

## Structure of Manushi Yoga Therapy 2024 - 2026

Lesson	Date	Learning Outcomes	Subject Focus On
<b>Module 1</b>			<b>Therapeutic Yoga Foundations</b>
<b>Lesson 1</b>	<b>Residential</b> December 20-29		<b>Introduction to Yoga Therapy</b>
	<b>Online</b> January 4,5,11,12,18 ,19,25,& 26	By the end of this lesson, students should be able to demonstrate a comprehensive understanding of yoga therapy, its historical context, and practical applications. They should be capable of identifying the benefits and steps involved in the yoga therapy process and effectively participate in planning and goal-setting for therapeutic outcomes.	The Yoga Therapy Process - Characteristics of the Yoga Therapy Process - Historical Development of the Yoga Therapy Process - Problem-solving and the Yoga Therapy Process - Benefits of the Yoga Therapy Process - Steps of the Yoga Therapy Process - Goal of Outcome Identification and Planning Step
<b>Lesson 2</b>			<b>Applied Anatomy &amp; Physiology</b>
	February 1,2,8,9,15,16,22&23	By the end of this lesson, students should be able to demonstrate an in-depth understanding of the anatomical and physiological principles underlying human movement, particularly in the context of yoga. They should be able to apply this knowledge to enhance their yoga practice, ensure proper alignment, and prevent injuries.	Integration of Biomechanics, Tensegrity, and Fascial - Skeletal system: bones and joints in anatomical position - Main muscles of the body as seen in anatomical position - Bio mechanism of Asana - Active stretching (as) versus active assisted stretching (aas) - Hip and spinal Movement
<b>Lesson 3</b>			<b>Application of Traditional Yoga Texts for Yoga Therapy</b>

	March 1,2,8,9,	By the end of this lesson, students should be able to apply the teachings of the Bhagavad Gita to yoga therapy, utilizing its wisdom to address physical, mental, and emotional health. They should understand key philosophical concepts and their practical applications in fostering holistic healing and personal growth.	<b>Bhagavad Gita</b> , Summary of the 18 chapters - Bhagavad Gita, Cause of sorrow - laws of nature, Health and Healing - Therapeutic significance of Bhagvad Gita - inner battle of life- The interplay of Prakriti and Purusha - Law of karma - vasanas and samskaras- The nature of right action - How to recognize and avoid a variety of psychological traps
	15,16,22,23, 29& 30	By the end of this lesson, students should be able to demonstrate a comprehensive understanding of the Patanjali Yoga Sutra and its application in yoga practice. They should be able to identify key concepts such as kriya yoga, kleshas, drashta and drshya, and the components of antahkarana. Additionally, they should understand the significance of artha, bhava, and klesha, as well as recognize and address the obstacles to progress in their yoga practice.	Patanjali Yoga Sutra - Patanjali Yoga Sutra - Kriya Yoga-Theory of Kleshes Drasht (seer), drshya(seen); - Antahkarana citta (consciousness), & citta vrtti (activities of the mind), - Artha (cognition), bhava (mood), & klesha (affliction); antaraya (obstacles to progress in yoga).
<b>Lesson 4</b>			<b>Yoga Therapy for Geriatrics</b>
	April 5,6,12,13,19 ,20,26&27	By the end of this lesson, students should be able to design and implement yoga therapy sessions	Adapted Poses & Using Props -Chair Yoga - Improved Flexibility and Mobility -Mudra for elderly people - Pain Management - Pranayama for Enhanced Respiratory Function - Restorative Yoga

		tailored for geriatric individuals, incorporating adapted poses, chair yoga, and the use of props. They should understand how to use yoga to improve flexibility, mobility, and respiratory function, manage pain, and enhance emotional well-being in elderly populations.	- Emotional Well-being
<b>Lesson 5</b>			<b>Yoga Therapy for Neurological Disorders</b>
		By the end of this lesson, students should have a comprehensive understanding of the nervous system and the impact of various neurological disorders. They should be able to design and implement yoga therapy programs tailored to individuals with neurological conditions, leveraging specific yoga techniques to address symptoms and improve quality of life for those with Alzheimer's, Parkinson's, MS, migraines, and peripheral neuropathy.	Introduction to the Nervous System - Neurophysiology - Neurodegenerative Diseases & Neurological Disorders - Yoga Therapy for Alzheimer's Disease - Yoga Therapy for Parkinson's Disease - Yoga Therapy for Multiple Sclerosis (MS) - Yoga Therapy for Migraine - Yoga Therapy for Peripheral Neuropathy
<b>Module 2</b>			<b>Yoga Therapy Applications</b>
<b>Lesson 6</b>			<b>Exploring Yogic Anatomy (Pancha Kosha)</b>
		By the end of this	Pancamaya kosha (fundamental

	May 3,4,10,11, 17,18,24, 25&31	lesson, students should have a thorough understanding of yogic anatomy, particularly the Pancha Kosha model and its components. They should be able to explain the interplay between doshas, gunas, vayus, and other subtle elements, and apply this knowledge to promote health and balance through yoga practices.	structure of the human system); - Subtle anatomy -Tri-dosha (effect of the elements on the physical body) - Tri-guna (effect of sattva [equilibrium],rajas [activity], tamas [inertia]) - Prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body) - Ama (undigested food, emotions, etc., accumulated in the body) - Agni (internal fire(s) and their contribution to health) - Prana vayu (prana, apana, vyana, udana, samana) - prana prakopa (disturbance of the vayu) - surya/chandra (sun/moon) - brmhana/langhana (expansion/contraction)
<b>Lesson 7</b>			<b>Yoga Therapy for Respiratory Health</b>
	June 7,8,14,15, 21,22,28 &29	By the end of this lesson, students should have a comprehensive understanding of the respiratory system, its functions, and common pathologies. They should be able to apply yoga therapy techniques to address various respiratory conditions, including allergic rhinitis, sinusitis, obstructive and restrictive lung diseases, and infectious diseases, to enhance respiratory health and overall well-being.	Introduction to the Respiratory System - The Mechanics of Breathing - Respiratory System in Yogasana - Defense Mechanisms of the Respiratory System - Respiratory Pathophysiology - Yoga Therapy for Allergic Rhinitis & Sinusitis - Yoga Therapy for Obstructive lung diseases: asthma, chronic bronchitis, emphysema - Yoga Therapy for Restrictive lung diseases: pulmonary fibrosis, sarcoidosis - Yoga Therapy for Infectious diseases: pneumonia, tuberculosis
<b>Lesson 8</b>			<b>Yoga Therapy for Cardiovascular disorders</b>
	July 5,6,12,13, 19,20,26& 27	By the end of this lesson, students should have a comprehensive understanding of the	Introduction to the Cardiovascular System - Anatomy of the Heart - Cardiac Physiology - Regulation of Cardiac Function - Yoga Therapy for

		cardiovascular system, its anatomy and physiology, and the regulation of cardiac function. They should be able to apply yoga therapy techniques to manage and support various cardiovascular and vascular disorders, including coronary artery disease, heart failure, hypertension, atherosclerosis, aneurysms, and peripheral artery disease, enhancing cardiovascular health and overall well-being.	Cardiovascular Diseases - Coronary artery disease - Heart failure - Hypertension -Yoga Therapy for Vascular Disorders - Atherosclerosis - Aneurysms - Peripheral artery disease
<b>Lesson 9</b>			<b>Yoga Therapy for Fertility and Pregnancy</b>
	August 2,3,9,10,16, 17,23,24,30 &31	By the end of this lesson, students should have a comprehensive understanding of how to use yoga therapy to support fertility and pregnancy. They should be able to design and implement safe and effective yoga practices for each stage of pregnancy, labor, delivery, and postpartum recovery. Additionally, they should be able to apply yoga techniques and holistic approaches to enhance fertility and promote overall reproductive health.	Introduction to Prenatal Yoga - Anatomy and Physiology of Pregnancy - Yoga in the First Trimester - Yoga in the Second Trimester - Yoga in the Third Trimester - Yoga for Labor and Delivery - Postpartum Yoga - Yoga for Fertility - Yoga Poses for Enhancing Fertility - Holistic Approaches to Fertility
<b>Lesson 10</b>			<b>Yoga Therapy for Menstrual Health and Menopause</b>

	September 6,7,13,14, 20,21,27 &28	By the end of this lesson, students provide a comprehensive framework for understanding and applying yoga therapy to support menstrual health and manage menopause, ensuring a holistic and informed approach to women's health and well-being.	Introduction to Menstrual Health - Anatomy and Physiology of the Menstrual Cycle - Yoga During the Menstrual Phase - Yoga for the Follicular Phase - Yoga for the Ovulatory Phase - Yoga for the Luteal Phase - Yoga Therapy for Menstrual Disorders - Introduction to Menopause - Anatomy and Physiology of Menopause - Yoga for Mood Swings and Emotional Balance - Yoga for Bone Health and Osteoporosis - Holistic Approaches to Menopause
<b>Module 3</b>			<b>Body and Mind Integration</b>
<b>Lesson 11</b>			<b>Psychological Concepts and Mind</b>
	October 4,5,11,12, 18,19,25& 26	By the end of this lesson, students aim to provide a comprehensive understanding of psychological concepts and the mind, encompassing a broad range of topics from historical perspectives to modern scientific approaches.	Introduction to the Study of the Mind - Historical and Philosophical Perspectives - Types of Mind - Powers of Mind - - Relationship between the Brain and the Mind - Cognitive Neuroscience - Perception and Attention - Learning and Memory - Personality - Emotion and Motivation - Epigenetics
<b>Lesson 12</b>			<b>Yoga Therapy for Psychology and Mental Health</b>
	November 1,2,8,9,15, 16,22&23	By the end of this lesson, students aim to provide a comprehensive understanding of how yoga therapy can be applied to various psychological conditions, promoting overall mental health and well-being through tailored yoga practices.	Introduction to Yoga Therapy for Mental Health - Anatomy and Physiology of Stress - Yoga for Anxiety Disorders - Yoga for Depression - Yoga for Trauma and PTSD - Yoga for Addiction and Recovery - Yoga for Bipolar Disorder - Yoga for Sleep Disorders

<b>Lesson 13</b>			<b>Yoga Therapy for Cancer</b>
	November 29&30 December 6,7,13&14	Develop practical skills in designing and implementing yoga therapy programs tailored to different types of cancer and individual patient needs. Analyze case studies and clinical applications to understand the efficacy of specific yoga practices, adapt yoga sessions for varying patient conditions, and evaluate the outcomes of yoga interventions in cancer care.	Introduction to Cancer - Cellular and Molecular Biology of Cancer - Types of Cancer - Genetic and Environmental Factors - Side Effects and Supportive Care - Psychosocial Aspects of Cancer - Yoga Therapy for Different Types of Cancer - Case Studies and Clinical Applications
<b>Lesson 14</b>			<b>Power of Kundalini and Chakras Balance</b>
	January 3,4,10,11, 24,25&31	Gain practical skills for integrating Kundalini Yoga and chakra balancing into daily life. Learn to design personalized practice routines and apply Kundalini and chakra therapies in various contexts. Explore case studies and real-world applications to incorporate these practices into holistic health and wellness programs effectively.	Introduction to Kundalini Energy and Chakras - The Seven Major Chakras - Kundalini Yoga Practices in Yoga Upanishads - Pranayama and Breathing Techniques - Meditation and Mantras - Asanas and Physical Practices - Balancing Techniques - Kundalini and Chakra Therapies - Psychological and Emotional Benefits - Practical Applications and Lifestyle Integration
<b>Lesson 15</b>			<b>Yoga therapy for Special needs Child</b>
	February 1,7,8,14,15, 21,22&28	Gain practical experience through case studies and real-world applications.	Introduction to Yoga Therapy for Special Needs - Understanding Special Needs Conditions - Child Development and Anatomy - Assessing Individual Needs -

		Learn to integrate yoga therapy into existing therapeutic and educational programs for children with special needs. Develop the ability to evaluate the outcomes of yoga interventions and adjust practices to optimize benefits for each child.	Yoga Therapy for ADD/ ADHD - Yoga Therapy for Autism - Yoga for Motor Skills Development, - Yoga for Cognitive and Emotional Well-being - Communication and Social Skills - Case Studies and Practical Applications
<b>Module 4</b>			<b>Yoga Therapy in Pain Care</b>
<b>Lesson 16</b>			<b>Yoga Therapy in Back Pain</b>
	March 1,7,8,14,15, 21,22,28& 29	Gain a thorough knowledge of the anatomy and physiology of the spine, as well as the various types and causes of back pain. Understand the pain mechanisms and neurophysiology related to back pain to better address and manage symptoms through yoga therapy.	Introduction to Yoga Therapy for Back Pain - Anatomy and Physiology of the Spine - Types and Causes of Back Pain - Understanding Pain Mechanisms and Neurophysiology Related to Back Pain - Integration with Medical Science - Professional Ethics and Scope of Practice - Therapeutic Application of Yoga - Yoga Therapy Assessments - Designing Yoga Therapy Programs - Adapting Yoga for Special Populations - Yoga therapy for seniors, pregnant women, and other specific groups
<b>Lesson 17</b>			<b>Yoga Therapy in Arthritis</b>
	April 4,5,11,12, 18,19,25& 26 May 2&3	Develop skills in applying yoga therapy techniques specifically designed for individuals with arthritis. Learn to design and implement yoga programs that address the needs of arthritis patients, focusing on gentle movements, breathwork, and	Introduction to Arthritis - Overview of arthritis: types, causes, and symptoms - Benefits and limitations of yoga therapy in managing arthritis - Anatomy and Physiology of Joints

		relaxation techniques to alleviate symptoms and improve joint health.	
			<b>Yoga Therapy in Knee Pain</b>
		Learn to adapt yoga therapy practices for special populations with knee pain, including seniors, athletes, and individuals with specific medical conditions. Understand how to modify yoga poses and techniques to ensure accessibility, safety, and effectiveness for diverse groups, taking into account their unique needs and limitations.	Introduction to Knee Pain and Yoga Therapy - Overview of common causes of knee pain - Anatomy and Physiology of the Knee - Structure and function of the knee joint - Common knee conditions and their impact on mobility and function - Understanding pain mechanisms and inflammation in the knee - Therapeutic Application of Yoga - Yoga Therapy Assessments - Designing Yoga Therapy Programs - Adapting Yoga for Special Populations
			<b>Yoga Therapy for Shoulder Pain</b>
		Design personalized yoga therapy programs tailored to the unique needs of individuals with shoulder pain. Learn to adapt yoga practices for special populations, such as seniors, athletes, and individuals with specific shoulder conditions. Ensure the safety, accessibility, and effectiveness of yoga therapy for diverse groups, taking into account their varying abilities and limitations.	Introduction to Shoulder Pain - Overview of common causes of shoulder pain - Anatomy and Physiology of the Shoulder - Common Shoulder Conditions and their Impact on mobility and Function - Understanding Pain Mechanisms and inflammation in the Shoulder - Yoga Techniques and Practices - Therapeutic Application of Yoga - Yoga Therapy Assessments - Designing Yoga Therapy Programs - Adapting Yoga for Special Populations
<b>Lesson</b>			

<b>18</b>			<b>Ayurvedic Yoga for Vibrant Life</b>
	May 9,10,16,17, 23,24,30& 31		Introduction to the philosophy of Ayurveda - Moksha and Muktatma Lakshana and upaya & Swastha - Tri doshas, Vata, Pitta, Kapha - Dhaatus, Malas, Ama - Pancha Karma - Dinacharya and Ritucharya
<b>Lesson 19</b>			<b>Yoga Therapy for Hormonal Balance</b>
	June 6,7,13,14,27 &28		Introduction to Endocrine Glands and Hormones - Hormones: classification, synthesis, secretion, and functions - Integration with Physiology and Pathophysiology- Current research in endocrinology - Yoga therapies for endocrine disorders - Axis of HPT, HPA, and PNEI - Yoga therapy for Hormonal Balance
<b>Lesson 20</b>			<b>Plant-Based Nutrition Guide for Yoga Therapists</b>
	July 4,5,11,12, 18,19,25& 26		Introduction to Plant-Based Nutrition and Yoga Therapy - Overview of plant-based diets: definitions and variations (e.g., vegetarianism, veganism) - Introduction to Yoga Therapy: Principles and Applications in holistic health - Integration of Nutrition and Yoga for overall well-being - Basics of Nutrition - Plant-Based Nutrition Principles - Yoga Philosophy and Nutrition - Designing personalized nutrition plans for yoga therapy clients - Research and Evidence-Based Practice - Lifestyle and Behavioral Aspects
<b>Module 5</b>			<b>Yoga Therapy for Digestive and Excretory Disorders</b>
<b>Lesson 21</b>	August 1,2,8,9,15, 16,22,23,29 &30		Introduction to Digestive and Excretory Systems - Overview of the digestive system: organs, functions, and processes (ingestion, digestion, absorption, and elimination) - (kidneys, urinary system, excretion of waste) - Interrelationship

			<p>between digestive and excretory systems</p> <ul style="list-style-type: none"> <li>- Yoga Therapy for Common Digestive Disorders - Gastroesophageal reflux disease (GERD) - Peptic ulcers - Irritable bowel syndrome (IBS) - Inflammatory bowel diseases (IBD): Crohn's disease, ulcerative colitis - Celiac disease and gluten sensitivity - Gallstones and gallbladder disease - Yoga Therapy for Common Excretory Disorders - Chronic kidney disease (CKD) - Acute kidney injury (AKI) - Urinary tract infections (UTIs) - Kidney stones (nephrolithiasis)</li> <li>Disorders of fluid and electrolyte balance (e.g., hyponatremia, hyperkalemia)</li> </ul>
<b>Lesson 22</b>			<b>Yoga Therapy for Weight Loss</b>
	September 5,6,12,13, 19,20,26& 27		<p>Introduction to Yoga Therapy for Weight Loss - Principles and Applications for weight management - Causes, Health Implications, and Challenges - Benefits of Yoga Therapy in supporting weight loss and Healthy Lifestyle Changes - Yoga Philosophy and Mindfulness - Yamas and Niyamas (ethical guidelines in Yoga) related to diet and lifestyle - Mindfulness practices in eating and daily activities - Developing a positive body image and self-compassion through yoga - Yoga Therapy for Digestive Health - Poses and sequences to improve digestion and metabolism - Yoga practices to reduce cravings and promote healthy eating habits - Understanding the gut-brain connection and its impact on weight management</p>
<b>Lesson 23</b>			<b>Yoga Therapy for Diabetes Mellitus</b>
	October 3,4,10,11, 17,18,24, 25 &31		<p>Introduction to Yoga Therapy for Diabetes Mellitus - Types, causes, and Management - Introduction to Yoga Therapy: principles and Applications for diabetes management - Benefits of Yoga Therapy in improving insulin sensitivity</p>

			<p>and Blood Glucose Control - Mindfulness Practices in managing stress and Emotional Well-being - Developing a positive mindset and self-care through yoga - Yoga Asanas (Poses) for Diabetes Management - Selection of yoga asanas beneficial for diabetes mellitus - Gentle sequences to improve circulation and nerve function - Poses to strengthen core muscles and support overall physical health - Pranayama (Breathing Techniques) and Meditation - Pranayama techniques to enhance respiratory function and oxygenation - Meditation practices for mental clarity and emotional balance - Yoga for Digestive Health and Metabolism - Poses and sequences to improve digestion and nutrient absorption - Yoga practices to regulate appetite and support healthy eating habits - Understanding the role of gut health in diabetes management - Nutrition and Diet Guidance</p> <p>Basics of nutrition: carbohydrate counting, glycemic index, and balanced eating - Integrating yoga principles with dietary guidelines for stable blood sugar levels - Lifestyle Modifications and Behavioral Change - Strategies for integrating yoga into daily routines for diabetes management - Sleep hygiene and its impact on blood glucose control - Stress management techniques and their role in diabetes self-care</p>
<b>Lesson 24</b>			<b>The Business of Yoga Therapy</b>
	November 1,7,8,14&15		<p>Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga - therapist. -Basic knowledge of business practices relevant to the work of a yoga therapist, including record-keeping, planning, and financial management</p>
<b>Lesson 25</b>			<b>Project</b>

## **Teaching/Learning Activities**

- Lecture and Discussion
- Demonstrations and Practice
- Integration of Concepts
- Multimedia Resources
- Teach-Back Sessions
- Interactive Workshops
- Reflective Practices and Journaling
- Meditation and Mindfulness Practices
- Guest Lectures and Expert Panels
- Practical Application Sessions
- Review of key concepts and techniques
- Discussion and feedback
- Analysis of Clinical Case Studies
- Discussion on recent research and future directions

## **Assessment Methods**

- Midterm Exam
- Final Exam
- Assignment
- Quizzes
- Research Paper
- Class Participation and Discussions
- Assessments and Practical Exams
- Practicum: Teaching a yoga therapy session