

2008 - IAYT Survey of Yoga Therapist Training Programs
Programs That Have Started as of 12/31/07 But Not Yet Graduated Students

Last updated by JK on Feb 17

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	Date Program Started as of 12/31/07, but no graduates yet	Tuition
GENERAL YOGA THERAPIST TRAINING PROGRAMS									
Body Balance Yoga Therapy training	Body Balance Yoga Therapy Jenny Otto bodybalanceyoga.com	500 RYT		8 weekends	100 hrs plus mentoring		Yes	1989 2 grads as of 2008	\$2400.00
IY Therapeutic Yoga Training	Integral Yoga Lakshmi Sutter iyiva.org integralyogaprograms.org iyiny.org integralyogasf.org	Integral Yoga Basic (or other RYT200 reviewed individually)	(under review) -750 hrs teaching Yoga -A&P training	Multiple residential weeks at Yogaville OR non-residential at Institutes PLUS distance learning	Fundamentals 150 hrs Certification 300 hrs (+ 150 hrs above)	For core curriculum: In development	Required: in development New core program to "wrap" IY concepts in development – expected 2009/2010	1989 259 grads of specialty therapeutic modules.	TBD
KHYF Therapy Training program	Krishnamacharya Healing Yoga Foundation Kausthub Desikachar www.khyf.org Contact in US: Healing Yoga Foundation Lizzie Nichols info@healingyoga.org www.healingyoga.org	500 hr Teacher Training Certificate	2yrs of teaching group classes - minimum 500 teaching hrs	Six 2-week modules	1,000 hrs	Course Sequencing, Pranayama Sequencing, Research Project, Study Between Modules required	Two 4- week internships at the KYM in India	05/2007- 05/2010	\$9,000
Therapist Training in Integrative Yoga Therapeutics	New England School of Integrative Yoga Therapeutics (NESIYT) Bo Forbes, Psy.D. elementalyoga.com	NESIYT 200-hour Teacher Training	Participation in Clinical Group Supervision Track	One week-long intensive and 13- 15 weekend modules; LIVE CLIENTS, No distance learning	320 hrs	40 hrs of self- study modules, including final project, plus clinical hrs and group presentations in supervision setting	Through group supervision	Began in 2007; will graduate first class in 12/2009.	In development

GENERAL YOGA THERAPIST TRAINING PROGRAMS (continued)

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Professional Therapeutic (PTT) 500 hr.	WiseWays Yoga and Movement Arts www.wiseways.net	WiseWays Fundamental 200 hr level	Teaching experience; interview w/ director.	Core program is 18 months up to 3 yrs to finish. Seminars, practicum, reading, research papers and projects	267 hrs	135 hrs minimum	Yes. Multiple individual sessions with E-RYT 500 teacher. Internship teaching option at WiseWays studio.	2007 (4 students pending graduation as of 10/2008)	\$3,500 plus separately priced elective workshops
Professional Yoga Mountain Yoga Therapy Certification	Yoga Mountain Gail Bentley Walsh yogamountain.com	YA approved 200 hr yoga teacher certification	Minimum 60 hrs yoga teaching experience	Four weekly workshops and one monthly workshop	Min. 100 contact hrs Min. 100 case study hrs. Plus research Field work / assisting	Anatomy & Physiology 40 hrs home study & reports, 60 hrs case study analysis & reports, 25 hrs field work projects.	Yes. Optional integration into Yoga Mountain 500 hr Yoga Teacher Certification	10/28/2007 2 Grads as of 9/20/2008	\$2,650
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SPECIALTY YOGA THERAPIST TRAINING PROGRAMS									

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INTERNATIONAL YOGA THERAPIST TRAINING PROGRAMS									
Graduate Certificate in Yoga Therapy	Australian Institute of Yoga Therapy Leigh Blashki australian-institute-yoga.com.au	Qualified yoga teachers with 1,200(equiv) hrs of training. Three yrs with some exceptions.	Demonstrated competency in A&P	12 months full contact study/training, including case studies, followed by 6-8 month research project (minor thesis)	400 hrs	600 hrs	Faculty mentor for each student	2007	\$5,400 AUD