

2008 - IAYT Survey of Yoga Therapist Training Programs
Programs with Graduates as of 12/31/07

Last updated by JK on 2/17/2009

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	Yr Began, Graduates as of 12 /31/07	Tuition
GENERAL YOGA THERAPIST TRAINING PROGRAMS									
American Viniyoga Institute Yoga Therapist Training Program	American Viniyoga Institute Gary Kraftsow viniyoga.com	AVI Teacher Training Program (500 hr RYS) or 500 hr RYS and AVI Foundation for Yoga Therapy Program	50 hrs of anatomy	Three 14-day sessions, home study	275 hrs	75 hrs pre-training study, 100 hrs home study, final project, 100 clinical hrs	Mentoring program	2000 48 grads	YT10 (next program) \$8400
Ananda Seva Mission Yoga Therapy Certification Training	Ananda Seva Guru Kula Institute Maetreyii Nolan, Ph.D. and Ananda Deviika anandaseva.org	RYT 200 Or relevant therapeutic background		Two session, one 14-day and one 13-day, with an intensive, home study internship between sessions	270 hrs	30 hrs minimum, but most do 50-100 hrs	Yes, between sessions	2005 54 grads	\$2,875
Atha Yoga 300 hr Therapist Training or 500 hr Teacher Training with Yoga Therapy Emphasis	Atha Yoga and Pilates Sabrina Castaneda athayogaandpilates.com	200 YTT (which we offer as well) or health professional		Nine Weekend Modules of 30 hrs each	275 hrs	20-30 hrs mentored individual projects or Community Service	Lifelong mentoring Online Q & A Internship available	2005 18 grads	\$2,880
Anatomy of Yoga Therapy	Centerpoint Yoga Therapy School Website pending	200 or 500 hour teacher training certification	Some teaching experience -preferably at least 1-2 years	2 formats: 3 hours weekly or 10 hours monthly for 2 1/2 years	240 hours (next trainings are 280 hours)	60-80 hours including home study, projects case study and seva teaching	Under consideration	2001 80	\$3370
Purna Yoga Certificate	The College of Purna Yoga Aadil Palkhivala & Mirra purnayoga.com	500-hr, and be an RYT-500	At least 30 hrs of Purna Yoga	Four 8-day intensives, plus apprenticeship, observation, and teaching	300 hrs	400 hrs independent study	Yes	2004 45 grads	\$7150
Yoga Therapist Generalist I	Divine Therapeutic Yoga Gusti Ratliff divineyogacenter.com	RYS 200	1 yr teaching experience (with exceptions)	12 modules; one weekend per month for one yr+	250+ hrs	250+ hrs home study, workshops, case studies, assisting, research project, and abstract presentation	Trainee is mentored by a qualified therapist. Group and private mentoring is required.	2007 16 grads	\$350 per module \$4200 total

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Professional Yoga Therapist Level 1 and 2	Integrative Yoga Therapy Joseph LePage iyogatherapy.com	L1: RYT 200 or equivalent L2: L1 500 hr		L1: 2 14-day modules; one 5-day session, Internship, or Home Study L2: online internship, case studies	L1: 300 hrs L2: none	L1: 50 hrs L2: 500 hrs	Yes	L1: 1994 >500 grads L2: 1994 ~100 grads	L1: ~\$4,300 depending on which options chosen L2: \$850
1000 Hr Yoga Therapist	KCFitnessLink Darryl Olive, Director of Programs kcfitnesslink.com/yogaed	Minimally a student must have 200 hrs of yoga training to start the program. This program includes a 200 hr teacher training and 300 hr advanced t.t.	Students may apply at later levels. Allied health professional background also recommended	One and two week intensives	60 hr Thai Massage Training 60 hr Yoga as Therapy Intensive Meditation Teacher Training Ayurveda Training	400, including student practicum, volunteer service project, CPR certification, journaling	Work study program, faculty mentoring	2006 22 grads	\$10,000
Radiant Transitions Therapeutic Yoga International Training	Prana Vinyasa® Yoga Therapy Sarasvati Devi / radianttransitions.com	200-hr Yoga teacher training Some exceptions for healthcare professionals.	1 yr teaching experience	L1: 15 modules (20 hrs each) L-2: 9 modules (20 hrs each) L-3: 6 modules (20 hrs each)	L1: 300 hrs L2: 180 hrs L3: 120 hrs	L2: 70 hrs L3: 130 hrs Includes practicum / apprenticeship	Yes	2004 L1: 165 grads L2: 29 grads L3: 6 grads	\$1,800 each level
Phoenix Rising Yoga Therapy Practitioner and Teacher Training	Phoenix Rising Yoga Therapy pryt.com Karen Hasskarl, Elissa Cobb	Basic knowledge of Yoga		L1: 4-day L2: 6-day L3: 8-months (two 1-week residential trainings, and supervised home study)	L1: 32 hrs L2: 42 hrs L3: 100 hrs	L3: 550 hrs	Intensive, 8-month mentoring program for students and mentors	1987 L3: 1,050 grads	\$4,950 (three levels)
Certified Yoga Therapist program	Professional Yoga Therapy Studies Ginger Garner proyogatherapy.com	Licensed health care professional w/ current license in clinical field of practice.	Previous experience in yoga and yoga therapy of at least 1 yr	Two 3-day weekend intensives Two 8-10 day intensives. Research Thesis. Case studies. Community study. Tests/final certification	180+ hrs	75 and 100 CE per yr, and final graduate research thesis required.	Community study required.	2002 20 grads	\$3,250

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Purusha Yoga Therapy Certification	Purusha Yoga School/ Joy Ravelli/ www.Purushayoga.org	200 hr RYS graduate. Some exceptions	Private client experience in a health or healing modality and/or group yoga teaching experience 50 hrs	Five weekend modules (20 hrs each) plus 60 hr foundation of yoga therapy 100 hrs with clients	160 contact hrs in the class room, 20 hrs discussion with mentor	Each module requires 20 hrs of practical experience. Approx. 75 hrs for homework	See contact hrs and practical experience - In development	2007 7 grads	\$3,500 Or \$5,950 with 200 hr
Yoga Therapy Professional Certification Training Program	Rocky Mountain Institute for Yoga and Ayurveda, Sarasvati Buhrman, PhD, and Dona Smith www.rimya.org .	Yes. 200 hr program. Exceptions for health care professionals w/ ext. Yoga background	No	One 28 day session or two, 14 day sessions.	194	65	Yes. One month internship	1998, 225	\$2,850
Integrated Movement Therapy™ Certification Training	Samarya Center for Integrated Movement Therapy Molly Lannon Kenny & Stephanie Sisson samaryacenter.org	Two week Samarya Center residential teacher training	Program is by application only. Teaching experience and credentials in related fields are considered as an asset to application.	multiple weekend modules, 5-day residential retreat & a 1-month intensive internship	300 hrs	350 hrs	One month internship. 32 hrs/week, plus extensive additional work. Oral defense req. for certification.	2001 8 grads	\$7,975
Structural Yoga Therapy	Yoga Therapy Center Mukunda Stiles yogatherapycenter.org (US and London, UK)	Certified yoga teacher, or health care professionals		Six 5-day meetings during one yr	300 hrs	400 hrs supervised by mentor and program director	Primary teacher and staff mentor students during final phases	1990 65 grads	\$4,500
Yoga Therapy Rx Certification Program, Level 1 & 2	Yoga Therapy Rx at LMU Larry Payne samata.com	RYT200 or equivalent	One yr teaching experience	L1: 11 weekends L2: 11 weekends	L1: 121 hrs L2: 121 hrs Optional: 33 hrs to complete RYT 500	300 hrs	Internship program available for Level I & II	2005 L1- 39 grads	L1-\$2,420 L2-\$2,185
YOGAspirit® Therapist Training	YOGAspirit® Studios Training and Healing Center Kim Valeri yogaspirstudios.com	YOGAspirit® 200 Hr Certification or Equivalent		Two 5-day retreats, Eight 3-day weekends, home study	273 hrs	99 hrs home study. 45 hrs pertain to case study and clinical hrs	Clinical supervision, in development	2003 18 grads	\$3,600

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SPECIALIZED YOGA THERAPY TRAINING PROGRAMS									
Yoga Nidra (Integrative Restoration - iRest) Teacher & Therapist Training Levels I, II, III	Center of Timeless Being Richard Miller, PhD nondual.com nondual.com/irest/index.html	None	None	Levels I, II, III are five days in duration. Two 4- 10 day retreats are required for certification	42 hrs per level plus retreats	None for Level I or II. Certification has requirements	Private mentoring is included in the certification process	2006 07' Level I: 165 grads 08' Level I: 300 grads; Level II: 145 grads; 75 in Certification	\$895 for each Level I & II training. Certification is \$1,200-\$1,500. Private mentoring is \$100/hr per hr
LifeForce Yoga® Practitioner (LFYP) Training for Anxiety and Depression Level 1 & 2	LifeForce Yoga® Healing Institute Amy Weintraub yogafordepression.com	200-hr Yoga teacher training, and/or psychotherapist or other health professional		41 hr residential (5 – 7 days, depending on venue) for each level of training plus home study	41 hrs per level	15 -30 hrs between levels	Mentoring required between Level 1 & 2	2004 L1: 153 grads L2: 18 grads	\$495 – 695 for each level (depending on venue)
Therapeutic Yoga for Seniors Teacher Training	Yoga for Seniors / co-directors Carol Krucoff & Kimberly Carson / yoga4seniors.com	200 RYT	None	One 8-day training, mentored research and practicum project, optional conference for presentation	60 contact hrs, 20 non-contact hrs	60 hrs for research `	20 hrs for teaching practicum	2007 40	\$1,950

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INTERNATIONAL YOGA THERAPY PROGRAMS									
Yoga Therapist Training	AyurYoga Center Remo Rittiner Ayuryoga.ch	AyurYoga two yr teacher training (300 hrs) Some exceptions	Some teaching experience required	12 weekends & two 6-day retreats	300 hrs	Student have regular homework, a paper and a case study/research paper	Three private session with primary teacher per yr	2004 22 grads	\$4,500
Yoga Therapist Training	Institute for Medical Yoga Goran Boll yogayoga.nu	1,000 hr Kundalini Teacher Training	Basic anatomy and physiology	Ten weekends, Plus one 4-day retreat	200 hrs	300 hrs		2006 26 grads	\$3,500