

# Manushi International Yoga Therapist Course

## Vision

Manushi Institute of Yoga is Committed to Creating a Peaceful, Healthy, Wealthy, and Happier World through yogic practices.

## Mission

The Manushi Yoga Therapy Training program

**Torch Bearer of the Universe** - To Develop skill to our Yoga Therapist professionals Deeper and wider with Minimum effort maximum relaxation

**Integrated approach** - Manushi Yoga Therapy is and Integrated approach based on Vedas for Soul, Vedanta for Intellect, Patanjali Yoga Sutras for the Mind, Nath Culture for the Shaping the Body blended with modern biomedical science.

**Systematized and methodological** - The practice of yoga therapy requires specialized training and skill development to support the relationship between the client/student and therapist and to effect positive change for the individual.

**Treating the Person, Not the Disease** - Yoga Therapy Professionals are employed to evaluate clients to treating root causes of disease' varied needs, design and implement effective wellness programs, and play a crucial role in natural health care.

**Ancient tradition of Yogic practices** - To adapt ancient Yogic practices safely for specific conditions and populations with mobility challenges.

**Evidence based practice** - Self- Realization based on cutting-edge research integrated with classical text to maximize the potential of the Human brain in practical and actionable ways using the new discoveries of neuroscience.

## **Admissions Requirements and Procedures**

The Applicant must:

1. Have seriously wishes to become a teacher of Yoga.
2. Have physically and mentally stable for the rigorous nature of the program. The Manushi Institute of Yoga, Yoga Therapy program is based in experiential learning and practice.
3. Be at least 17 years of age. Prospective students must have a high school diploma or equivalent certificate to be accepted for enrollment.
4. Have 200-hour yoga teaching certificates from a Yoga Alliance registered school or other equivalent approved Diploma/ Master Degree in Yoga course.
5. Have at least one (1) year of teaching experience.
6. Have at least one (1) year of personal practice.
7. Proficiency in English is essential.

## **The Application Process**

The Applicant must:

1. Complete the On-line Application.
2. Submit a Personal Statement.
3. Provide a copy of the 200 hour Yoga Teacher Training Certificate or other equivalent.
4. Have fill out application form and enrollment form. Applicants may be asked to attend a personal interview before enrollment is accepted.
6. If accepted, there is a \$100.00 registration fee to confirm placement in the program.
7. Have filled up at least four weeks prior to the start date of the course. Places are not guaranteed for late registrations, due to student quota and administrative processing time.

## **Tuition, fees and refund policies**

The schedule of payment is presented as follows.

Description	Amount
Acceptance Fee	\$ 100
1 <sup>st</sup> Payment	\$ 500
2 <sup>nd</sup> Payment	\$ 500
3 <sup>rd</sup> Payment	\$ 500
4 <sup>th</sup> Payment	\$ 500
5 <sup>th</sup> Payment	\$ 500
Evaluation & Certification Fee	\$ 250

### **Cancellation and Refund Policy for Yoga Therapist Training Program**

Fees (each installment) must be paid in full, even if the trainee has been absent due to sickness, pregnancy, etc. during a module or misses out on one module of training. In such cases, the trainee must make separate payment arrangements to catch up on missed modules with the trainer or the mentor.

All Fees once paid, are non-refundable, even if the course is discontinued by the student. Payment of late fees could attract a fine.

Please note: For intensives airfares, accommodation and food costs are the responsibility of students and not included in tuition fees.

### **Accommodation**

Students have to make their own accommodation arrangements. The Manushi may assist with answering queries relating to accommodation arrangements but does not take responsibility for suggestions given, etc. Students are requested to make appropriate enquiries and then take decisions in this regard.

### **Policies for transferring credit**

Transfer credit will not be accepted at this time.

### **Student Resources**

- All Manushi workbooks for each module are provided.
- Mentoring Primary Teachers act as mentors and are available to answer questions and assist students in their journey by maintaining professional availability on a consistent

day and time each week. Students may obtain up to 1 hour of mentoring per module by scheduling with a primary teacher one week in advance.

- Lending Resources

Students may borrow books and props from Manushi for up to 1 week.

- Teaching Opportunities

Students will be given ample opportunities for teaching at the institute and through the Manushi Service Project.

- Student Clinic

Students will practice the skills obtained in each module through clinic hours at Manushi Institute. These clinic hours may provide valuable resources to students such as:

- Client Practice
- Potential for building regular client base at Manushi Institute
- Exclusive teaching opportunities that are only given to Manushi institute students and graduates.
- 20% discount on all Manushi Institute of Yoga courses after graduation
- Complimentary tea and snacks throughout all training days.

### **Academic performance requirements**

Competencies must be met per the Program requirements; full participation in the daily Manushi Institute Yoga schedule is required along with attendance of all classes, completion of required course work, written assignments, final exam and practicum work, etc.

Manushi Yoga Therapy provides the highest level of training available to yoga teachers and requires the following academic standards to maintain candidacy for program enrollment:

1. Trainees are alert and engaged in class discussions and ask questions when appropriate;

2. Trainees participate in the integration activities, reflecting comprehension of the subject matter;
3. Trainees complete and turn in their homework assignments on time;
4. Trainees commit to a personal practice and journal about their personal experience and self-transformation.

To advance to the Level 2/3 program, it is required that the trainee:

5. Complete all Level 1 courses;
6. Demonstrate competencies in the material;
7. And passed all Level 1 course assessments with an 80% or higher.

#### **Distance Learning Course(s) Pre-requisites**

1. Have access to a computer.
2. Have access to a phone or video conferencing.
3. Have an electronic device to view course materials, and an email account.
4. Have the ability to record and email the recordings to your mentor.

#### **Competence and Productivity**

1. Complete the assignments in an organized and timely manner. No late submissions will be accepted and the organization is not liable for any loss of grades for late submissions. Prior permission must be sought from the respective faculty member if time extension is required.
2. Absence from any activity of the scheduled program is a gross breach of discipline. Under inevitable circumstances, a student should obtain permission from the teacher concerned/the respective manager in advance.
3. Participants must follow the timetable.
4. Routine of the course should be strictly followed. Discipline is an integral part of this training program. Disrespect may render the student to lose his/her studentship and in such case no fees would be refunded.

5. Absence from any activity of the scheduled program is a gross breach of discipline. Under inevitable circumstances, a student should obtain permission in advance from the teacher concerned/the respective Manager accordingly.

### **Course Completion Requirements**

- Attendance at all classes. Students are required to complete all 5 phases of the program, stretching to a minimum of 2 years.
- Students must have completed their practicum experience of a minimum of 150 hours of Yoga Therapy (with clients) be it in individual sessions or group sessions and 60 hours of mentorship.
- Completion of all assigned readings.
- Participation in class discussions and activities (including case studies, review sessions, practicums). Participation needs to reflect that the student has learned and begun to assimilate the information from their assigned readings. (The faculty will be assessing whether the student has achieved the level of knowledge and appropriate application of that knowledge according to the IAYT Competencies that apply.)
- Satisfactory performance on in-class (closed-book) Quizzes. This will indicate an achievement of the stated course Learning Objectives. Students will be given Answer Keys to the Quizzes immediately after taking them, and there will then be time for further Q & A and group discussion with faculty.
- During in-class practicums, students must provide yoga therapy interventions in a safe and appropriate manner, in accordance with the IAYT Competencies for providing yoga therapy (Sections 4), as determined by supervising faculty. Students are given immediate feedback from faculty and peers on all aspects of their observational, assessment, decision-making, planning, teaching and record-keeping skills.
- Satisfactory completion of the Home Practice Assignment. Students are given written feedback by supervising faculty, along with an offer to speak in person or by phone in addition. If the expected standard of satisfactory performance (set by IAYT Standards and Competencies) is not met, then students will be given additional guidance and assignments as needed until they can demonstrate the expected competency.
- If any of the above requirements or expectations are not met, the student will be counseled and/or given additional assignments in order to help them be able to

demonstrate satisfactory performance. If they still cannot demonstrate satisfactory competency, they will be asked to drop out of the program.

- The students will be continuously assessed during the training period. The evaluation will include both written and oral examinations.
  - Internal Assessments include Evaluation of assignments, Mentor Evaluation, and Faculty assessment of students during classroom hours.
  - Group Observation, Project report presentation, Supervised teaching sessions are also evaluated.
  - Written and MCQ examination will include periodic tests in each Module. These dates will be announced during the course.
  - The student has to undergo all these evaluations successfully as a part of the course fulfillment. The decision of the evaluation committee is final in this regard.
- \*A certificate will not be issued until all requirements are completed.

### **Non-discrimination policy**

Manushi Institute of Yoga does not discriminate based on race, sex, religion, ethnic origin, sexual preference, or disability

### **Manushi Institute of Yoga Faculty**

One of the most valuable offerings of the Manushi Institute of Yoga is our celebrated faculty, Swamiji, World Yoga Record holder, Doctorates and Doctors which includes many highly acclaimed and world-renowned Master in teaching. Each faculty provides varied educational and experiential teachings that blend together to form a rich amalgam of learning opportunities for every student to enjoy and be enriched by.

### **Program Overview & Schedule**

The Manushi Yoga Therapy Training is a modular program, requiring a minimum of two years for completion. The following courses comprise our curriculum, and the recommended schedule for taking the courses is outlined below. We work closely with our students to help them determine which courses would be best for them to take when, in accordance with their personal schedules of family and work-life, their experience as yoga teachers, and their finances.

## Course Structure

No	Title of the Course	Subject Focus
1.	Introduction & Quality of Successful Yoga Therapists	<ol style="list-style-type: none"> <li>1. Introduction to Integrated Yoga therapy</li> <li>2. Principles and philosophy of Yoga therapy</li> <li>3. Developing your occult powers for Yoga chikitsa</li> <li>4. Lakshana for Yoga Therapist</li> <li>5. Change your Aura Change your life</li> <li>6. Contribution of the Yogis to the development and promotion of Yoga therapy</li> </ol>
2.	Functional Anatomy of yogasana- Biomechanics, Tensegrity, and Fascia	<ol style="list-style-type: none"> <li>1. Alignment Fundamentals</li> <li>2. Holistic Biomechanics</li> <li>3. Anatomy and Function Major joints</li> <li>4. The Connection Between Fascia &amp; Ancient Yogic Wisdom.</li> <li>5. The mechanics of tensegrity structures</li> </ol>
	Safe Practices - Modification Yogasana & Using Props according to age, and health condition	<p>Major Subdivisions of the Field of Impact Biomechanics</p> <ol style="list-style-type: none"> <li>(i) Injury mechanisms</li> <li>(ii) Response to impact</li> <li>(iii) Human tolerance to impact</li> <li>(iv) Technology assessment</li> </ol>
3.	Science of Breathing, and the Role of pranayama in healing the disease	<ol style="list-style-type: none"> <li>1. Mechanism of Respiration in Human</li> <li>2. Chemical Composition of Air</li> <li>3. Physiological effect of Pranayama</li> <li>4. Neurobiology of Alternatives nostril breathing</li> <li>5. Retention of breath and effect on the Brain</li> </ol>
4.	Yoga Therapy for Respiratory Disorders	<ol style="list-style-type: none"> <li>1. Introduction to Respiratory disorders,</li> <li>2. Brief classification, Introduction to Pulmonary function tests and their principles</li> <li>3. Yoga Therapy for Allergic Rhinitis &amp; Sinusitis, Bronchial Asthma,</li> <li>4. Yoga Therapy for COPD, Emphysema, Tuberculosis, and Pneumonia: Chronic Bronchitis</li> </ol>
5.	Understanding Yogic Anatomy in the Application of Yoga Therapy	<ol style="list-style-type: none"> <li>1. Health and disease according to Pancha Kosha</li> <li>2. Health and disease according to PanchamahaTattva and Tridoshas</li> <li>3. Ayurveda &amp; Naturopathy concept of Health and Disease</li> <li>4. Concept of Adhis and Vyadhis in Yoga Vasistha</li> <li>5. Role of Yoga in preventive health care</li> </ol>



6.	Yoga Therapy for Cardiovascular disorders	<ol style="list-style-type: none"> <li>1. Introduction to Cardiovascular disorders;</li> <li>2. Yoga therapy for Hypertension, Atherosclerosis,</li> <li>3. Yoga therapy for Ischemic Heart disease - Angina pectoris / Myocardial Infarction/ Post CABG rehab, Congestive Cardiac Failure / Cardiomyopathy, Cardiac asthma.</li> </ol>
7.	Epigenetics - Mind Body Science – PNI and PNE, Transforming and Healing Emotions	<ol style="list-style-type: none"> <li>1. Quantum healing - Mind-to-body therapies and Body-to-mind therapies</li> <li>2. Emotions and health - placebo and nocebo effects - Top-down and Bottom-up mechanisms</li> <li>3. Neurogenesis, neuroplasticity, telomere length, etc. Their definitions and types, Intelligence and its' measurements, Emotional Intelligence and Social Intelligence.</li> <li>4. Mental Health; Means of mental health, Positive Mental Health, Causes and Consequences of Conflicts and Frustrations.</li> <li>5. Introduction to Common mental disorders, Depressive disorders, Anxiety disorders, serious mental disorders, Sleep disorders.</li> </ol>
8.	Yoga Therapy in Pain Care	<ol style="list-style-type: none"> <li>1. Yoga Therapy for - Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago,</li> <li>2. Yoga therapy for Neck pain: Cervical Spondylosis, radiculopathy, Functional neck pain,</li> <li>3. Yoga Therapy for Arthritis: Rheumatoid Arthritis, Osteoarthritis</li> </ol>
9.	Mystery of The Seven Chakras Unveiled for Rejuvenation and Balance	<ol style="list-style-type: none"> <li>1. The nature and function of the seven chakras</li> <li>2. The 7 Chakras Demystified -Align Mind, Body &amp; Spirit</li> <li>3. Values and Chakras</li> <li>4. Therapeutic application of Chakras</li> </ol>
10.	Power of Mudras and Bandhas	<ol style="list-style-type: none"> <li>1. Effect of Mudras, Reflexology, Acupressure, Varma, and Marma in the nervous system and mind</li> <li>2. Stimulation of Granthis and their significance Nerve plexus through Bandhas</li> <li>3. Precaution during Mudras, Bandhas and Meditations</li> </ol>
11.	Application of Ayurvedic Principles for Yoga Therapy – Ayurvedic Yoga for Vibrant Life	<ol style="list-style-type: none"> <li>1. Introduction to philosophy of Ayurveda</li> <li>2. Swastha – Aswastha - Concept of prakriti</li> <li>3. Dhaatus – Malas – Ama</li> <li>4. Concept of Diseases in Ayurveda</li> <li>5. Healthy living</li> <li>6. Panchakarma &amp; Wellness</li> </ol>

<b>12.</b>	Application of Traditional Yoga Texts for Yoga Therapy	<ol style="list-style-type: none"> <li>1. Bhagavad Gita - Cause of sorrow - laws of nature</li> <li>2. Patanjali Yoga Sutra - Kriya Yoga-Theory of Kleshes Yoga Vasistha - Therapeutical implications -Adhis and Vyadhis</li> </ol>
<b>13.</b>	Asanas with Props Yoga Therapy for Healthy Aging	<ol style="list-style-type: none"> <li>1. Importance of props</li> <li>2. How can modify the posture</li> <li>3. Types of props</li> <li>4. Asana with props</li> </ol>
<b>14.</b>	From medication to Meditation - Pharmacy for the Soul - Meditation	<ol style="list-style-type: none"> <li>1. Role of Meditations in rewiring the Brain</li> <li>2. How to integrate pranayama and meditation</li> <li>3. Step-by-step for Meditation</li> <li>4. Different types of meditation for healing</li> </ol>
<b>15.</b>	Therapeutic and Professional Practice Skills	<ol style="list-style-type: none"> <li>1. Yogic Methods of Diagnosis – Triguna, Tridosha,</li> <li>2. Flexibility Tests - Sit and Reach Test, Floor Touch Test (Kraus Webber), Groin Flexibility test, calf muscle flexibility test, Trunk Rotation Test, Shoulder Flexibility Test</li> <li>3. Obesity test- BMI, hip and waist ratio, skinfold callipers test.</li> <li>4. Pulmonary function tests</li> <li>5. Diabetes Tests and diagnosis – Methods of glucose test</li> <li>6. Blood pressure measuring, etc</li> </ol>
<b>16.</b>	Yoga Therapy for Endocrine& Metabolic Disorders	<ol style="list-style-type: none"> <li>1. Diabetes Mellitus (I&amp;II);</li> <li>2. Hypo and Hyper- Thyroidism</li> <li>3. Obesity: Metabolic Syndrome</li> </ol>
<b>17.</b>	Yogic and Psychological Counselling Practice Management: Communication Strategies Therapeutic Relationship and Client Education	<ol style="list-style-type: none"> <li>1. Sigmund Freud’s Model of Human Psyche Physiological Basis of Behaviour</li> <li>2. Psychoanalytic, behavioral, cognitive, and biological models Communications Process Definition of Therapeutic Communications</li> <li>3. Principles and characteristics of Therapeutic Communications</li> <li>4. Communications Failures - Level of Consciousness - Level of Development and Age</li> <li>5. Professional boundaries - Individual Values, Beliefs, Perspectives, and Perceptions</li> </ol>
<b>18.</b>	Nutrition guide for Yoga Therapists	<ol style="list-style-type: none"> <li>1. Basic concepts and components of food and nutrition Understanding Nutrition</li> <li>2. Food and metabolism - Energy- Energy Requirement - Energy Imbalance Concept of Metabolism – Anabolism - Catabolism - Factors Affecting Energy; Requirement and Expenditure</li> </ol>

		<ol style="list-style-type: none"> <li>3. Calorie Requirement-BMR – SDA- Physical Activity - Metabolism of Carbohydrates - Lipids and Protein - Factors affecting BMR</li> <li>4. Yogic Diet - Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad Gita</li> <li>5. Diet according to the body constitution ( Prakriti) – Vata, Pitta and Kapha as also Gunas.</li> </ol>
<b>19.</b>	Yoga Therapy for Neurological Disorder	Yoga Therapy for Neurological Disorders - Neurosis, Psychosis, Phobias, Depression, Migraine, Tension headache
<b>20.</b>	Yoga Therapy for Digestive and Excretory Disorders	<ol style="list-style-type: none"> <li>1. Yoga Therapy for Gastrointestinal Reflux Disease (GERD) Gastroesophageal reflux disease (GERD)</li> <li>2. Yoga Therapy for Peptic ulcer</li> <li>3. Yoga Therapy for Renal system disease</li> <li>4. Yoga Therapy for Irritable Bowel Syndrome (IBS)</li> </ol>
<b>21.</b>	Obstetric & Gynecological Disorders	Yoga Therapy for Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome: Menopause, and perimenopausal syndrome:
<b>22.</b>	Pre and Post Natal Yoga	<ol style="list-style-type: none"> <li>1. Yoga Therapy for Infertility</li> <li>2. Yoga Therapy for Pregnancy and Childbirth</li> </ol>
<b>23.</b>	Yoga therapy for cancer	<ol style="list-style-type: none"> <li>1. Role of Diet for Cancer</li> <li>2. Role of mind for Cancer</li> <li>3. Pathophysiology</li> <li>4. Yoga therapy for Cancer</li> </ol>
<b>24.</b>	Yoga therapy for special needs child	<ol style="list-style-type: none"> <li>1. Yoga Therapy for Children with Special Needs</li> <li>2. Yoga Therapy for ADD/ ADHD</li> <li>3. Yoga Therapy for Autism</li> <li>4. Traditional Views</li> </ol>
<b>25.</b>	The Business of Yoga Therapy	

## **Mentorship**

After the selection process is completed, each selected student will be allotted one teacher from the MIY who will be the student's Mentor for the duration of the teacher training. The student needs to interact with his/her Mentor regularly for his/her individual practice, review and evolution of personal practice, during the training programme. The student must document these interactive sessions in the Student - Mentor Interaction form. The Mentor will record the student's progress in the Mentor Report Form. The student will maintain a systematic record of mentor classes, during the course of the teacher-training program, and submit the record, duly signed by the mentor to the Manushi Institute of Yoga at the end of each Module.

## **Relationship with Mentor**

This forms a very important aspect of the training program. Importance will be given to the Mentor-student relationship, as this connection is central to the concept of Yoga.

It is recommended that the students interact with the Mentor regularly, during the whole training program. Individual contact hours with the Mentor should total 50 during the entire training period. The student's participation in interactive sessions with the Mentor, the development of the student's Private practice and its evolution over time, will form an important part of the evaluation process. If the student requires any classes in addition to the prescribed number of mentoring sessions for clarification of doubts etc. with the concerned subject teacher/mentor, in the interim period between two modules, he/she is requested to schedule classes via Online.

## **Contact Us**

If you are interested in part of this training or becoming an accredited Wisdom Yoga Therapist, please enquire for an application form by emailing

**Email ID:** [manushiyoga@gmail.com](mailto:manushiyoga@gmail.com)

**Whatsapp no:** 83004 36700

Keep up to date with resources and upcoming events by following our social media pages and checking out our website **[www.manushiyoga.in](http://www.manushiyoga.in)**

We welcome all yoga teachers, allied health professionals and dedicated yoga practitioners to Shine Your Light and become part of the Manushi Institute of Yoga community.