

2008 - IAYT Survey of Yoga Therapist Training Programs
Anticipated Programs That Had Not Started as of 12/31/07

Last updated by JK on March 22, 2009

Title	Organization/ Director/Website	Teacher Training Prerequisite	Teaching Experience/ Other Study Prerequisites	Program Format	Contact Hrs	Outside Hrs or homework	Mentoring and/or Internship Program	Anticipated Program Start Date	Tuition
General Yoga	Therapist Training	Programs							
Embodied Asana Advanced Teacher Training	Embodied Asana (in partnership with The Breathing Project) Amy Matthews embodiedasana.com	Basic yoga teacher training program, equivalent PT /OT training, or SME training - BMC/LMA/ISMETA	Some teaching experience	Nine 15-hr weekends, workshops, assisting and outside classes, research	300 hrs	30 + hrs	Assisting	2008	\$4,800
EYT Yoga Therapists Training Program	Essential Yoga Therapy Robin Rothenberg essentialyogatherapy.com	RYT 500 or equivalent	2 years of teaching or equivalent; College Level A&P or equivalent	4 Ten Day Residential Modules	350hrs+ Mentoring	500+ hrs	Integrated Mentoring Program with E.Y.T. faculty	Fall 2010	\$7,500
Functional Synergy Therapeutic Yoga Training	Functional Synergy Susi Hately Aldous www.anatomyandasana.com	200 hr minimum	Already teaching therapeutically. At least 48 hrs of functional anatomy training.	Two 7- day trainings, significant apprenticeship program with clientele in the trainee's home town.	188 hrs	At least 500 clinical hrs Final Research project, At home book readings	In development	01/2009	\$4,725 Canadian
Yoga Therapeutics Teacher Training	Guru Ram Das Center for Medicine & Humanology Shanti Shanti Kaur Khalsa grdcenter.org	Certified 200 hr KRI Level 1 TT	3 yrs teaching experience, 2 semesters A&P 1 semester research methods.	4 days a month over 9 months, plus 120 hrs internship	300 hrs	50 hrs home study and a final project	120 hrs supervised internship	In this format, 2008 Program in progress, no graduates yet	\$6,000 includes internship and all materials
Heartland Yoga Therapist Training	Heartland Yoga Therapy Nancy Schalk heartlandyogatherapy.com	500 hr	2 yrs teaching experience	One yr weekly sessions (TBD), internship, College courses through our affiliate University	450 hrs	100 hrs home study, 100 clinical hrs	One yr. internship at Indiana University Simon Cancer Center.	2010	~ \$4,500.00
Yoga Therapy Training	Institute for Yoga Teaching, Therapy and Practice	RYT 200		Didactic lecture, practicum,	1,000 hrs	Assigned reading and	100 hrs	Anticipated 2009	TBD

	Veronica Zador vzador@meetingpro.net			internship		independent study, community service			
Yoga Therapy Extension Certificate	Mount Royal College, Madeline Kapiczowski, http://conted.mtroyal.ca/yoga/	200 hr Yoga Teacher Training Program	References	10 courses, 5 day training sessions, online study, practicum	300 hrs	Pre-course work, at home study, practicum hrs at sites in your community	Yes	2008 First Graduates in Winter 2009	\$4,999
Self Awakening Yoga Therapeutics Training	Nosara Yoga Institute Amba and Don Brahmanand Stapleton PhD nosarayoga.com	Approved 200 hr Yoga Teacher Training Program	2 yrs yoga teaching experience	Three 2-week (100-hour) modules.	300 hrs minimum	100 hr documented teaching experience		NYI established in 1994	Begins @ \$6000 at 500-hr level
Pranakriya Yoga Therapy Training	Pranakriya Yoga Therapy, Marlysa Sullivan MPT, RYT marlysavogini@gmail.com .	200 hr teacher training in any tradition		8 modules (4 ½ days each module)	280 hrs	20-30 hrs	Yes	2008	\$400 per module
Yoga Cikitsa: The Therapeutic Application of Yoga	PranaYoga and Ayurveda Mandala 3333 Federal Blvd. Denver, Colorado 80211 Hansa, ERYT500, LMT pyamanadala.com	•500 RYT, •Preassessment exam with application May need to complete a 50 hr bridge program based on exam.	•1000 hrs teaching –	•one session per week and one weekend per month •2009- summer intensive •Future – Semester format: 4 - 5 hr sessions per week	1200 hrs	Extensive reading material and home practice with journaling.	Four stages: Total hrs 142.5 training in case taking and mentorship integrated into our yoga therapy clinic plus 120 hrs of related practices.	2008 held both the bridge program and the first semester of a four semester training.	\$14,400.00 for pilot program. Will increase fees next yr.
Scottsdale Community College Yoga Therapy Certificate Program * Pending MCCCDD Governing Board Approval	Scottsdale Community College Carlyn Sikes scottsdalecc.edu/yoga	SCC Yoga Teacher Training Program (SCC Occupational Certificate in Yoga Instruction or SCC 500 hr RYT certificate); graduates from other programs may have to satisfy SCC pre-requisites	Anatomy and Physiology, PED 270, SCC asana	16-week College semesters – 4 semesters total plus summer	Pending	Pending	Onsite internship/ apprenticeship	Therapy classes began in 2003 Certificate program Spring 2010 pending MCCCDD Governing Board approval	Currently \$71 per credit; \$15 registration fee per semester
Ayurvedic Yoga Therapy	Yoga Therapy Center Mukunda Stiles yogatherapycenter.org (US and Amsterdam)	Certified yoga teacher, or health care professionals		Six 5-day meetings during one yr	200 hrs	100 hrs supervised by mentor and program director	Primary teacher and staff mentors	2008	
YogaFit® Yoga Therapy Training	YogaFit® Teacher Training Systems Chrys Kub yogafit.com	RYT 200 highly recommended	YogaFit's <i>Anatomy and Alignment</i> , or any licensed	Two 4-day trainings, one 2-day training, and home study	90 hrs	10 hrs pre-training study, clinical project/	In development	Anticipated 2008-2009	\$2,300

			health care professional			homework TBD			
Yoga Teachers School of Excellence Certified Yoga Therapy Training	Yoga Teachers School of Excellence Deborah Perry yogatse.com	Level I 200RYT or Medical Professional Level II 200 or 500 RYT		Level I Three weekend Intensives Level II Three weekend intensives	Level I 100 hrs. Level II 100 hrs.	Level I 75-80 hrs Level II 75-80 hrs	30 hrs mentorship program with online and phone supervision	Program begins 1/09/09	Level I \$1150 Level II \$1150
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Specialized Yoga	Therapist Training	Programs							
A.Y.C. Professional Training Program 200-hr Certification	Abhyasa Yoga Center J. Brown abhyasayogacenter.com			4-6 months customizable	85-108 hrs	92+ hrs	Private mentorship	2008 7 grads as of 6/30/2008	\$1,800
BoneZeal® Yoga Cikitsa Yoga Therapist Training	Salutation Healthcare/ BoneZeal Yoga Gerry Sander YogaTherapy.pro	RYT 200 or health professional. Min. of Associate degree, college level anatomy, or enrolled in such program.	2+ yrs Yoga asana, 2+ yrs regular meditation & Yoga teaching exp.	10 weekly sessions (5 hrs each - Fri), 7 monthly sessions (7 hrs each – once per month – Sat.) and Home study	100 hrs	100 hrs home study, mod. clinical (liability ins. req'd), Thesis	Electronic mentorship available.	08/2008	\$1,100
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International Yoga	Therapist Training	Programs							
The Department of Holistic Yoga Therapy	Reidman College for Complementary Medicine Israel Ronit Aizenberg. Head of the yoga school. reidman.co.il	Minimum 200 hrs yoga teacher training. One year experience in teaching yoga for groups.	Participating in a 3 hrs acceptance workshop that includes yoga practice and personal interview.	Two year: 58 days, once per week, 8 hrs each day. 225 hrs each year. 4 retreats: 30 hrs each.	580 hrs	112 hrs yoga practice, 70 hrs homework and special projects.	80 hr Practical workshop includes working in clinics and presentation of Study cases.	The first cycle will start on march 2009 and will end on February 2011	Approx. \$6,000 TBD
Svastha Yoga of Krishnamacharya: Yoga Therapist Training	Svastha Yoga and Ayurveda Ganesh Mohan svastha.com	RYT-200. Teachers from other schools may have to attend an integration module.		Four 2-week trainings, home study, practicum	380 hrs	300 hrs home study, 150 hrs practicum	Mentoring	2009	\$6900

		Some exceptions.							
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