devotion. She is author of *Beginner and Beyond: A Hatha Yoga Practice*, available on itunes; columnist for *elephantjournal.com*, and *Sattva Vinyasa: A daily practice*. Dani leads teacher trainings and workshops at conferences and studios around the world.

Julia Haller

E-EYT500, C-IAYT Yoga Therapist, Sattva Vinyasa Embodied™ Lead Teacher Trainer

Julia is a yoga therapist who has been serving the Fort Wayne area for the past 5 years. She is a certified yoga therapist through IAYT as well as a 500 hour registered teacher. In 2012 she enrolled in her first teacher training with Vani McGuire at Pranayoga Institute of Yoga and Health and 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. Using awareness, movement, breath, concentration and relaxation practices allows her to serve clients with structural issues, anxiety and depression, insomnia, high blood pressure, chronic pain, and cancer. 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.

Jenny Young E-RYT500, 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. Through a regular asana and sitting practice, studying with phenomenal teachers and soaking in the love of the beautiful yoga community, she has begun to discover a quieter mind. She became RYT 200 certified through Prana School of Yoga and Health in 2012, RYT 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

Adjuct Faculty

Dr. Dave Johnson PhD: Dr. Johnson is a licensed marriage and family therapist, licensed clinical social worker, and board certified psychiatric clinical nurse specialist. He is a Professor of Nursing at the University of Saint Francis, and EAP specialist with Parkview Health.

Tuitions and Application

Tuition: Program Module Tuition \$9400 (includes all foundations + principles modules)

Payments Plans Available: \$470 for 20 months.

Deposit and application Fee: \$450 to be paid upon enrollment.

Pay In Full Discount of 10% (Saves \$940)

****Book fees, internship, and any travel/housing will be additional cost.**

Yoga Therapy Internship: \$900 to be paid when starting this portion, once the weekend modules are complete and you have been accepted into the internship program.

Application Process

Who is eligible for this program?

200 hour yoga teachers that have been teaching for a minimum of 1(one) year.

How to Apply: Fill out the attached Application and Submit your \$50 application fee and \$300 non-refundable deposit. If you have not graduated from our 200 hour foundations course and teach for another school you must prove your graduation and teaching experience. Please send in certificate, resume and YA registration number.

Application Process:

- Completion of Application(200 hour YA certified + 1 year of teaching experience minimum.)
- Pay \$450 Dep and Application Fee(\$400 will be refunded if you are not accepted for any reason)
- Meet with admissions team or faculty
- Complete Payment Information and Sign Refund Policy

Additional Policies

Attendance Policy

Pranayoga Requires 100% attendance for all modules for the professional therapist certification. Students will be allotted a 4 year grace period to complete the intensive from the date of the first module. Should unforeseen circumstances arise an alternative plan will be provided as a case-by-case basis at the director's discretion.

Class Cancelations

If a module is cancelled due to incimate weather or other unforeseen circumstance, it will be rescheduled within 30 days. Pre-registration is necessary to ensure we have a minimum of 4 participants for modules to be rescheduled. Please email admissions@pranayogainsitute.com to register for program modules, or sign up under workshops at pranayogaschool.com.

Non-discrimination Policy & Statement

We admit students of any race, gender, sexual orientation, national and ethnic origin, philosophic and religious beliefs, to all the rights, privileges, programs, and activities generally accorded and made available to all students at our school. It does not discriminate on the basis of race, gender, sexual orientation, national and ethnic origin, and philosophic and religious beliefs in administration of its educational policies, admissions policies, and school-administered programs.

Academic Performance Policy: Payment of tuition does not ensure a diploma. Just like college coursework the requirements of the program must be fulfilled. Attendance policy. If missing a module it must be made up the

next time it is offered. If missing more than 3 hours the module must be made up. All homework and documentation must be turned in prior to diploma and demonstrating abilities performed as a yoga therapist in the practicum and mentoring portion. Program must be completed within 4 years of entering. Exceptions will be made only in the case of birth or death in immediate family.

Refund Policy

Pranayoga Institute has a three (3) day cancellations policy. An applicant who provides a written notice of cancellation within (3) days excluding Saturday and Sunday and federal holiday of paying the initial deposit or tuition payment is entitled to a refund of all monies paid. No later than 30 days after receiving the notice of cancellation. PranaYoga Institute shall return all monies exception of the deposit.

After 3 days all monies are non-refundable and non transferrable.

Please Return via email or mail.

I understand that I will be enrolled in the yoga therapy program and must complete the program within 3 years unless unforeseen circumstance should arrive. Written notice of these grievances must be sent to admissions@pranayogaschool.com.

I agree and understand these policies:

Sign _____ Date:

Printed Name: _____

Code of Conduct

Mission:

The PranaYoga Institute is dedicated to serving all people in the science and art of Yoga Therapy and Ayurveda education in holistic health. We seek to raise awareness, offer support and help those in need. Our aim is to provide the highest education in creating healing safe environments for the practice of Yoga Therapy and Ayurveda.

Code of Conduct for all faculty and students: Initial and Sign

- _____ I recognize my ethical responsibility to maintain the standards of conduct and care and the professional development of this path.
- _____ In populations that fall outside of my abilities I will make appropriate referrals to other health professionals.
- _____ I will keep all of the information in this program and other participant's sacred stories confidential.
- _____ I will do no harm through thought, speech, or actions
- _____ I will uphold competence and strive for professional excellence through regular assessment of personal and professional strengths and weaknesses.
- _____ If I become aware of personal problems that may interfere with performing duties or skills I will take appropriate measures to limit or suspend until I am able to perform my task as a teacher or student or administrative member.
- _____ I will adhere to the drug and alcohol policy to never provide services or show up to the facility while under the influence of drugs or alcohol. If taking prescribe medicine it is the responsibility of the person to consult with their medical physician regarding any side effects that could impair my functioning in this program or my professional duties.
- _____ I hold my self accountable and will not engage in unfair discrimination based on age, gender, race, ethnicity, culture, national origin, religion, sexual orientation, disability or any other basis by law.
- _____ I will not engage in sexual harassment. Sexual harassment is sexual solicitation, physical advances or verbal, or nonverbal conduct that is sexual in nature.
- _____ In the student teacher relationships the role of the yoga teacher is to educate students in practices of yoga and wellbeing and to imply competencies of a yoga therapist and tools for yoga therapy. Our

relationship like all health practitioners is one rooted in trust. I understand the professional relationship is one of equal power and responsibilities, and healthy boundaries.

_____ I will maintain confidentiality through all professional and personal relationships.

Printed Name: _____ Title: _____

Signature: _____ Date: _____

Printed Name: _____ Title: Program Founder _____

Signature: _____ Date: _____

Reading List

Below is a detailed list of reading materials, some required and some recommended to read throughout the Sattva Yoga Therapy Program. An additional cost for these materials will occur.

Required Reading from the 200 hour Foundation Program.

Book	Author
The Heart of Yoga-Ongoing	DKV Desikachar
Patanjali's Yoga Sutras-Ongoing	Swami Satchidanada
The Key Muscles of Yoga-Ongoing	Ray Long

Required Reading for Yoga Therapy Foundations and Yoga Therapy Principles Modules

Book	Author	Module
Online Anatomy Training-Included for 1 year	Leslie Kaminoff	Ongoing
Ayurveda and Marma	David Frawley	Thai and Marma Therapy
Ayurveda The Science of Self Healing	Dr. Vasant Lad	Ayurveda I and II
Ayurvedic Yoga Therapy	Stiles	Ayurveda II
Bhagavad Gita	Eknath Easwaran	Ongoing
Bodymind	Ken Dychtwald	Mantra Yoga and Somatics
Easy Does it Yoga	Alice Christensen	Adaptive Chair Therapeutics
Exercise for Joints and Glands	Swami Rama	Adaptive Chair Therapeutics
Healing Path of Yoga	Nichala Joy Devi	Intro to Yoga Therapy
How Yoga Works	Michael Roach	Raja Yoga Retreat
In the Realm of Hungry Ghosts	Gabor Mate'	Yoga for Addictions
Light on Pranayama	BKS Iyengar	Pranayama for Healing
Mudras for Healing and Transformation	Joseph and Lilian Le Page	Healing Mudras
Overcoming Trauma through Yoga	Emerson and Hopper	Yoga Therapy for Trauma
Prakriti	Svaboda	Ayurveda I and II
Science of Breath	Swami Rama	Pranayama and Meditation I and II
Stretching Without Pain	Paul Blakey	Structural Yoga Therapy I and II

Structural Yoga Therapy	Stiles	Structural Yoga Therapy
*The Language of Ayurveda	Nicolai Bachman	
*The Language of Yoga	Nicolai Bachman	
The Path of Practice	Bri. Maya Tiwari	Ayurveda and Yoga Therapy for Woman
The Subtle Body: An Encyclopedia of Your Energetic Anatomy	Cydi Dale	Chakralogy
The Body Keeps the Score	Bessel Van Der Kolk	Yoga Therapy for Trauma
Turning the Mind into an Ally	Sakyon Mipham	Meditation and Pranayama I
Wherever you Go There You Are	John Kabot Zen	Meditation and Pranayama I
Why Zebras Don't Get Ulcers	Sapolsky	Sattva Restore
Yoga and Ayurveda	David Frawley	Sequencing for Dosha Imbalance
Yoga Therapy	Mohan	Intro to Yoga Therapy

***Recommended. Not Required.**

Sattva Therapy® Yoga Therapy Diploma Program

Payment Plan for Students entering after 200 hour foundations and 1 year teaching experience.

Agreement Date: _____ for Student Name _____

I agree to the 20 month payment plan at the rate of 470.00 per month for tuition to the Sattva Therapy Diploma Program (This tuition is non-refundable/transferrable, and does not include monthly unlimited membership to Pranayoga.)

I have paid my deposit/application fee of \$450 (Please Check Box if paid)

Please read and sign below:

I agree to the payment plan of 470.00/month for 20 months. The payment will come out before I attend the first module and each month for 20 months _____

I certify that I am the holder of the credit card. _____

I agree to keep all of my credit card information current and up to date and if my credit card is rejected for any reason I agree to a 10.00 late fee. _____

Option #2 Pay in Full Option: (*amount does not include practicum portion*)

I agree to pay the full amount of \$8460.00 for the Sattva Yoga Therapy Program(10% off) . I confirm that I have paid my registration, application and deposit fee of \$450 and agree to complete the program within 4 years of the signed date on this agreement.(internship will be an additional cost of \$900) _____

Mentoring Payment of \$900 will be taken when setting up mentoring for Clinicals Initial: _____

Please check one in regards to our Professional Sattva Vinyasa Training:

I have been informed about taking the additional module to become a Sattva Vinyasa Embodied™ 300 hour yoga teacher (Yoga Alliance) and will agree to one extra payment of \$300 _____

I have been informed about taking the additional module to become a Sattva Vinyasa Embodied™ 300 hour yoga teacher (YA) and will opt out of these modules _____

Credit Card Authorization:

Signature: _____ Date: _____

Credit Card Number _____ EXP: _____ CID: _____