



Manushi
Institute of Yoga
...Science meets Tradition...

INTERNATIONAL YOGA THERAPY TRAINING PROGRAM



8 6 0 h r s



IAYT

Manushi – Nurturing Wellness, Inspiring Wisdom



When you are
inspired by some
great purpose...
you find yourself
in a new, great
and wonderful
world

Patanjali



IAYT International Association of Yoga Therapists

Defines Yoga Therapy as:

The professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups.



Key Features (as per IAYT)

Individualized Care

Practices are adapted to a person's specific health conditions, needs, and goals.

Evidence-Informed

Integrates traditional yogic wisdom with modern medical and psychological knowledge.

Whole-Person Approach

Addresses physical, mental, emotional, and spiritual dimensions of health.

Collaborative Role

Yoga therapists often work alongside healthcare providers to support healing and rehabilitation.

Manushi Yoga Therapy

Healing Through Yoga. Rooted in Chidambaram. Inspired by the Soul.

At Manushi Yoga Therapy, we transform Yoga teachers into compassionate, evidence-based Yoga Therapists, trained to offer personalized care that addresses the whole human being body, mind, and spirit.

We integrate ancient wisdom from Yoga and Ayurveda with modern science anatomy, psychology, and epigenetics to address the threefold suffering (Tāpatrayam):

- **Adhyātmika** (Inner Distress)
- **Adhibhoutika** (External Challenges)
- **Adhidaivika** (Karmic or Divine Suffering)

Our Therapeutic Approach Empowers You to:

- Use SOAP documentation and clinical methods
- Apply SOPs for ethical and standardized care
- Guide clients through affirmation, asana, pranayama, mantra, mudra, and meditation
- Activate inner healing and epigenetic transformation

Rooted in Chidambaram

Based in the sacred town of Chidambaram, Tamil Nadu home of the Sri Nataraja Temple and the mystical Chidambara Rahasyam Manushi stands at the confluence of spirituality, science and service.

Our inspiration flows from the sacred legacy of:



Patanjali Maharishi

Author of the Yoga Sutras



Vyaghrapada

Devotee with tiger-limbs



Durvasa Rishi

Fierce tapasvi and seer



Thirumular Siddhar

Sage of Thirumandiram and Shiva Yoga



Nāthamuni

Yogi-philosopher who bridged bhakti and yoga

Here, healing becomes seva (sacred service),
and every practice a step inward to awaken the formless Self within.



IAYT Accreditation

1. Global Recognition

IAYT (International Association of Yoga Therapists) sets the worldwide gold standard for yoga therapy education. An IAYT-accredited program assures students that their certification is respected internationally across yoga, healthcare, and wellness communities.

2. High Educational Standards

IAYT accreditation ensures that the curriculum meets rigorous standards in anatomy, physiology, psychology, yoga philosophy, therapeutic application, practicum hours, ethics, and professional skills. Graduates are prepared for safe, effective, and evidence-informed practice.

3. Professional Credibility

An IAYT-accredited certification differentiates you from general yoga teachers. It formally recognizes you as a qualified Yoga Therapist, capable of working one-on-one, in small groups, and in integrative healthcare settings.

4. Healthcare Integration

Many hospitals, rehabilitation centers, and wellness institutions prefer or require therapists from IAYT-accredited programs. This opens opportunities to work alongside doctors, psychologists, physiotherapists, and other healthcare professionals.

5. Ethics & Scope of Practice

IAYT accreditation ensures that therapists follow a professional code of ethics and a clear scope of practice building trust with clients, healthcare providers, and employers.

6. Pathway to Membership

Graduating from an IAYT-accredited school makes you eligible to become an IAYT Certified Yoga Therapist (C-IAYT), a credential that strengthens your professional identity and global opportunities.



Vision / Mission



Vision

To be a global beacon of integrative yoga therapy, uniting ancient wisdom with modern science. We aspire to empower individuals and communities to achieve holistic well-being in body, mind, and spirit.

Mission

Our mission is to harmonize timeless yogic wisdom with modern science through a competency-based, hybrid program that nurtures both knowledge and compassion.

We prepare yoga therapists who are research-informed, ethically grounded, and globally equipped to collaborate with healthcare systems.

Through transformative practicum and mentorship, we empower students to address chronic illness, mental health, and lifestyle challenges with skill and sensitivity.

Rooted in authenticity and inclusivity, we foster a lifelong community of learners who advance yoga therapy as a recognized healing discipline while making it accessible across cultures and continents.



Manushi Yoga Therapy

Program Highlights

- Duration (e.g., 860 hours / modular format)
- Two modes of training are offered: (1) Hybrid learning – a blend of online, offline, and practicum sessions, and (2) Fully offline training.
- Global faculty and mentors
- Evidence-based curriculum (integration of yoga + science)

Curriculum Structure

- Module 1: Foundations of Yoga Therapy
- Module 2: Anatomy & Physiology in Yogic Perspective
- Module 3: Yoga Therapy for Common Conditions
- Module 4: Practicum & Clinical Observations
- Module 5: Research, Ethics, & Professional Practice
(Add bullet points for key topics under each module)

Unique Features

- Case study-based learning
- Supervised clinical practicum
- Integration of classical yoga texts & modern research
- Community health projects

Eligibility Criteria

- Completion of 200-hour TTC or a graduate degree/diploma in Yoga Studies
- Minimum of one year of yoga teaching experience
- Health and allied professionals with a demonstrated interest in yoga
- Successful completion of an interview and document screening process

Admission Process

- Step 1: Enquiry & Application Form
- Step 2: Eligibility Screening
- Step 3: Interview & Selection
- Step 4: Enrollment & Orientation

Career Opportunities

- Certified Yoga Therapist
- Hospital/Clinic-based practice
- Wellness centers & rehabilitation programs
- Academic & research opportunities





Faculty & Mentors



Prof. Dr. C. V. Jayanthi
Ph.D., M.Sc. (Yoga), MBA, CIAYT
Director,
Manushi Institute of Yoga

Prof. Dr. C.V. Jayanthi is a distinguished leader in yoga, research, and education, with a remarkable academic and professional background. She serves as Director at the Manushi Institute of Yoga, while also holding key roles as Joint Secretary of the National Yoga Students Federation (NYSF) and Secretary of the Tamil Nadu Yoga Students Federation (TNYSF). Internationally, she contributes as an Advisory Member of the Physicians Committee for Responsible Medicine (PCRM), Washington DC, and as a Council Member of the International Vegetarian Union (IVU).

As a Professor and Ph.D. Research Supervisor, Dr. Jayanthi mentors students across multiple universities, including Vels Institute of Science, Technology & Advanced Studies, Department of Yoga. Her expertise extends to plant-based nutrition, and her academic contributions include authoring over 50 yoga-related books. A trailblazer in yoga therapy and holistic health, she continues to inspire through her leadership, research, and commitment to advancing integrative approaches to wellness.



Prof. S. Natarajan
Ph.D., M.Phil., M.P.E.S.,
M.Sc. (Yoga), Dip. in Sports
Program Director,
Manushi Institute of Yoga

Prof. S. Natarajan brings over 25 years of experience in yoga, spirituality, and mind-body medicine. As Program Director at Manushi Institute of Yoga, he is widely recognized as a Raja Yogi and a thought leader in bridging the worlds of Science and Spirituality as well as Mind-Body Medicine.

His pioneering contributions to the “New Biology Healthcare Revolution” highlight his innovative approach to healing. One of his most remarkable achievements is mentoring Master Lalith Kumar, a mentally challenged and blind child, for over 7 years. Their accomplishments were honored by President Dr. A.P.J. Abdul Kalam in 2005, marking a milestone in yoga inclusivity and excellence.

Prof. Natarajan is also known for his unique integration of ancient Indian spirituality with quantum physics and nutrition science, shaping a holistic model of health that resonates globally. His lifelong dedication reflects not only in his teaching but also in his transformative impact on individuals and communities seeking healing and empowerment through yoga.



Faculty & Mentors



Dr. Amrutha Anand
M.E., M.Sc., M.Phil., Ph.D., (Yoga)
International Director,
Manushi Institute of Yoga

Dr. Amrutha Anand is an M.E. (Computer Science) graduate and M.Phil scholar in Yoga, trained in yoga from the age of 10 by her mother, C.V. Jayanthi. A multiple World Record holder with 12 records in Yoga, she is celebrated for her endurance, innovation, and dedication to the yogic tradition.

Her achievements include holding Laghu Vajrasana for 20 minutes, performing 1008 asanas in 2 hours, completing a 27-hour Vegan Yoga Marathon, and achieving the Maximum Time in Parsva Poorna Dhanurasana at the Great Wall of China. She also pioneered Floating Aqua Yoga, performing 108 postures on water to demonstrate its therapeutic benefits.

As the first scholar to conduct M.Phil research in Aqua Yoga, Dr. Amrutha opened a new chapter in yogic science.

To advance this work, she founded the iTurtle Institute of Aqua Yoga, dedicated to training specialized practitioners and promoting the healing power of water-based yoga practices.

Her journey continues to inspire students, researchers, and yoga enthusiasts worldwide.



Dr. Priyanka Jose
BAMS, M.Sc. (Yoga), CCAP – Kottakkal
Consultant Physician,
Ayurveda & Yoga Specialist

Dr. Priyanka Jose is an esteemed Consultant Physician with deep expertise in Ayurveda, Yoga, and holistic healthcare. With her qualifications in BAMS, M.Sc. Yoga, and CCAP (Kottakkal), she brings an integrative approach to healing that unites traditional wisdom with modern therapeutic insights.

Passionate about guiding individuals on their wellness and recovery journey, Dr. Priyanka offers compassionate, personalized care that addresses the body, mind, and spirit. Her practice reflects a dedication to transformative healing experiences, making her a trusted partner for those seeking authentic, holistic health solutions.



**Testimonials /
Success Stories**



Sumit Kapur, Punjab



Carmen Glaser, Germany



Infant Therasa, Kerala



Rewathy R, Srilanka





Fee Structure & Scholarships

*We believe that dedicated students should never be limited by financial barriers.
Healing begins with opportunity....*

- Complete fee details, deadlines, and refund policies will be provided at the time of admission
- Scholarship requests must be submitted with supporting documentation
- All financial commitments must be honored to receive final certification

Fee Structure

Level	Enrolment Fee (USD) \$	Exam Fee (USD) \$	Course Fee (USD) \$	Study Material Fee \$	Total (USD) \$	Equivalent in INR ₹
1	60	20	650	20	750	₹42,000
2	10	20	650	20	700	₹40,000
3	10	20	650	20	700	₹40,000
4	10	20	650	20	700	₹40,000
5	10	70	650	20	750	₹50,000
Total					3,600	₹2,12,000

Contact & Application Details

MANUSHI INSTITUTE OF YOGA

Run by **YOGIC EARLY EDUCATIONAL & STUDIES**

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Manushi

Yoga beyond Asanas –
A Journey of Therapy,
Research & Care



CONTACT US

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