SOUL OF YOGA
INSTITUTE

IAYT ACCREDITED
YOGA THERAPY TRAINING

INFORMATION PACKET

THE SOUL OF YOGA
627 ENCINITAS BLVD, ENCINITAS CA 92024
760.943.7685
WWW.SOULOFYOGA.COM
Thank you for giving us the opportunity to tell you about our world-class IAYT Accredited Yoga Therapy Training Program!

Here are just some of the qualifications that set Soul of Yoga training apart:

- **IAYT Accreditation.** The Soul of Yoga hosts San Diego’s only full Accredited Yoga Therapy Training program. IAYT Accreditation means that our school has undergone rigorous oversight and our curriculum has been proven to meet all the criteria necessary for our students to graduate with the learning and competencies necessary to be a professional Yoga Therapist. Yoga Alliance will no longer allow non-Accredited professionals to promote themselves as Yoga Therapists, so this distinction really matters.

- **Our master level faculty.** While some other training programs are taught by Chiropractors, Acupuncturists, PT’s or other non-yogic healers, our faculty are true Yoga Experts, Masters and Researchers that have been living and studying yoga and its therapeutic effects for decades. Leslie Kaminoff, Nischala Joy Devi, Richard Miller, Brian Dorfman, Amy Weintraub and other renown yoga luminaries will impart their depth of wisdom to you in this very special training program.

- **Professional career support.** The Soul of Yoga is home to San Diego’s only free Yoga Therapy Clinic. Yoga Therapy students are afforded the opportunity to observe and learn, and then work directly with clients under mentored supervision. Clinic hours let you build your experience, and your resume, but also provide you an opportunity to grow your own clientele. Many clinic clients continue on seeing their Yoga therapist privately after leaving the clinic setting.

- **A deeply spiritual journey.** Yoga is a spiritual tradition. Many schools try to divorce the spiritual from their program leaving students with a dry, academic and clinical understanding of the Yogic healing concepts. Soul of Yoga’s training takes students deep into the heart and soul of the Yogic teachings, guiding you on a journey into your own spiritual being. To us Yoga Therapy Training is more than vocational, it’s a pathway for personal transformation.
• **So many elective choices.** Our students have the chance to “specialize” their healing career by choosing 50 hours of elective courses. Whether you want to specialize in Hatha or Kundalini, Ayurveda or Tantra, or working with addiction, women’s issues or the aging population you’ll find the right coursework to suit your own personal yogic path.

• **Total freedom.** We make it easy by allowing you to take the curriculum in any order, providing distance learning options, transfer credit and by offering low cost, no credit check payment plans.

• **Repeat classes.** Soul of Yoga offers our students the opportunity to repeat in-house courses they’ve already taken at no additional cost. We know that Yoga Therapy study is a life long endeavor and we want to support you in having a deeper and richer understanding of what you’ve learned.

• **500-RYT certification included.** Because Soul of Yoga Training Programs are also registered with Yoga Alliance once you’ve completed the necessary required and elective courses included in our 300 hour training we will provide you with the documentation you need to get your 500-RYT designation.

Our students graduate with the skill, knowledge, understanding and career support they need to work confidently and competently in the burgeoning field of Yoga Therapy.
What does a career in Yoga Therapy look like?

• **Yoga Therapists work** in their own private practice charging anywhere from $40 to $175 or more an hour. Most find it useful to offer this sliding scale to also accommodate those clients who have less income.

• **Yoga Therapists work** in private elementary, middle and high schools counseling their young students on social, family, personal and physical issues and instilling a sense of self confidence and self awareness during confusing times in life.

• **Yoga Therapists work** with professional athletes in training centers, college campuses and in professional team settings helping them remain in top physical shape and providing rehabilitation support for injuries when needed.

• **Yoga Therapists work** in addiction centers, eating disorder clinics and recovery homes providing spiritual, mental and physical support to clientele helping them return to a place of balance and discover inner peace.

• **Yoga Therapists work** in medical settings including hospitals, cancer centers, mental health clinics and hospices alongside western healthcare professionals, offering different perspectives and healing tools that work in conjunction with traditional treatment protocols.

• **Yoga Therapists work** in senior centers, assisted living communities and nursing homes providing a means for seniors to regain declining abilities, including balance, mental acuity and dexterity, in order to live more independently and joyfully in their golden years.

• **Yoga Therapists work** in conjunction with other complimentary alternative medicine specialists such as Physical Therapists, Ayurvedic Practitioners, Chiropractors, and Acupuncturists to provide full spectrum holistic healing.

• **Yoga Therapists work** in Yoga Studios, spas and resorts where they are sought after to teach therapeutically oriented classes such as Yoga for a Healthy Back, Yoga for Cancer Recovery and Yoga for Chronic Pain to name just a few.

As more and more bona fide medical studies proclaim the healing power behind Yoga Therapy techniques the career options grow by leaps and bounds each year.
How To Register

1. Complete the attached application at the back of this packet in its entirety and return it to us via email at dawn@soulofyoga.com, or mail it to:

   Dawn Castillo-Cohen  
   Soul of Yoga  
   627 Encinitas Blvd  
   Encinitas CA, 92024

2. The Soul of Yoga Institute will review your application. If accepted, you will receive an official welcome email with the necessary information on the program, the school and courses that are about to begin.

3. Complete your enrollment by providing a 30% of tuition non-refundable/transferable deposit via check or credit card to guarantee your space in your desired starting program. (Checks should be made to “Soul of Yoga.”) After making your deposit you have the option of setting up a payment plan for the remainder of your tuition.

Contact us for more information:
Dawn Castillo-Cohen, Program Advisor, (760) 271-7001, Dawn@soulofyoga.com
Monique Lonner, Program Director, at (516)987-0350, Monique@SoulofYoga.com
Curriculum Outline

Yoga Therapy Training is 825 Hours and takes approximately two years to complete.

This is comprised of:
710 Hours of Required Courses
50 Hours Elective Courses
50 Hours Required Non-Contact Practicum
15 Hours Required Research Project

Note: 200 Hour Teacher Training and a year of teaching experience is a prerequisite for this program. If you don’t have a year of teaching yet you can begin with our 300 hour program on the “Yoga Therapy Track” and matriculate in when you’re ready.

710 Hours - Required Courses:

75 Hours - Soul of Life - a 10-day session from March 3-12th 2016
Life cycle study. A course in understanding the anatomical and physiological changes that occur within the human life-cycle, and gaining the skills to address to a client’s well being regardless of age or stage of life.

75 Hours - Soul of Body - a 10-day session December 5-14th 2016,
The 7 Body Systems: An exploration of the functions, dis-ease and healing of the human body from the layered perspectives of the western medical approach and eastern holistic understanding.

125 Hours - Holistic Yoga Therapy - Rolling Admission. Four hours a month spanning two years, plus work at your own pace practicum based assignments. (Distance Learning Available)
Structural Yoga Therapy. Explores movement techniques as Yoga Therapy tools for assessment and recovery to help clients reduce pain, gain more freedom of movement and progress towards holistic healing.

70 Hours - Soul of Wholeness - one 10-day session June 14-23, 2016
Yogic Tools for Transformation. An immersion course in living and transforming through Yoga. Students will immerse in daily practice and teaching of Asana, Pranayama, Sacred Study and Meditation. Includes:
   30 Hours - 4 day Sadana Retreat with Nischala Joy Devi at Soul of Yoga
   40 Hours - 5 day/night Yoga Meditation Retreat with Richard Miller PhD at San Luis Ray Mission Retreat Center in Oceanside CA.

25 Hours - Healing with the Chakras - One four day session Oct 4-7th 2016.
Yogic View of Disease, Heath and Healing. Intricate exploration of the mystical teachings of Yogic esoteric anatomy, energy, dis-ease and healing, Students learn and experience how the body, mind, and breath interconnect and influence each other using the tools of mudra, manta and pranayama as they relate to each Chakra or energy center.
30 Hours - Yoga for Mood Management - One evening plus four-days session Nov 11-15th
Practices for psycho-emotional disorders. Training in LifeForce Yoga, medically researched and evidence-based therapeutic yoga practices for depression and anxiety, trauma and PTSD.

100 Hours - Ayurvedic Studies - 3 long weekends in 2017: Jan 12-16, Feb 9-13, April 6-10.
Ayurvedic medicine. Known as “The Science of Life,” Ayurveda explores how to keep the body and mind healthy through diet, herbal and lifestyle remedies which are most valuable in supporting health of clients and students.

30 Hours - Healing Relationships - September 27-October 1st, 2017
Client / Therapist Relationships. A course in understanding the healing dynamic between therapist and client. Students will learn basic counseling skills, evaluation, assessment, intake and record keeping techniques, scope of practice procedures and important strategies for self care.

100 Hours - Yoga of the Heart - one 10 day retreat, April 1-10, 2016
Practices for heart disease and cancer recovery. Join Nischala Joy Devi on her popular 10 day Southern California yoga retreat in Lucerne Valley to explore the physical, emotional and spiritual components of cancer and heart disease and how Yoga can be an effective therapeutic application in such situations.

80 Hours - Mentoring/Clinic - Rolling Admission. 2 to 4 hours per week. (Video conferencing available)
Yoga therapy clinic and learning support group. Option to work in Soul of Yoga's free Yoga Therapy Clinic to gain skill and build your professional practice. And/or join mentoring sessions to address and review cases, receive feedback, share learning and insight and build a supportive community with fellow students and instructors. Clinic and mentoring group held alternating Fridays.

Elective Courses:
Choose Any 50 Hours

50 Hours - Tantric Therapy Training two long weekends - May 13-15 & August 5-7 2016
Tantric healing techniques. Students will learn to apply Tantric Numerology, Past Life Integration and Tantric Relationship coaching as tools to heal themselves and others.

25 Hours - Children’s Yoga Teacher Training one long weekend. May 20-22, 2015
Children’s Yoga. Training in teaching Yoga to children from birth to teens. Includes Mommy & Me, Kid’s Yoga, Yoga for Teenagers and Yoga for children with learning disabilities and special needs.

50 Hours - Yoga of Recovery one 7 day session - July 8-14 2016
Yoga for Addiction. Training combining Ayurveda and Yoga with traditional 12 step recovery tools to offer a more holistic mind, body, spirit approach to addiction and self-destructive behaviors.

30 Hours - Kundalini Yoga Technology one 3 day session - June 22-24, 2016
Kundalini Yoga Practices. Study of the power of mantras, kriyas and meditations of Kundalini technology to activate client’s innate healing energy and apply it to specific situations, including depression and addiction
25 Hours - Prenatal Yoga Training 3 nights & 2 days - August 5-7 and 9th, 2016
Prenatal yoga. Focus on the heath and well-being issues that can arise in pregnancy and how the therapeutic tools of yoga can be applied to reduce discomfort and bring about balance.

25 Hours - Yin Yoga Teacher Training one 5 day session Sept 21-26th, 2016
Yin Yoga with Flossie Park and Joe Barnett. Learn to teach this practice which places optimal stress and stretch to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility.

50 Hours - Chair Yoga Training on-line learning
Senior and chair adaptive yoga. This course will empower you with the knowledge, skills and confidence to teach to Seniors, people with limited mobility and office workers.

50 Hours - Non-Contact Practicum

Practicum: practicing the work of a Yoga Therapist - performing client intakes, researching, recommending and guiding practices, following up and revising recommendations as needed. An hour and a half is allotted for each session.

15 sessions - Karma Yoga - Seva based teaching to an underserved community population or person. (i.e. women’s shelter, military spouse, cancer patient, teens at risk, etc.) Karma Yoga Project Paper is required for credit.

20 Sessions - Private Yoga Therapy Case Study - Sessions may be privately scheduled or via the Soul of Yoga Free Yoga Therapy Clinic. 3 different case studies are required at a minimum. Professional intakes must be completed for each client and progress tracked in written progress reports.

15 Hours - Thesis Paper

5-10 page Thesis Paper - Research and report on a dis-ease or condition of choice and how yoga therapy addresses it. Incorporate Ayurveda, anatomical, physiological and psychological aspects as well as energetic anatomy and healing technique as appropriate. This paper should include 2 appropriate sequences, professional footnotes and references.
75 Hours

**Soul of Life (March 3-12th, 2016)**

**REQUIRED**

**Instructors:** Trisha Kelly, Flossie Park, Tom Kelly, Brian Dorfman, Monique Lonner, Sherry Zak Morris, Marcia Frescura

**Subject:** A course in understanding the anatomical and physiological changes that occur within the human life-cycle, and gaining the skills to address a client/student’s practice regardless of age or stage of life.

**Duration of Course:** 10 Consecutive Days

**Hours of Course:** 8am-5:15pm

**Tuition:** Ala Carte $1350

**Course Description:**

As Yoga becomes more popular with people of all physical abilities and ages, Yoga Teachers and Therapists must be able to provide safe physical instruction and impart healing care for a huge variation of people. The Soul of Life delivers essential knowledge to support your students/clients through their entire life cycle. From our spiritual origins to prenatal care, birth, and beginnings through the inevitable anatomical changes that occur as we age, Soul of Life brings us full circle to return to our spiritual source through death and reincarnation.

**Course Syllabus:**

**Practice and Integration**

**March 3-12th, 8am-10:45am**

The Soul of Life section offers daily practice sessions for students while in the 10 day immersion program, to teach one another while incorporating the ongoing lessons from the training curriculum, ask questions, trade expertise, and provide feedback in a supportive community setting.

**Bringing in the Soul with Trisha Kelly**

**March 3, 1:45pm-5:15pm**

The physical component of a baby’s birth is generally well known, but understanding the process the soul undergoes in its journey from the heaven worlds to its incarnation on earth is shrouded in mystery. This class will delve deeply into the soul’s preparation for life on earth, as well as provide spiritual tools to support students who are expectant parents.
Prenatal Yoga Training with Flossie Park  
March 4, 10:45am-12:15pm & 1:45pm-5:15pm & March 5, 1:45-3:45

Yoga can give new life to anyone at any age, but it becomes especially helpful for mothers-to-be. Students will learn the methodology of prenatal and postnatal Yoga, various philosophies, such as natural birth and supporting birth choices, anatomy of the female pelvis, benefits and contraindications, positive affirmations and visualizations for pregnancy and birthing.

The Alchemy of Yoga: Bhagavad Gita Study with Tom Kelly  
March 6, 1:45pm-5:15pm

For the Yogi, the Bhagavad Gita offers true wisdom on how to obtain one's ultimate life goal - self-realization. No matter our numerical age, nor life stage, the true journey of human growth is to shift one's consciousness from that of the ego centered and compulsion driven human to the devotion and maturity of the Divine Self, the Soul.

In this workshop Reverend Tom Kelly will lead students through a non-traditional, heart focused exploration of this most beloved scripture which offers a transformational road map on how to finally grow up and become the alchemist of one's own life.

Anatomy & Physiology of Aging with Brian Dorfman  
March 7th & 8th 10:45am-12:15pm and 1:45-5:15

Day 1
What happens to the body as we age? Why is it important to consider the age of a student when teaching Yoga? As the baby boomer generation rapidly enters both retirement and the practice of Yoga, it is more important than ever to have a clear understanding about the needs of this population. In this class we will explore what happens to the body as we grow older – how metabolism, muscular strength, bone density, digestion, cardiovascular functioning, and neurological functioning are all affected by age and how the practice of yoga has a profound effect on it all.

Day 2
In this workshop students will receive an understanding of the medical establishment's descriptions of the common disorders that can effect us as we age, such as heart disease, high blood pressure, osteoporosis, neuropathy, weight gain, and hormonal imbalances, among others and then comprehend these same dis-eases from an alternative healing point of view. From this understanding students will come to understand how to better meet the needs of older students. This workshop will empower you to manage, prevent and even help reverse the dis-eases that most effect the aging population.

Adaptive Asana for Youthfull Aging with Monique Lonner  
March 9th, 10:45am -12:15pm & 1:45-5:15pm

Yoga practice offers a way to grow older while maintaining focus, flexibility and strength. With well considered modifications and refinements the practices can be tailored to suit the needs of maturing adults in their 40s through 60s. This "sandwich generation" stressed and uber-busy is turning to yoga for mind, body and spirit relief in greater new numbers than any other age group. This workshop will help you understand how to plan sequences, modify classes and provide the correct alignment cues and adjustments for mature adults coming to their mats as an antidote to mid-life crisis!
Yoga for Seniors with Sherry Zak Morris  
**March 10th, 10:45-12:15pm & 1:45-5:15pm**  
The vast majority of Americans are growing into their golden years, 70+, and beginning to experience the physical effects of aging. It is becoming imperative that Yoga Teachers learn to adapt their classes to safeguard the health of their Senior students, and also quite advantageous to be able to add chair yoga to your teaching skill set. In this workshop Sherry Zak Morris will review the most pertinent health issues facing the Senior population, the yogic prescriptions for wellness and the necessary counter-indications for Senior Yoga practice. You will be given all the tools necessary to plan and teach an effective and inspired chair yoga class.

Kundalini Death Practices with Marcia Frescura  
**March 11th, 9-10:30am**  
During our lives there will be many deaths, many opportunities to embrace the inevitable transition from one rhythm to another. In fact in every Yoga Class we practice Death, the honoring and embracing of what was and what is to come is the nectar of Savasana, Corpse Pose. During our Death Practice we will have an opportunity to be with our fear of Death and be supported with breath work and mantra. We will be dipping our toe into one of the most powerful moments in our life, why not practice for it?

Reincarnation and Karma with Trisha Kelly  
**March 11th, 10:45-12:15pm and 1:45-5:15pm**  
The philosophies of Yoga and metaphysics embrace the doctrine of reincarnation and karma as the natural process by which humanity evolves. Developing a deeper understanding of these processes helps one to learn the spiritual lessons that our karmic conditions offer. The focus for this class will be to gain a clearer perspective on reincarnation and give essential tools to help better identify and work out karmic conditions.

**Recommended Reading List:**  
*Magical Beginnings, Enchanted Lives*  
Deepak Chopra, MD, David Simon, MD  
*Inner Beauty, Inner Light: Yoga for Pregnant Women*  
Frederick Leboyer and B.K.S. Iyengar  
*Prenatal Yoga: Finding Movement in Fullness*  
Candice Garrett  
*Anatomy Trains*  
Tom Myers  
*Pain Free*  
Pete Egoscue  
*Karma and Reincarnation*  
Barbara Martin  
*Proof of Heaven*  
Dr. Eben Alexander
75 Hours

**Soul of Body** Dec 5-14 2016, Required

**Instructors:** Leslie Kaminoff, Stephani Sutherland, PhD, Tony Chadwell, HHP, Chinnamasta Stiles, Justine Shelton, Monique Lonner

**Subject:** An exploration of the human body systems; their functions, relationships, dis-eases and capacity for healing, from the layered perspectives of the western medical approach and Yogic holistic understanding.

**Duration of Course:** 10 Consecutive Days
**Hours of Course:** 8am-5:15pm
**Tuition:** Ala Carte $1350

**Course Description:**

The Human Body Systems; Function, Integration and Yoga practice. As a Yoga teacher and therapist it is important to understand the anatomy and physiology of the human body as it functions as a holistic, integrated whole. The ancient Yogis understood that mind, body and spirit are all interrelated. They taught that true health is predicated on a balance of all levels of being and all systems of the body working in harmony. On this integrated learning journey through 7 body systems you will receive a comprehensive body of knowledge and applicable Yogic tools to help you be a therapeutic resource for a large range of conditions and situations.

**Course Syllabus:**

**Practice and Integration**
*Dec 5-14th 8am-10:30am*

The Soul of Body section offers daily practice sessions for students while in the 10 day immersion program, to teach one another while incorporating the ongoing lessons from the training curriculum, ask questions, trade expertise, and provide feedback in a supportive community setting.

**The Digestive System with Chinnamasta Stiles**
*Dec 5th, 11:15 - 5:15pm*
*Dec 6th, 10:45 - 5:15pm*

Appropriate digestion is one of the keys to prevent disease, initiate healing and to maintain great health. A Balanced diet, strong digestive function and regular elimination are necessary for a vibrant, energetic physical body. If the digestive system is out of balance dis-ease can ensue, making it difficult to engage in the deeper practices of Ayurveda, Yoga and Tantra that lead to Oneness.

Chinnamasta Stiles, Ayurvedic Practitioner, Nurse, and Structural Yoga Therapist will provide an overview of both the western digestive model as well as the yogic multi-dimensional anatomy model. Students will learn the concepts of healthy digestion as it relates to the Doshas (kapha, pitta, vata) ama (toxicity), agni (digestive...
fire) and apana (elimination) and how they relate to common digestive and related health issues. Chinnamasta will provide instruction on how use the tools of Ayurveda and Yoga, including Asana and Sat Kriya to support a troubled digestive system and help develop a balanced lifestyle for optimal health and spiritual transformation.

**Vascular and Lymphatic Systems with Tony Chadwell, HHP**  
Dec 7 & 8, 10:45-5:15pm  
The vascular and lymphatic systems are the transportation mechanism for the body, providing life sustaining nutrients and removing metabolic and immune system waste. Together they work to keep every cell fed with nourishment and clear of toxins. Holistic Health Practitioner and Cranial Sacral Therapist Tony Chadwell will provide overviews of both systems, and their integration points and explain how blockages and imbalances can foster heart disease, cancer, lymphedema and other dis-eased conditions and how specific Yoga practices can directly effect these systems to re-engage health.

**Yoga and The Respiratory System with Leslie Kaminoff**  
Dec 9 & 10  
In this workshop Leslie Kaminoff, the author of the top-selling book *Yoga Anatomy* will cover the most essential aspects of theory and practice from his unique, anatomically-informed perspective on the breath-centered yoga of Krishnamacharya and Desikachar. The energetic phenomenon of breathing will be discussed and students will gain a deeper understanding of the anatomy, kinesiology and physiology of breathing.

This workshop will address:
- How breathing occurs on every level – from cells to systems and beyond,
- The basics of breath physiology,
- The structure and function of the diaphragm,
- The key structures involved in breathing,
- How breath coordinates with and supports movement,
- The misunderstood concept of "maximal oxygenation", i.e. the truth about oxygen and carbon dioxide, hyperventilation, and metabolic loads,
- The physiology of meditative states,
- What anatomy is,
- Western and yogic models of anatomy and physiology,
- The physical correlates of the koshas, chakras, nadis and kundalini.
Nervous System, Endocrine System and The Science of Stress and Pain with Stephani Sutherland, PhD
Dec 11 & 12, 10:45-5:15pm
Over 100 million Americans are living with chronic stress and pain. Safe, effective treatments are hard to come by, but research has shown that yoga can improve life for people with chronic pain and stress conditions. In this workshop, Neuroscientist and Yoga teacher Stephani Sutherland, PhD will:
• Provide an overview of the nervous and endocrine systems and how they are intimately linked to each other.
• Provide an overview of how stress effects our endocrine system and the detrimental toll it takes on our body.
• Provide an overview of how we experience pain—from sensory nerves in the skin all the way to the highest brain centers
• Discuss how yoga can help alleviate stress, pain and suffering by affecting the nervous and endocrine systems at multiple levels.

Muscular Skeletal System with Monique Lonner and Justine Shelton
Dec 13th 10:45-5:15pm
Justine Shelton and Monique Lonner, Yoga Therapy Program Mentors will provide you with simple but powerful ways to understand the muscular skeletal system; what it's made of and why and how things can go wrong and create pain. You'll come to understand:
• Muscles, tendons, ligaments and bone and their relationship to one another,
• How common injuries of the neck, shoulder, hip and back occur and re-occur,
• Which asana help or hinder these specific injuries,
• Body reading skills so you can begin to see how your student’s misalignments may be fostering their injuries.
• How to use Asana as both a diagnostic and prescriptive tool in order to make appropriate adaptations to poses for students with pain, injury and movement limitations.

Yoga of Life with Monique Lonner
This guided interactive session is a time for students to share observations, learning experiences, challenges and questions that have arisen in the training to date.

Required Reading List:  Yoga Anatomy: Leslie Kaminoff
125 Hours
Holistic Yoga Therapy On-going Enrollment Required

Instructor: Brian Dorfman
Subject: Therapeutics and Applied Hands On Techniques
Duration of Course: 2 years
Hours of Workshops: 4 hours a month (Generally Saturday 1-5pm with some exception), Plus practicum based monthly assignments.
Tuition: Ala Carte $1625

Course Description:

Holistic Yoga Therapy provides students with the understanding of structural anatomy and holistic physiology as it relates to therapeutic yoga. Muscles, bones, nerves, organs, glands and the other bodily systems are explored with a holistic view to healing and health. Yogic practices such as specific asana and breathing techniques are employed as both assessment and prescriptive tools for illness, injury, and bodily misalignment giving you the understanding and capability to work with people dealing with pain and movement limitations.

Each of the monthly four-hour workshop sessions includes an anatomy and physiology lecture, body reading and diagnostic guidance, prescriptive asana and question and answers period. Monthly supervised case study practicum with clients encourages faster learning and direct application of knowledge and skills to help you learn and integrate the material in a meaningful and impactful way.

Course Syllabus:

Section 1: Spine:
Alignment, posture, core musculature, nerve plexuses, digestive system, compatibility with movement; understanding spinal injuries; counter-indications; relationship to respiration and prana

2016 Dates
Friday December 4th
Saturday January 9th
Saturday February 6th
Saturday April 9th
Saturday June 4th

Section 2: Pelvic Area, Legs and Lower Body:
Prioritizing the primary areas of involvement; the relationship between the spine, sacrum, gluteal area and the lower limbs; the lymphatic system and basic gait analysis
2016 dates
Saturday August 6th  
Saturday October 8th  
Saturday November 5th  
Saturday December 10th  
January 2017

**Section 3: Head, Neck, Shoulders, and Upper Limbs:**  
The relationship between head, neck and shoulder girdle; common issues occurring from use of technology; repetitive motion syndrome and sports injury.  
2017 Dates TBD

**Section 4: Nervous System:**  
Movements, breathing techniques and massage applications to directly affect the autonomic nervous system  
2017 Dates TBD

**Required reading:**  
*Atlas of Human Anatomy:* Frank H. Netter, M.D.  
*Lower Back Basics:* Brian Dorfman  
*Head, Neck and Shoulders Fundamentals:* Brian Dorfman  
*Flexibility Training:* Brian Dorfman
70 HOURS
SOUL OF WHOLENESS (JUNE 14-23 2016)
REQUARED

Instructors:  Nischala Joy Devi, Richard Miller, PhD, Monique Lonner
Subject:  The Yogic Path of Transformation
Duration of Course:  10 Consecutive Days (with one day off in the middle)
Hours of Course:  8am-5:15pm
Tuition:  Ala Carte $1665 (includes room and board for retreat)

Course Description:

This deeply spiritual course is a road map for personal transformation. Students will be afforded a rare opportunity to spend 4 days watering the seeds of transformation with profound practices and sacred study before moving into a 5 day Meditation retreat guided by Yogic wisdom. World renowned Master Teachers Nischala Joy Devi and Richard Miller will guide you on the path of the ancient Yogis towards Self Realization.

During This 11 day course you’ll follow the steps outlined in the Yogic 8 fold path which usher one towards personal growth and transcendence; Asana, Pranayama, Meditation Scriptural Study and Self Awareness. Through lecture, experience and practice teaching students will gain a greater insight into themselves, their spiritual path and how to step into the role of a spiritual teacher and guide.

Curriculum:

June 14 - 17

Schedule
8:00- 9:15am - Asana
9:15-9:45 - Meditation
9:45-10:30 - Group discussion and breakfast
10:45-12:45 - Pranayama
12:45-2:15 - lunch
2:15-5:15 - Sutra Study

8am - 10:30am
Practice and Integration

The Soul of Wholeness section offers daily practice sessions for students while in the 11 day immersion program, to teach one another while incorporating the ongoing lessons from the training curriculum, ask questions, trade expertise, and provide feedback in a supportive community setting.

10:45am - 12:45pm
Pranayama, the Affirmation of Life with Nischala Joy Devi

Inhabiting and surrounding us is the universal energy, called Prana. Everything in the natural world has this field of energy surrounding and circulating through it. Pranayama practice is the enhancement and guidance of this universal energy to specific results.

Often we refer to this essence of life simply, as breath. Yet, it is so much greater. In this workshop you'll learn how pranayama is different from breathing practices but connects with the breath, the gross and subtle nervous systems and nadis. You will come understand how working with pranayama practice encourages health in body and mind and emotions, and can be combined with imagery to bring great power and with use of mantra opens the way to spiritual awakening.

2:15-5:15pm
The Secret Power of the Yoga Sutras with Nischala Joy Devi

The Yoga Sutras is one of the most revered texts of yoga and is thought to be more than 2,500 years old. These "threads" on yoga or union, are extremely terse, stating concisely and often precisely, essential points or techniques to achieving self-realization. Originally these teachings were passed on in the ancient oral traditions, intimately shared from teacher to student. Even today almost every translation of the sutras includes pages and pages of master commentary deemed useful to impart the correct teachings, methods and sacred wisdom necessary to achieve Yoga.

In this workshop Nischala Joy Devi will impart her heart-centered intuitive interpretation of the Yoga Sutras from her book - The Secret Power of Yoga. Nischala Joy Devi's is a divinely feminine perspective of the Yoga Sutras which offers students an opportunity to partake in the unfathomable sense of peace, emotional and spiritual enlightenment that is our birthright.

Required Reading:

The Secret Power of Yoga, Nischala Joy Devi
The Healing Path of Yoga, Nischala Joy Devi
June 18 - 23

Yoga Meditation Retreat with Richard Miller, PhD

**Location:** Old Mission San Luis Rey Retreat Center, Oceanside, CA

**Schedule**

- June 18, 7:00 - 9 PM
- June 19-22, 7 am - 9 pm
- June 23rd 7 am - 12 pm

**Curriculum**

Yoga and meditation have been scientifically proven to foster health, resiliency, well-being and healing for physical, psycho-emotional and spiritual challenges. The Yoga Sutras of Patañjali affirms that the path of Self-Realization needs to include a complete path of emotional, cognitive and meditative practices if one is to truly experience spiritual transformation.

In the West, hatha yoga asana has mistakenly become popularized to the general public as representing the core teachings of Yoga. Hatha Yoga practitioners are starting to ask, “What's next?”. The answer comes in the form of the nondual teachings that are offered through the Yoga tradition, which consist of in-depth principles and practices of meditation, awakening, and enlightenment that can be integrated into all forms of Yoga, meditation, as well as throughout daily life.

This premier 5-day meditation retreat led by Richard C. Miller, developer of the iRest Meditation Program, focuses on the Nondual Yogic teachings of awakening to your essential nature. During retreat Richard will guide you into the depths of your own self-exploration through simple yet elegant practices that includes discussion of underlying principles, self-inquiry, pranayama, hatha yoga, yoga nidra, and sitting and walking meditation practices.
Course Description:

Within each one of us there are whirling vortexes of energy called chakras. Connected through channels (nadis) that flow up and down our spines, they infuse vitality and knowledge to every facet of our being. When the pathways are unobstructed, the energy easily flows and we feel whole and healthy. When the stresses of everyday life intrude, the energetic flow is hindered. The result is lethargy, anxiety, depression or physiological disease. As these pathways are unlocked, the pent-up energy effortlessly flows and we are able to heal everything from simple ailments to life-threatening diseases.

The course will delve intricately into the nature of each chakra, exploring its characteristics, temperaments, relationships with other chakras and related disharmonies. For each center we'll consider the associated modern maladies and examine the question - "are they preventable or inevitable?".

Students will learn to use yogic practices to enhance, balance and even heal the each energy center and it's related areas of body, mind and spirit. These practices, along with a finely tuned consciousness, can lead us to the depth of our soul, enabling us to experience health and wholeness.

Required Reading:

_The Healing Path of Yoga_, Nischala Joy Devi
30 Hours
LifeForce Yoga for Mood Management (Nov 11-16th, 2016)
Required

Instructor: Amy Weintraub
Subject: Yoga based training for working with depression, anxiety and mood management.
Duration of Course: One evening plus four days,
Hours of Workshop: Friday 7-9pm, Sat, Sun, Mon & Tue 8:30am - 5pm (lunch 12:45-2pm)
Tuition: Ala Carte $600
Course Description:

LifeForce Yoga practices are supported by current research in psycho-neurobiology and are used in health care settings worldwide. The practices help to clear away the obstructions (chronic tensions, constricting beliefs, limiting emotions) that prevent one from knowing and expressing true authenticity and reaching their fullest potential.

Amy Weintraub, author of Yoga for Depression, will cover evidence-based aspects of yoga effective for managing various psycho-emotional imbalances including depression, panic attacks, trauma and PTSD.

Each day will include accessible postures, pranayama breathing, the therapeutic use of mantra, mudra and bhavana (imagery), nondual self-inquiry process and dyads, as well as meditation and guided relaxation. These timeless yoga techniques are appropriate for individual practice, yoga classes, yoga therapy and clinical mental health and medical settings.

Required Reading:
Yoga for Depression, Amy Weintraub
100 Hours
AyuRVedeC studiEsiS  (January 2017 - April 2017)
REquirEdd

Instructor: Vijaya Stern
Subject: Ayurvedic Medicine
Duration of Course: Three 4.5 day workshops
Hours of Workshop: Thursday 5:30-8:30pm, Friday, Saturday, Sunday, Monday 10-7
Tuition: Ala Carte $1800

Course Description:

Ayurveda is known as the “Science of Life”. In ancient India, Ayurveda and its sister sciences, yoga and meditation, were the means for individuals to insure a healthy body and mind to allow for the pursuit of their spiritual practices.

Today the evidence based principals of Ayurveda are being employed by many people who seek to find balance and healing through its specific diet and life-style prescriptions.

Through this course you will learn the fundamental principals of Ayurveda including Sankhya Philosophy, Tri-Doshic Theory, Sub Doshas, Subtle essences, Dhatu (tissue systems), Srotas (Bodily Channels) and diet guidelines for health and healing. Upon completion students be able to apply the application of nutrition and diet as recommendations for health, balance and holistic disease management when working with students and clients.

Required Reading:
Ayurveda: The Science of Self-Healing by Dr. Vasant Lad, TAP press
**30 Hours**
**Healing Relationships** (Sept 27-Oct 1, 2017)
**Required**

**Instructor:** Nischala Joy Devi  
**Subject:** Counseling skills, Client Relationships, Healing techniques  
Professional Ethics, Yoga Philosophy

**Duration of Course:** One 5 day intensive  
**Hours of Workshop:** 9:15am-5:15pm  
**Tuition:** Ala Carte $540

**Course Description:**

This is a course in understanding the healing dynamic between therapist and client. Students will learn basic counseling skills, evaluation, assessment, intake and record keeping techniques, scope of practice procedures and important strategies for self care.

Through an in-depth coverage of the maya koshas, chakras, kleshas and gunas students will gain insight and understanding of the client as a multidimensional being, learning how mind, emotion and body inter-relate to cause dis-ease as well as promote healing on various levels.

Through this course you will learn how to tap into your own intuition as the guide for your healing work, better serve your clients and patients, more effectively communicate and work with a patient’s family members, and interface professionally with the medical community through expanded skills.

**Learning Objectives:**

- Knowing how to do a client intake with proper evaluation and assessment skills  
- Developing compassionate listening, proper communication, adept observation and appropriate touch skills  
- Developing necessary counseling skills and learning how to create a proper clinical environment  
- Understanding how to interface professionally with the medical community  
- Being able to assemble and prescribe the components of an individualized holistic treatment plan including meditations, visualizations, asana, pranayama, yoga nidra, journaling and other life-style modifications  
- Knowing how to form and keep appropriate boundaries and how to protect oneself from negative energies.  
- Being able to provide support across a broad array of situations relating to health, dis-ease and dying.

**Required Textbook:**  
*The Secret Power of Yoga*, Nischala Joy Devi  
*The Healing Path of Yoga*, Nischala Joy Devi
100 Hours
Yoga Of The Heart (April 1-10, 2016)
REQUIRED

Instructor: Nischala Joy Devi
Subject: Yoga for Heart Disease, Cancer and Other Life Threatening Diseases
Duration of Course: One 10 day residential retreat at the Royal Way Retreat Center in Lucerne Valley, CA
Hours of Workshop: 8am-8pm with meals and breaks throughout the day
Tuition: $2850 (for shared room and bath)

Course Description:

The focus of this training program is theory and practice of asana, pranayama, deep relaxation, imagery and meditation as applied for people with cardiac, cancer, and other life threatening diseases and general health and prevention. It will provide you with the skills to teach heart and cancer patients in a hospital or clinic setting as well as on a private or individual basis.

This comprehensive program is a certification course offered for Yoga Therapists, Yoga Teachers and Health Professionals teaching the general population who would like to share Yoga with people living with heart disease, cancer and other debilitating diseases. It is also useful for people with family histories and/or risk factors.

Each Day will also include: Hatha yoga, group meditation & discussions

Required Reading/Materials:
The Healing Path of Yoga, Nischala Joy Devi
The Abundant Well Being Series, 4 CD’s used in the Dr. Dean Ornish Program for Reversing Heart Disease
A 300 Page Manual specifically written for this course.
50 HOURS
KUNDALINI TANTRIC THERAPY (MAY 13-15 & SEPT 2-4, 2016)
ELECTIVE

Instructors: Marcia Frescura, Rev. Tom Kelly, Rev. Trisha Kelly, Guru Kirin Khalsa, Gurumeher, Guru Rattana, Ph.D.

Duration of Course: 2 Long weekends
Hours of Workshop: May: Friday 5:30-8:30, Saturday & Sunday 8am - 6pm
Sept: Friday 5:30-8:30, Saturday & Sunday 9am - 6:30pm

Course Description:
Kundalini technology is utilized in many Yoga Therapy modalities and is considered especially effective for addiction and mood disorders. It is a science that addresses the energy of the seven chakras, the arc line and the aura (considered the 8th chakra). Kundalini practices create a marked shift in energy and teach practitioners to manage this energy as a healing and balancing force.

As a Tantric Therapy Practitioner, you will be guided to use the tools of Tantric Numerology and Past Life Integration as you learn to fine-tune your intuition and healing skills. Become quick and effective at identifying blocks and master the skill of releasing them to reconnect into oneness of body, mind and soul.

Upon completion of this program you will receive certification as a Tantric Therapy Practitioner—allowing you to use this knowledge with yourself and in sessions with clients. The sessions can be in person, on skype or on the phone.

This intensive certification program is for everyone who wants to develop their intuitive and healing skills to support the emerging self-mastery of your yoga students, friends, family and clients.
25 Hours
**Children's Yoga Teacher Training** (May 20-22, 2016)

Elective

**Instructors:** Nancy Holden, RYT 500  
**Subject:** Yoga for Children  

**Duration of Course:** 3 days  
**Hours of Workshop:** Fri & Sat 8-5, Sun 8-3  
**Tuition:** Ala Carte $450

Course Description:

This comprehensive kids’ yoga teacher training program is designed to provide yoga teachers, parents, educators, therapists or counselors the tools to share the gifts of yoga with children ages birth to teens.

Learning Objectives:

- Age appropriate breathing  
- Relaxation techniques & visualizations for children  
- How to incorporate teaching for different ages  
- Yoga games and poses  
- Songs for children to enjoy  
- Yoga/Dance movement  
- Ideas for various books and props to use  
- Lesson plans  
- Incorporating music, songs, crafts, books and yogic themes  
- Adaptations for special needs children  
- Teaching yoga to pre-school age/elementary/junior high and high school  
- Practice/Assessment Teaching for all age levels  
- Observation of classes  
- The Business Side

**Required Reading**

Comprehensive Yoga Instructor Manual written by Nancy Holden
50 Hours

**Yoga of Recovery** (July 8-14, 2016)

**Elective**

**Instructor:** Durga Leela

**Subject:** Yogic tools for working with issues of addiction and addictive behavior

**Duration of Course:** One 7 day certificate intensive

**Hours of Workshop:** 8am-5pm

**Tuition**

- A la Carte $900

**Course Description:**

Yoga of Recovery is the first comprehensive course to combine Ayurveda and Yoga with traditional recovery tools to offer a more holistic mind, body, spirit approach to addictions, eating disorders and all self-destructive behaviors. Bringing the west (neuroscience and 12 Steps) and the East (Yoga and Ayurveda) together offers a truly empowering approach to counseling those who embark on a program of recovery. It is the evolution of the solution.

Upon completion of the course you will have the skills to introduce the healing potential of the holistic sciences of Ayurveda and Yoga into your own life and those of your students and clients. As a Yoga Professional this course will make you uniquely qualified and more confident to teach yoga in rehabs or to people in recovery from any addiction. You will fully understand the root of the problem and the holistic approach, extended from limited understanding of substance abuse/behavioral problems to be treated with asana alone, to a full range of therapies for mind, body and spirit from powerful healing modalities.

**Required Reading Materials:**

Manual specifically written for this course

**Suggested Reading Materials**

- *Overcoming Addictions*, Deepak Chopra
- *In The Realms of Hungry Ghosts*, Gabor Mate
- *Meditations from the Mat*, Rolf Gates
25 Hours
**Therapeutic Prenatal Yoga Training** (August 5-7 and 9, 2016)
**Elective**

<table>
<thead>
<tr>
<th>Instructors:</th>
<th>Flossie Park, Dr. Eimaneh Mostofian, MD, FACOG</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Subject:</strong></td>
<td>Therapeutic Methods for Prenatal Yoga</td>
</tr>
<tr>
<td><strong>Duration of Course:</strong></td>
<td>One long weekend</td>
</tr>
<tr>
<td><strong>Hours of Workshop:</strong></td>
<td>Friday, Saturday and Sunday 9am-6pm, Tuesday evening 5:30-7:30pm</td>
</tr>
<tr>
<td><strong>Tuition:</strong></td>
<td>A la Carte $450</td>
</tr>
</tbody>
</table>

**Course Description:**
This training provides yoga professionals with the anatomical, physiological, medical and metaphysical information they need when working therapeutically with pregnant clients and students. There are so many diverse changes that women undergo while pregnant, including those that can cause pain, discomfort and fear. This training offers the tools and understanding to help alleviate some of the physically and emotionally challenging aspects of pregnancy, and instill a sense of peace and wellbeing during this most miraculous time of life. This training offers a multitude of therapeutic yogic tools for conditions of pregnancy, including asana, breath work, meditation and visualization.

**Recommended reading:**
*Magical Beginnings, Enchanted Lives* Deepak Chopra, MD, David Simon, MD
*Inner Beauty, Inner Light: Yoga for Pregnant Women* Frederick Leboyer and B.K.S. Iyengar
*Prenatal Yoga: Finding Movement in Fullness* Candice Garrett
*Birthing From Within* Pam England and Rob Horowitz
25 HOURS
**Yin Yoga Teacher Training** (September 21-25, 2016)
**Elective**

**Instructors:** Joe Barnett, E-RYT 500, Flossie Park, E-RYT 500

**Subject:** Yin Yoga

**Duration of Course:** One 5-day session

**Hours of Workshop:** 12:00-5:00 PM

**Tuition:** A la Carte $450

**Course Description:**

Yin Yoga, the practice of holding a floor passive pose for 3 minutes or more to access mobility in the connective tissue is sometimes misunderstood. What is this connective tissue? Where is it? And why should we stretch it at all?

Join Joe Barnett, one of Yin Yoga’s most respected teachers, as he reveals the truth behind the philosophy and physiology of Yin Yoga and its benefit to practitioners. Through a hands-on interactive study of skeletal landmarks and joint range of motion Joe will lead you to appreciate natural anatomical variances and how they should inform you as a Yoga Teacher in adapting postures for different individuals. Flossie Park will serve as a support teacher leading some Yin practices and practicums.
50 Hours

**Chair Yoga Training and Certification**

**Elective**

- **Instructor:** Sherry Zak Morris, E-RYT
- **Subject:** Senior and Chair Yoga
- **Duration of Course:** Self-paced, online course
- **Required Final:** One-Hour Teachback Chair Yoga Class: Via Video Conferencing (Skype, Facetime, Google Hang-outs, etc), Recorded Video on DVD or onsite at the Yoga Vista Studio in Vista, CA.

**Course Description:**

The vast majority of Americans are growing into their golden years, 70+, and beginning to experience the physical effects of aging. It is becoming imperative that Yoga Teachers learn to adapt their classes to safeguard the health of their Senior students, and also quite advantageous to be able to add chair Yoga to your teaching skills.

This course will empower you with the knowledge, skills and confidence to teach to Seniors and people with limited mobility. Based on her award-winning, government sponsored Chair Yoga Program, Sherry will share teaching methodologies, senior-specific research, practical skills and innovative movement strategies that will help you help your students feel better and move with more ease and less pain. You will have access to a large video library of LIVE Senior Chair Yoga classes led by Sherry and a team of her Chair Yoga Teachers. These videos provide invaluable insight into the dynamics, pacing, sequencing and creativity of delivering unique Chair Yoga classes that will keep the Seniors engaged and motivated.

Throughout the course there will be quizzes and tests to ensure you are absorbing the information, a field trip to observe Seniors in their common environments, and a final teachback to earn your course completion and certification. Your enthusiasm and dedication to your studies in the Program will pay back huge dividends. You will learn teaching and movement methodologies that will help you create interesting, safe and effective Chair Yoga classes that are "different but familiar" every time you teach. You will learn therapeutic modifications, safe sequencing and lots of Anatomy as it pertains to aging and what our Seniors may be experiencing in their bodies and minds.
80 Hours
**Clinic & Mentoring Program Required**

The Free Yoga Therapy Clinic is available to the community and open 18 hours a month - every other Friday from 1-5 and every Tuesdays from 2-4. Students are encouraged to learn the skill and framework of a Yoga Therapy session by observing Justine Shelton, Program Mentor, AVI Certified Yoga Therapist as well as senior students work directly with clients. Once a student has gained enough skill they will be invited to work in the clinic under Justine’s supervision.

Cases range from physical, physiological and mental-emotional issues. Students are encouraged to work in all areas so as to challenge comfort zones and encourage strong skill sets. Each case includes research, in-take and interview skills, planning, guiding, reporting and follow up.

Each client is afforded 2-3 free sessions and if they choose to continue Yoga Therapy they are encouraged to negotiate a rate with their assigned student Yoga Therapist.

Clinic hours provide hands on training and career support, allowing students to gain confidence in their work while under supervision and grow their own client base while still in training.

**Mentoring Sessions** are 4 hours monthly, every other Friday from 1-3. Mentoring sessions provide time to review coursework, ask questions, discuss cases, teaching situations, and specific client issues. It’s a supportive community to share successes and challenges and to receive personal guidance from faculty members.
### Sample Schedule - Soul of Life, March 3 - 12

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Mar</td>
<td>Thursday</td>
<td>8:00-10:30</td>
<td>Meditation, Yoga,</td>
<td>Tom Kelly</td>
</tr>
<tr>
<td>3-Mar</td>
<td>Thursday</td>
<td>10:45-12:15</td>
<td>Welcome</td>
<td>Soul Family</td>
</tr>
<tr>
<td>3-Mar</td>
<td>Thursday</td>
<td>12:15-1:45</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>3-Mar</td>
<td>Thursday</td>
<td>1:45-5:15</td>
<td>Bringing in the Soul</td>
<td>Trisha Kelly</td>
</tr>
<tr>
<td>4-Mar</td>
<td>Friday</td>
<td>8:10-10:30</td>
<td>Practice &amp; Integration</td>
<td>Student Led</td>
</tr>
<tr>
<td>4-Mar</td>
<td>Friday</td>
<td>10:45-12:15</td>
<td>Pre-Natal Training</td>
<td>Flossie Park</td>
</tr>
<tr>
<td>4-Mar</td>
<td>Friday</td>
<td>12:15-1:45</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>4-Mar</td>
<td>Friday</td>
<td>1:45-5:15</td>
<td>Pre-Natal Training</td>
<td>Flossie Park</td>
</tr>
<tr>
<td>5-Mar</td>
<td>Saturday</td>
<td>10:45-12:00</td>
<td>Practice &amp; Integration</td>
<td>Student Led</td>
</tr>
<tr>
<td>5-Mar</td>
<td>Saturday</td>
<td>12:15-1:45</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>5-Mar</td>
<td>Saturday</td>
<td>1:45-3:15</td>
<td>Pre-Natal cont.</td>
<td>Flossie Park</td>
</tr>
<tr>
<td>5-Mar</td>
<td>Saturday</td>
<td>3:30-5:15</td>
<td>Flossophy</td>
<td>Flossie Park</td>
</tr>
<tr>
<td>6-Mar</td>
<td>Sunday</td>
<td>8:00-8:45</td>
<td>Meditation</td>
<td>Tom Kelly</td>
</tr>
<tr>
<td>6-Mar</td>
<td>Sunday</td>
<td>9-10:15</td>
<td>Asana</td>
<td>Tom and Trisha Kelly</td>
</tr>
<tr>
<td>6-Mar</td>
<td>Sunday</td>
<td>11:00-12:00</td>
<td>Soul Talk</td>
<td>Tom and Trisha Kelly</td>
</tr>
<tr>
<td>6-Mar</td>
<td>Sunday</td>
<td>12:15-1:45</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>6-Mar</td>
<td>Sunday</td>
<td>1:45-5:15</td>
<td>Alchemy of the Bhagavad Gita</td>
<td>Tom Kelly</td>
</tr>
<tr>
<td>7-Mar</td>
<td>Monday</td>
<td>9-10:30</td>
<td>Yoga, Chanting, Meditation</td>
<td>Brian Dorfman</td>
</tr>
<tr>
<td>7-Mar</td>
<td>Monday</td>
<td>10:45-12:45</td>
<td>Anatomy of Aging</td>
<td>Brian Dorfman</td>
</tr>
<tr>
<td>7-Mar</td>
<td>Monday</td>
<td>12:45-2:15</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>7-Mar</td>
<td>Monday</td>
<td>2:15-5:15</td>
<td>Anatomy of Aging</td>
<td>Brian Dorfman</td>
</tr>
<tr>
<td>8-Mar</td>
<td>Tuesday</td>
<td>8:00-10:30</td>
<td>Practice &amp; Integration</td>
<td>Student Led</td>
</tr>
<tr>
<td>8-Mar</td>
<td>Tuesday</td>
<td>10:45-12:45</td>
<td>Physiology of Healing</td>
<td>Brian Dorfman</td>
</tr>
<tr>
<td>8-Mar</td>
<td>Tuesday</td>
<td>12:45-2:15</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>8-Mar</td>
<td>Tuesday</td>
<td>2:15-5:15</td>
<td>Physiology of Healing</td>
<td>Brian Dorfman</td>
</tr>
<tr>
<td>9-Mar</td>
<td>Wednesday</td>
<td>8:00-10:30</td>
<td>Practice &amp; Integration</td>
<td>Student Led</td>
</tr>
<tr>
<td>9-Mar</td>
<td>Wednesday</td>
<td>10:45-12:45</td>
<td>Adaptive Yoga for Youth-Full Aging</td>
<td>Monique Lonner</td>
</tr>
<tr>
<td>9-Mar</td>
<td>Wednesday</td>
<td>12:45-2:15</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>9-Mar</td>
<td>Wednesday</td>
<td>2:15-5:15</td>
<td>Adaptive Yoga for Youth-Full Aging</td>
<td>Monique Lonner</td>
</tr>
<tr>
<td>10-Mar</td>
<td>Thursday</td>
<td>8:00-10:30</td>
<td>Practice &amp; Integration</td>
<td>Student Led</td>
</tr>
<tr>
<td>10-Mar</td>
<td>Thursday</td>
<td>10:45-12:45</td>
<td>Senior and Chair Yoga</td>
<td>Sherry Zak Morris</td>
</tr>
<tr>
<td>10-Mar</td>
<td>Thursday</td>
<td>12:45-2:15</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>10-Mar</td>
<td>Thursday</td>
<td>2:15-5:15</td>
<td>Senior and Chair Yoga</td>
<td>Sherry Zak Morris</td>
</tr>
<tr>
<td>11-Mar</td>
<td>Friday</td>
<td>9-10:30</td>
<td>Kundalini Death Practice</td>
<td>Marcia Frescura</td>
</tr>
<tr>
<td>11-Mar</td>
<td>Friday</td>
<td>10:45-12:45</td>
<td>Karma and Reincarnation</td>
<td>Trisha Kelly</td>
</tr>
<tr>
<td>11-Mar</td>
<td>Friday</td>
<td>12:45-2:15</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>11-Mar</td>
<td>Friday</td>
<td>2:15-5:15</td>
<td>Karma and Reincarnation</td>
<td>Trisha Kelly</td>
</tr>
<tr>
<td>12-Mar</td>
<td>Saturday</td>
<td>8:00-10:30</td>
<td>Practice &amp; Integration</td>
<td>Student Led</td>
</tr>
<tr>
<td>12-Mar</td>
<td>Saturday</td>
<td>11-12:30</td>
<td>Yoga of Life</td>
<td>Monique Lonner</td>
</tr>
<tr>
<td>12-Mar</td>
<td>Saturday</td>
<td>12:30-1:30</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>12-Mar</td>
<td>Saturday</td>
<td>1-3:30 - 3:00</td>
<td>Closing Ceremony/Graduation</td>
<td>Soul Family</td>
</tr>
</tbody>
</table>
Soul of Yoga Institute Faculty

One of the most valuable offerings of the Soul of Yoga Institute is our celebrated faculty, which includes many highly acclaimed and world-renowned Master Teachers. Each instructor 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.

Tony Chadwell, HHP
Tony has been a Holistic Health Provider and Cranial Sacral Therapist for 14 years, now operating his a private practice in Solana Beach, CA. Tony received a B.S. Degree in Injury Management from the University of Nevada, Las Vegas, with certifications in neuromuscular therapy, nutrition, and cranial sacral therapy. Anthony also graduated from the Canadian College of Osteopathy in Vancouver, B.C. with a D.O.M.P -Diploma in Osteopathic Manual Practice. Anthony is a Nationally Registered Craniosacral Therapist (RCST®), one of only 200 in America, through the Biodynamic Craniosacral Therapy Association of North America (BCTA/NA).

Nischala Joy Devi is a master teacher and healer. For over 30 years she has been highly respected as an international advocate for her innovative way of expressing Yoga and its subtle uses for spiritual growth and complete healing. She was a monastic student of the world renowned YogiRaj Sri Swami Satchidananda and offered her expertise in developing the yoga portion of The Dean Ornish Program for Reversing Heart Disease and the Commonweal Cancer Help Program.

With her knowledge of yoga and her experience in assisting those with life-threatening diseases, she created The Healing Path of Yoga, and the “Abundant Well-Being Series” CD’s. Yoga of the Heart, a training and certification program for yoga teachers and health professionals designed to adapt Yoga practices to the special needs of that population.

Nischala Devi is now directing her energies to bringing the feminine heart perspective back into spirituality and the scriptures in her new book, The Secret Power of Yoga, a woman’s guide to the heart and spirit of the Yoga Sutras and The Secret Power of Yoga audio book (Nautilus Book Award Winner).

Brian Dorfman has been practicing Yoga, healing patients, and teaching for over 25 years. Taught directly and greatly Influenced by TVK Desikachar, Brian’s instruction focuses on helping the student develop a personalized, balanced practice. He incorporates asana, pranayama, sound, and meditation to create an environment for the student's innate wisdom to develop. Brian has extensive knowledge and instructional ability in the art and philosophy of Yoga, as well as in the areas of kinesiology, anatomy, physiology, and the biomechanics of movement. Brian holds a Bachelor of Science degree in kinesiology from UCLA and is certified in Yoga therapy, Chinese herbal medicine, massage therapy, and crania-sacral therapy, as well as other forms of holistic medicine. Since 1985, Brian has maintained his own injury rehabilitation clinic and is an internationally recognized healer.

Joe Barnett, ERYT-500, has been teaching for 14 years. He travels nationally and internationally year round offering presentations and trainings on Yin and Yang (Vinyasa) forms of Yoga. Joe is a senior student and primary teaching assistant of Paul Grilley, a true Yoga Scientist and founder of Yin Yoga. After several years of apprenticing under Paul, Joe began roaming the globe to spread the word of his teacher's work.

Marcia Frescura, 500 E-RYT and KYT, has been practicing yoga since 1999. She has also pursued meditation and spiritual studies for over 25 years. Marcia is a certified Kundalini Instructor as well as a Reiki Master and Rising Star Healer. She is a facilitator for women's circles and retreats that focus on the history
and influence of the Divine Feminine. She has immersed herself in the study of kundalini energy, metaphysics, Goddess History and Light Work and is passionate about sharing the healing capacity of these energetics. Marcia says there is no greater joy for her then sharing the healing power of yoga and meditation with others.

**Nancy Holden**, BS, RYT 500, RCYT, Director of Yoga at the Soul of Yoga, is the founder of "DanceWithNance.com", a mobile dance and yoga company for children. Her love for children inspired her to provide dance musicals to children along with mommy/me yoga and camps in pre, elementary schools and community centers. With a passion to work with children, she started her own company at age 22, branching her program out to schools and centers in Missouri, Florida, Colorado and California and reaching over 2000 children in her 30 years of service. A committed life long student of spiritual growth, Nancy is excited to share her experience with those who have a passion to bring love and the knowledge of yoga, music and movement to children of all ages.

**Leslie Kaminoff** is a Yoga educator inspired by the tradition of T.K.V. Desikachar. He is an internationally recognized specialist with 30 years of experience in the fields of Yoga, breath anatomy, and bodywork. He has led workshops for many of the leading Yoga associations, schools, and training programs in America. Leslie is the founder of the Yoga blog, “e-Sutra,” and “The Breathing Project,” a New York City Yoga studio dedicated to the teaching of individualized, breath-centered Yoga. Leslie teaches The Breathing Project’s unique yearlong course in Yoga anatomy, and is the co-author with Amy Matthews of the bestselling book, “Yoga Anatomy” published by Human Kinetics.

**Trisha Kelly** has been living the yogic lifestyle for almost 30 years. She has spent many happy years meditating, learning, and serving at the international headquarters of Paramahansa Yogananda’s spiritual organization, Self-Realization Fellowship. After relocating to Encinitas, Trisha began a more intensive practice of Hatha Yoga, the third of the eight Patanjali steps. In addition to co-founding the Soul Center with Tom Kelly, Trisha has studied with many notable teachers, including Erich Shiffmann, Gurumukh Kaur Khalsa, and Judith Lasater. Trisha’s continued love and study of metaphysics, sound, vibration, light, and healing has led to her certification in many modalities, including Soul Memory Discovery, Reiki, and Spiritual Healing of Indigo Children, so that she now combines her learning with intuitive knowing for private counseling and healing sessions.

**Tom Kelly**, at the age of 24, entered the Self-Realization Fellowship (SRF) Monastic Order in California. Founded by Paramahansa Yogananda, SRF has roots that trace back to the ancient lineage of Swamis from India. After taking vows of simplicity, chastity, obedience, and loyalty, he spent the next 25 years as a monk deeply involved in meditation and humanitarian service. As an inspirational speaker, workshop, and retreat leader, Tom has traveled around the world to teach the sacred art of Raja Yoga. In the fall of 1999, Tom left the monastic life in order to expand his life learning, as well as share the fruits of his self-transformation and direct experience of Yoga with all. Whether Tom is teaching a Yoga class, giving an inspirational talk, or leading a seminar or retreat, his passion for communicating the joy of spiritual living is highly contagious.

**GuruMeher Khalsa** began studying under Yogi Bhajan in 1980, and has been teaching Kundalini Yoga ever since. He created and for 15 years lead the Teacher Training program at Yoga West, Yogi Bhajan’s original studio in Los Angeles. He now travels to train teachers in Level 1 and 2 programs internationally, teaches workshops and leads yognitive adventures in India, and works with the Aquarian Academy to train the next generation of teacher trainers. As a professional Life Coach, he helps people identify and transform personal blocks to enjoy more happiness and fulfillment with “Emotional Liberation”, a yoga-based method to find the power and peace our thoughts and feelings can bring. GuruMeher, which means “compassionate teacher”, brings passion for the teachings into inspiring learning experiences.
Kirin Khalsa aka “Guru” Kirin studied kundalini yoga at the feet of the Mahan Tantric and master of kundalini yoga himself, Yogi Bhajan. She is the co-founder of KRIYA, Kundalini Rising International Yoga Academy which presents Yogic Trainings including Kundalini Yoga Teacher Trainings and Tantra Yoga courses including Non-violent compassionate communication, Tantric Numerology, Meditation and the Mind, navigating the 10 dimensions, Thriving in the Aquarian Age and other subjects.

Kirin is an intuitive healer who uses her skills and intuitive visions to clear the way for people to live their destiny path. She supports people with past life readings, Tantric Numerology, aura reading, and helps resolve karma and samskaras (patterns) that are currently affecting this lifetime.

Durga Leela BA, CAS, PKS, Yoga Acharya, is the founder of Yoga of Recovery. She is a Certified Yoga Teacher E-RYT 500 through the Sivananda lineage and extensively trained in Meditation and Vedanta. A Clinical Ayurvedic and Pancha Karma Specialist, Durga trained both in the US and India and has served as the Director of the Ayurveda Programs at the Yoga Farm in California since 2003. She is a professional member and speaker for the National Ayurvedic Medical Association (NAMA) and International Association of Yoga Therapists (IAYT), also a member of Yoga Alliance. Durga has worked on her own path of recovery and has been a grateful member of 12 step fellowship for over 14 years.

Monique Lonner, E-RYT 500, YogaTherapist, is the Director and creator of Soul of Yoga Institute Advanced Yoga Teacher Training and Yoga Therapy Training Programs. A Yoga teacher for 15 years, she studied in India, New York and California with Master teachers and spiritual sages including, most notably, the teaching faculty of the Soul of Yoga Institute Advanced Program. Drawing upon her professional skills as a non-profit event organizer she developed the Advanced Teacher Training and Yoga Therapy Program for Soul of Yoga, bringing together those who are considered to be the best of the best Master yoga teachers in the world today. A devoted spiritual seeker, as well as an experienced anatomy and physiology teacher she has created a comprehensive program which balances the study of Yoga Therapy technique with the insight and wisdom of Yogic and metaphysical philosophy.

Richard C. Miller, PhD is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 40 years, Richard Miller has devoted his life and work to integrating the nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism and Buddhism with Western psychology. Among his mentors were Jean Klein, T.K.V. Desikachar and Stephen Chang.

Richard is the founding president and CEO of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapy and founding editor of the professional Journal of IAYT. He is also a founding member and past president of the Institute for Spirituality and Psychology and a senior advisor for the Baumann Foundation for the study of Awareness and its impact on well-being.

Author of Yoga Nidra: The Meditative Heart of Yoga, Richard serves as a research consultant studying the iRest Yoga Nidra protocol that he has developed (Integrative Restoration ~ iRest, a modern adaptation of the ancient nondual meditation practice of Yoga Nidra) researching its efficacy on health, healing and well-being with diverse populations including active-duty soldiers, veterans, college students, children, seniors, the homeless, the incarcerated, and people experiencing issues such as sleep disorders, PTSD, chemical dependency, chronic pain, and related disorders.

Ema Mostofian, MD graduated from Dartmouth Medical School in 2004 and finished residency in Obstetrics and Gynecology at the Naval Medical Center San Diego in 2008. She served with Marines and Sailors in Iraq for 7 months as a Naval Officer and Physician and finished her tour of service at the Navy at Naval Hospital Camp Pendleton in October 2012. She currently is a staff Obstetrician and Gynecologist at
North County Health Services and Tri City Medical Center. She is also a 200 Hour Certified Yoga Teacher through the Soul of Yoga Institute.

**Flossie Park** is Director of The Soul of Yoga Institute for Spiritual Yoga Teacher Training. She has been practicing and teaching Raja Yoga for the majority of her adult life, as well as training hundreds of Yoga teachers in an eclectic blend of Hatha Yoga. One of her main strengths is the application of yogic philosophy to everyday living. Flossie has an innate ability to inspire and fuel all those who learn from her.

**Guru Rattana, Ph.D.** A pioneering teacher and prolific writer, Guru Rattana is author of four of the original and extremely popular Kundalini Yoga and Meditation manuals. Guru Rattana began studying with Yogi Bhajan in 1977 and is a KRI certified Kundalini Yoga Teacher. Her Inner Awareness approach to Kundalini Yoga and Meditation integrates subtle sensory sensitivity into the practice. Guru Rattana earned her Doctorate in Political Science from the Graduate Institute of International Studies (University of Geneva) and received her Master’s degree from Johns Hopkins School of Advanced International Studies. She has taught at Dartmouth College, MIT, New Hampshire College, U.S. International University, the Institute of Transpersonal Psychology in Palo Alto, CA, and Stanford University.

**Justine Shelton** is a graduate of Soul of Yoga’s 200 hour training and a four year training program with Gary Kraftsow of the American Viniyoga Institute, she is a 500 hour AVI Certified Yoga Teacher and a 500 hour AVI Certified Yoga Therapist. Justine specializes in structural yoga therapy, specifically spinal disc injuries, back pain management, structural instability, as well as shoulder and knee therapy. She teaches students and trains teachers in Yoga for Healthy Backs and runs the cancer recovery yoga program at Yoga Vista Academy. Many people know her through her video "Gentle Yoga for a Healthy Low Back" by Yoga Journey Productions (www.yogaJP.com). Her passion is working with people who have different forms of catastrophic disease, helping them to manage their condition, minimize and cope with pain and, most importantly, helping them to realize they are not their condition.

**Vijaya Stern** is a highly recognized teacher and practitioner of Ayurveda who has served as a Board of Directors for the California Association of Ayurvedic Medicine. She has practiced in California, Hawaii, Idaho, Nevada and New York. A graduate of Clayton College of Naturopathic Medicine in 1993, she has devoted her main course of study to Ayurvedic Medicine with Dr. Vasant Lad at the Ayurvedic Institute in Albuquerque, NM since 1982. Vijaya has also studied with Dr. Sunil Joshi, Dr. Ranade, Lopsong Rapgay, Deepak Chopra and Vajra Ma & Nita Rubio, (Sacred Dance), Parvathi Nanda Nath (MahaVidya Wisdom), Hart deFouw (Jyotisha and Vastu Shastra) along with advanced Ayurvedic studies in India. Vijaya has taught Ayurveda and PanchaKarma (ayurvedic rejuvenation) at several Yoga Studios, Massage Schools, New England Institute of Ayurvedic Medicine and the Northwest Institute of Ayurveda. Other areas of study include Emotional Breathwork, Sanskrit Chanting, Tantric Mysticism and several forms of Yoga. She is the originator of Shakti Marga Tantric Movement Therapy, which incorporates Ayurveda, Tantra, Yoga and Breathwork into a form of self-healing.

**Chinnamasta Stiles:** Is a deeply spiritual teacher with roots in both the Western Medical field and Eastern Holistic disciplines. She was a pediatric nurse caring for her young patients in intensive care when she followed her longing to learn about holistic approaches to health by studying Ayurvedic Medicine with Vaidya Baj Rathod and Kiran Vyas at the most respected Ayurvedic and Yogic Ashram retreat center in Europe. While Western medicine taught her how to work with the physical structure, Eastern medicine deepened her understanding of how to help people gracefully deal with difficulty, prevent illness, and live a joy-filled life. Chinnamasta’s true gift is her ability to identify the root cause of a disease (physical, emotional, mental or karmic imbalances) and
understand how these causes can lead to health issues and deep suffering in the individual. Chinnamasta is also an editor and a contributing author of Mukunda Stiles’ book *Yoga Therapy and Integrative Medicine*. She is a 500-ERYT Yoga Teacher, Ayurvedic Practitioner and trained as an End of Life Counselor.

**Stephani Sutherland**, PhD, RYT500, earned her doctoral degree in neuroscience in 2001 and has worked as a freelance science writer for the past 15 years; her work has appeared in the Los Angeles Times, Scientific American, Scientific American Mind, Pain Research Forum, and The Journal of Neuroscience. Stephani has practiced yoga for over 20 years, and she trained with Gary Kraftsow of American Viniyoga Institute. Find more about Stephani at [stephanisutherland.com](http://stephanisutherland.com), [facebook.com/StephaniSutherlandPhD](http://facebook.com/StephaniSutherlandPhD), and @sutherlandphd.

**Amy Weintraub** is the author of the ground-breaking *Yoga for Depression* and *Yoga Skills for Therapists*. She is a pioneer in the field of yoga and mental health and has been teaching yoga for more than 20 years. Amy is the founding director of the LifeForce Yoga Healing Institute, which offers professional certification trainings in LifeForce Yoga for Depression and Anxiety. Amy speaks at medical and psychological conferences internationally and consults on yoga and depression studies at major research institutions.

**Sherry Zak Morris** is owner of the Yoga Vista Studio in Vista, California and studied under the tutelage of octogenarian yoga teacher, Mary Cavanaugh, who studied with octogenarian Indra Devi. As a corporate marketing road warrior for 25 years, Sherry experienced first-hand the ravages of stress and found relief through gentle and chair yoga. In 2004, she founded Yoga Journey Productions, a company that specializes in gentle, senior and chair yoga videos and DVDs. In 2005, she bought her local neighborhood yoga studio that continues to serve thousands of baby boomers and seniors in the San Diego area with creative and specialty offerings. As Co-Director of the Yoga Vista Academy, Sherry has a proven track record for empowering and igniting passion for 50+ yoga and wellness and has presented for 3 consecutive years at the annual Yoga Alliance Conference, the professional and trade association of the yoga world.
ADMISSION REQUIREMENTS YOGA THERAPY

- Successful completion of a 200-hour Yoga teacher training
- Regular and ongoing Yoga teaching and practice of one year or more (If you haven’t been teaching a year yet you’ll begin with the 300 hour and transfer to Yoga Therapy in your second year of training.)

TUITION

Tuition: $10,700
Room & Board: $2350

Total Tuition Package: $13,050

Room and Board is for:
10 Day Yoga of the Heart Training Retreat with Nischala Joy Devi
5 Day Yoga Meditation Retreat with Richard Miller, PhD
(lodgings for both include 3 meals a day and shared room and bath)

DISCOUNTS

- Seniors (age 65+) and Military receive 20% off total local tuition.
- Pay-In-Full: Receive $300 off your tuition by paying in full.
- Soul of Yoga Institute 200 and 500 hour students receive alumni discounts. Please inquire in person about these opportunities.

PAYMENT OPTIONS

- Option 1: Student pays 30% of tuition, non-refundable/non-transferable deposit once accepted to the program. The remainder of the balance is to be paid before the first day of scheduled training and receives the “Pay-In-Full” $300 discount.

- Option 2: Student pays 30% of tuition non-refundable/non-transferable deposit once accepted to the program and the remaining tuition is split into 24 monthly payments, (subject to an 8% finance fee), beginning immediately after registration.
APPLICATION
SOUL OF YOGA INSTITUTE: YOGA THERAPIST TRAINING PROGRAM

Please complete the following pages in their entirety and mail to:

Soul of Yoga
Soul of Yoga Therapy Admissions
627 Encinitas Blvd
Encinitas, CA 92024

You may also email your application to Sundara300@SoulofYoga.com or bring it directly to the Soul of Yoga studio.

All your responses are strictly confidential.

PLEASE PRINT CLEARLY

Name______________________________________________________________

Address__________________________________________________________

____________________________________________________________________

Preferred Phone Number:__________________________________________

E-mail ____________________________________________________________

At what school did you complete/are enrolled for/ 200-Hour teacher training?

Name of School____________________________________________________

Dates Attended____________________________________________________

Address__________________________________________________________

____________________________________________________________________

Contact___________________________________________________________

TelephoneNumber_________________________________ Email__________________________________

Website_______________________________
Did you complete a 500 Hour Training? YES / NO

At what school did you complete your 500-Hour teacher training?
Name of School ____________________________
Dates Attended ____________________________
Address ____________________________
______________________________
Contact ____________________________
Telephone________________________ Email ____________________________
Website ____________________________

How long have you been teaching Yoga? ____________________________

Please list the places where you have taught (attach an extra sheet, if necessary). Include Name of Center, Start Date, Number of Classes Taught Per Week/Month:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Have you done any other training/continuing education since you finished your official training(s)? If so, please list:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Do you hold any other degrees or certifications in any additional healing modalities?
If so, please list:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
How long have you been in this healing profession?
_________________________________________________________________________________

Please tell us a little about your healing practice, i.e. is it a profession? What drives you to do it?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Where do you practice Yoga currently?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

How did you first learn about this training?
_________________________________________________________________________________
_________________________________________________________________________________

Please tell us your reasons for taking this training - (use additional paper if necessary.)
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________


Which tradition(s) or style(s) do you practice?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What is your passion as it relates to teaching Yoga?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What is your passion as it relates to being a Yoga Therapist?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Do you practice meditation regularly?  Yes / No
If yes, how often and how long do you practice?
____________________________________________

Do you have any other information or concerns to share about attending this program? (Please use separate page, if necessary.)
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Transfer Credit Section - Optional

Up to 300 hours maximum of Transfer Credit may be applied to the Yoga Therapy program if all criteria are met. If you desire to apply for Transfer Hour credit you should:

1. Review this Soul of Yoga Therapy Program syllabus to determine if your previous coursework aligns with any of the training modules offered through Soul of Yoga. For Example: A previous Ayurveda course which covers the same material as Soul of Yoga’s Ayurveda module.

2. If you believe that you have already gleaned the information offered in Soul of Yoga’s training via a previous training, you will need to fill out the below application to start the process, making sure the curriculum and hours align for both courses.

3. If this preliminary decision is approved by Soul of Yoga then you must provide a copy of the syllabus of the course you wish to submit for transfer hour approval, showing how the curriculum, competencies and total number of hours align, or that your previous course exceeds the total number of required hours and competencies of Soul of Yoga’s course offering.

4. Soul of Yoga will then examine the comparative material provided and make a case by case decision on the approval of those transfer hours.

5. If the course is accepted as Transfer Credit an official certificate of completion from the previous course must be provided to the Soul of Yoga.

6. If all parameters are met then Soul of Yoga will credit your transcript by the number of hours of the Soul of Yoga course and your tuition account commensurate with the number of hours you transferring at the rate of $10 per transferred hour.
Transfer Credit Application:

If you are already a 500 Hour trained teacher, or have completed other advanced training or university programs, and would like to apply to transfer some of your credits to the Soul of Yoga Therapy Program please provide the following for each separate course request on as many separate sheets as necessary.

FOR REQUIRED CURRICULUM:
How many hours transfer credit are you requesting?:

Name of School
Name of Program
Program Focus: (i.e. 500 Hour Certification, Prenatal, Social Work, Ayurveda, etc.)
Certifications Earned
Detail of Coursework
Hours of Coursework
Related Homework and/or Projects completed

Which specific workshops, tracks or coursework in Soul of Yoga Institute’s Yoga Therapy Training do you feel are comparable to your previous study for which you are requesting this transfer credit?

Please provide a brief overview of what you learned.

FOR ELECTIVE CURRICULUM:
If there is no corresponding coursework, you may also apply for transfer credit for your elective hours.

How many hours transfer credit are you requesting?

Name of School
Name of Program
Program Focus: (i.e. 500 Hour Certification, Prenatal, Ayurveda, etc.)
Certifications Earned
Detail of Coursework
Hours of Coursework
Related Homework and/or Projects completed
Please provide a brief overview of what you learned
Medical Questionnaire

All responses are strictly confidential. We use this information only to better assist you during the Program, not to screen participants, unless participation would be medically inadvisable (Attach additional sheets, if necessary.)

Name __________________________________________________________
Date of Birth ________________

1. Please briefly describe your current overall health.

2. Describe any history (include dates) of back/spine/neck problems, and indicate whether they are still problematic. Please be specific.

3. Describe any history (include dates) of joint problems (knee, hip, shoulder, etc.), including joint repair/replacement surgeries. Please be specific.

4. Blood pressure (circle one): High / Low / Normal
When was it last checked? __________ Have you ever taken blood pressure medication? Yes / No.
If so, how recently? __________

5. Describe any history (even if you are just “at risk”) of cardiovascular problems.

6. Circle any of the following difficulties you have had and explain relevant specifics: Diabetes / Osteoporosis-Osteopenia / Chronic Headaches / Ulcers / Stroke / Seizures / Allergies / Asthma / Cancer / Frequent dizziness / Other
7. Women: Are you pregnant? Yes / No. If so, when is your baby due? ____________________________

8. Do you have any other limitations, dietary restrictions, or health concerns? If so, please explain.

9. If you have any learning disabilities, or other special physical or psychological circumstances, please explain below so we can better serve you during this program.

I hereby certify that the above information is correct to the best of my knowledge.

YOUR NAME______________________________________________
SIGNATURE______________________________________________DATE___________