

# Yoga Therapy Applied to Medical Settings

Residential Training Program | December 20 - 29, 2024 | 10 Days of Immersive Learning

Yogic Methods of Diagnosis

Yoga Therapy in Medical Settings

Clinical Applications of Yoga Therapy

Yoga Practice for Body Types (Three Doshas)

Therapeutic Role of Asana, Pranayama, Meditation, Mudra, and Yoga Nidra

## Overview:

Join us for an in-depth **10-day residential training program** designed to equip yoga therapists, healthcare practitioners, and medical professionals with the knowledge and practical tools to integrate yoga therapy into medical settings. This immersive course comprehensively explains how yoga therapy can complement conventional medical treatment, promoting healing and holistic patient well-being.

Whether you're a seasoned yoga therapist or a healthcare professional interested in integrating alternative therapies, this program allows you to deepen your expertise in applying yoga therapy to clinical and medical environments.

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## Key Features of the Training:

- **10-Day Immersion:** A comprehensive blend of theory and practice tailored to the medical context.
  - **Residential Experience:** Stay in a serene, purpose-designed environment conducive to learning and personal development.
  - **Assessment & Certification:** Participants will undergo a thorough assessment, including practical and theoretical evaluations, to ensure competency and confidence in applying yoga therapy in medical settings.
  - **Expert Faculty:** Learn from leading professionals in both yoga therapy and medical fields, including doctors, physiotherapists, and certified yoga therapists.
  - **Small Group Learning:** Personalized attention with limited spots, ensuring deeper understanding and skill development.
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## Course Highlights: What You Can Learn

This 10-day residential program will provide you with in-depth knowledge and practical experience in applying yoga therapy to various medical settings. Here are some key highlights of the course:

### Introduction to Yoga Therapy in Medical Settings:

The role of yoga therapy in integrative healthcare

Benefits of yoga therapy for various medical conditions (e.g., chronic pain, cardiovascular issues, mental health disorders)

### Clinical Applications of Yoga Therapy:

Applying yoga techniques for patient recovery and rehabilitation

Tailoring yoga therapy for chronic diseases, pain management, and stress-related illnesses

### Yoga Practice for Body Types (Three Doshas):

Tailor yoga practices based on the Ayurvedic body types – Vata, Pitta, and Kapha – ensuring optimal balance and well-being.

### Therapeutic Asana, Pranayama, Meditation, Mudra, and Yoga Nidra:

- **Asana Modifications for Patients with Limited Mobility or Chronic Illness:** Learn to adjust and modify yoga postures to meet the needs of patients with physical limitations or chronic conditions, ensuring therapeutic effectiveness and safety.
- **Breathing Techniques (Pranayama) to Enhance Patient Recovery:** Explore a variety of pranayama techniques that promote healing, improve lung function, and support recovery in patients dealing with respiratory issues, stress, or fatigue.
- **Meditation and Mindfulness for Stress Reduction and Mental Well-being:** Practice mindfulness and meditation techniques that help reduce anxiety, enhance emotional resilience, and foster mental clarity, aiding in the overall healing process.

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- **Mudra Therapy for Healing:** Discover the therapeutic use of hand gestures (mudras) to balance the body's energy, support emotional healing, and complement physical postures in promoting wellness.
- **Yoga Nidra for Deep Relaxation and Healing:** Master the art of Yoga Nidra, a powerful guided meditation technique that induces deep relaxation, aiding in the reduction of stress, recovery from illness, and mental clarity.

### Yogic Methods of Diagnosis:

Understand Ayurvedic diagnostic tools such as Triguna (mental constitution) and Tridosha (physical constitution) for personalized therapeutic approaches.

### Plumb Line Test:

Assess body alignment and posture to prevent injury and guide therapeutic interventions.

### Flexibility Assessments:

Conduct a range of tests such as the Sit and Reach Test, Floor Touch Test (Kraus Weber), Groin Flexibility Test, Calf Muscle Flexibility Test, Trunk Rotation Test, and Shoulder Flexibility Test to gauge physical flexibility and progress.

### Obesity Tests:

Learn methods to assess and address obesity, including BMI calculation, hip-to-waist ratio measurement, and skinfold calipers test for body fat percentage.

### Pulmonary Function Tests:

Measure lung capacity and function, vital for patients with respiratory conditions like asthma and COPD.

### Diabetes Tests and Diagnosis:

Understand the methods of glucose testing for diabetes management, including fasting glucose and HbA1c tests.

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## **Blood Pressure Measurement:**

Learn to monitor and interpret blood pressure readings to provide suitable yoga therapy interventions for hypertension or hypotension.

## **Safety in Yoga Therapy:**

Best practices for ensuring patient safety during therapeutic sessions, including the identification of contraindications and careful monitoring of vulnerable populations.

## **Prevention and Management of Yoga Injuries:**

Identify potential risks in yoga practice and learn injury prevention strategies, ensuring that yoga therapy is both safe and effective for all patients.

This course will provide you with the tools, techniques, and confidence to apply yoga therapy in medical and clinical environments, enhancing the well-being of your patients or clients.

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## **Program Details:**

- **Dates:** December 20 - 29, 2024 (10 days of intensive training )
  - **Location:** Chidambaram, Tamil Nadu/Manushi Institute of Yoga - A peaceful, supportive environment to deepen your learning and self-practice
  - **Accommodation & Meals:** Enjoy comfortable accommodation and nourishing meals, fully aligned with yogic principles
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## Assessment & Certification:

Upon completion of the program, participants will undergo a final assessment, which includes:

- A practical exam on applying yoga therapy techniques in medical scenarios
- A written evaluation to demonstrate understanding of the course content
- Continuous in-course evaluations and peer assessments

Participants who successfully complete the program and pass the assessment will receive a **Yoga Therapy Certification** specific to medical settings.

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## Who Should Attend:

- Certified Yoga Teachers
  - Healthcare Professionals (Doctors, Nurses, Physiotherapists)
  - Mental Health Practitioners
  - Holistic Health Practitioners
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## Registration:

Secure your place in this unique training program. Spaces are limited to ensure a personalized experience for each participant.

- **Early Bird Registration Deadline:** [November 1]
- **Final Registration Deadline:** [December 2]

[Link to Registration Form]

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For more details or inquiries, contact us at [Insert Contact Information].

**Immerse yourself in a transformative experience that will enhance your ability to offer holistic, patient-centered care through the power of yoga therapy.**