

THE SOUL™
OF YOGA



Dual Program
**IAYT Accredited Yoga Therapy Training
Masters Degree in Integral Health**

**Information Packet
FALL 2024**

The Soul of Yoga
627 Encinitas Blvd
Encinitas, CA
92024
760.943.768

CIHS
701 Garden View Court
Encinitas, CA
92924
760.634.1771

Thank you for giving us the opportunity to tell you about this unique dual program opportunity to earn both an IAYT Accredited Yoga Therapy Credential and a Masters Degree in Integral Health!

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

- **IAYT Accreditation:** This means that Soul of Yoga 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 professional Yoga Therapists.
- **WASC Accreditation:** This designation assures a school community that the school's purposes are appropriate and being accomplished through a viable educational program and that it is a trustworthy institution for student learning. It also validates the integrity of the school's program and transcripts, facilitates the transfer of credits to other English-speaking schools, which is critical for college/university acceptance worldwide, and fosters the ongoing improvement of the school's programs and operations to support student learning.
- **Master level faculty.** The dual program faculty are true experts: Master teachers and scientists that have been living and studying Yoga and integral health for decades. Leslie Kaminoff, Nischala Joy Devi, Richard Miller, Amy Weintraub and other renowned yoga luminaries will impart their depth of wisdom to you in this very special training program.
- **A deeply spiritual journey.** This training takes students deep into the heart and soul of the Yogic teachings, guiding you on a journey into your own spiritual being. This program is more than vocational; it's a pathway for personal transformation.
- **Total freedom.** We make it easy by allowing you to take the curriculum in any order and offering distance learning options.
- **Repeat classes.** Soul of Yoga offers students the opportunity to repeat in-house courses they've already taken at no additional cost. We know that Yoga Therapy study is a lifelong endeavor, and we want to support you in having a deeper and richer understanding of what you've learned. (Note this does not apply to CIHS courses).
- **300-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.
- **The Professional Prestige of a Higher Degree.** An MA degree in Integral Health is a widely recognized indication to potential clients and employers of your depth of knowledge and understanding in the field of integrated health. An MA degree opens doors to employment in medical settings, and to careers in academic and research institutions.

What does a career in Yoga Therapy and Integral Health 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 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 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 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 complementary 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.
- **Integral Health degreed professionals** may be employed in hospitals, doctor offices, wellness and fitness centers, as well as holistic centers. Program graduates may obtain employment as health educators, health services administrators, health specialists, office managers, program managers, project directors, corporate/workplace wellness specialists, health and wellness coaches, and health care providers who want to add to their scope of practice.

How to Apply for the Dual Program:

1. Email Shannon at shannon@soulofyoga.com for an electronic application or [click this link to apply online](#).
2. The Soul of Yoga will review your application. If accepted, you will receive an official acceptance email outlining the next steps to continue your application process with CIHS for the Masters program.
3. Dr. Greg Lane, CIHS Director of Integral Health Programs or Ash Zawaideh, Dean of Admissions, will support and guide your application through CIHS. If you are accepted, they will assist you in registering for all courses at both CIHS and Soul of Yoga.

Contact us for more information:

Shannon Ramo,
Assistant Program Director, IAYT Accredited Yoga Therapy
Soul of Yoga
(818) 939-6081
Shannon@SoulOfYoga.com

Monique Lonner, C-IAYT
Program Director, IAYT Accredited Yoga Therapy
Soul of Yoga
(516) 987-0350
Monique@SoulOfYoga.com

Greg Lane, DACM, LAc
Doctor of Acupuncture and Chinese Medicine,
Director of Integral Health Programs
CIHS
(858) 688-1945
Greg_Lane@cihs.edu

Ash Zawaideh
Dean of Admissions
CIHS
Ash_Zawaideh@cihs.edu

Note: *A Bachelor's Degree, 200 Hour Yoga Teacher Training and a year of yoga teaching experience are prerequisites for this program. If you are missing either of these prerequisites, please contact us and we will suggest alternative pathways to receiving this education.*

Dual Program Curriculum Outline:

980 Hours

57 M.A. Units

2 years in duration

Comprised of:

835 Hours of combined Soul of Yoga and CIHS Required Courses (57 M.A. Units)

95 Hours of Practicum Case Studies

50 Hours of Mentoring

835 Hours/57 Units - Required Courses:

Asynchronous Courses

Orientation

Soul of Yoga

5 Hours

Faculty: Monique Lonner, C-IAYT, Shannon Ramo, C-IAYT

Date Dependent on Enrollment Day - (Recorded)

Welcome! This is a small library of videos providing a helpful overview of the program, including problem solving guidance, intro to learning platforms and homework structure so you can begin with confidence.

Holistic Anatomy & Physiology of Yoga

130 Hours/8 Units (which includes 50 hours of practicum)

Soul of Yoga

Rolling Admission, Online Course combination of synchronous and asynchronous hours

Structural Yoga Therapy. Explores movement techniques as Yoga Therapy tools for assessment and recovery to help clients to reduce pain, gain more freedom of movement and progress towards holistic healing. This course includes synchronous material review, practicum evaluation and discussion.

Topics include anatomy/physiology and therapeutic interventions in the areas of: neck, spine, abdominal area, low back, pelvis, hips, knee, foot, shoulder, arm, hand, nervous system, lymphatic system, digestive system, respiratory system, stress, chronic pain, headaches, insomnia, memory.

Instructors: Dr. Stephani Sutherland, Justine Shelton C-IAYT, Brian Dorfman, LMT, Monique Lonner, C-IAYT

This course is taken in conjunction with live Mentoring sessions to foster integration of material.

Synchronous Courses

(Listed in alphabetical Order)

Academic Writing for the Human Sciences (IH 500)

CIHS

40 Hours/4 Units

This foundational course for incoming students is designed to provide an integral understanding of the structure and form of academic writing in scholarly research through the lens of the human sciences. Based on an exploration of critical thinking and the craft of writing, students will develop fluency in APA style and written composition in addition to identification of and engagement with scholarly references. Course lectures, texts, and written exercises, including mini-writing workshops, will be supplemented by tips and techniques for successful academic writing from guest scholars and researchers and/or one-one-one writing labs with the instructor.

Advanced Teaching Skills

Soul of Yoga

40 Hours

Faculty: Leslie Kaminoff, Jivana Heyman, C-IATY, Monique Lonner, C-IAYT, Flossie Park
November 6-11, 2024 (In Person & Live Stream)

Skilfully adapt teaching for students with differing needs. Topics include prenatal and adaptive chair teaching methodologies, common injuries, misalignments, modifications and effective sequencing.

Brain on Yoga

Soul of Yoga

40 Hours

Faculty: Dr. Linda Chamberlain, Dr. Kyla Pearce, Sherry Zak Morris, C-IAYT, Shawnee Thornton Hardy

September 5-10, 2024 (In Person & Live Stream)

Learn how the miraculous brain develops during childhood, is affected by trauma and how to teach to a neurodiverse population. Yoga practices to support a healthy brain during all stages of life, including the understanding of traumatic brain injury, autism and Alzheimers.

Chronic Disease and Ease

Soul of Yoga

40 Hours

Faculty: Dr. Stephani Sutherland, Jillian Pransky, C-IAYT, Monique Lonner, C-IAYT

Feb 19-24 2025 (In Person & Live Stream)

Chronic disease/pain, and auto-immune diseases affect tens of millions of people and are not always well addressed by allopathic medicine. This course illuminates holistic understanding of these conditions, and the most useful yoga therapy tools, including restorative yoga.

Consciousness Studies (IH 502)

CIHS

40 Hours/4 Units

The course draws upon investigations and models concerning the nature, types and levels of consciousness, drawn from religion, yoga, mysticism, spirituality, shamanism, Jungian psychology, and parapsychology.

Foundations of Ayurveda

Soul of Yoga

25 Hours/2.5 CIHS Credits

Faculty: Durga Leela, C-IAYT, AYP

July 10-13 2025

Yoga philosophy indicates that we are integrated beings - our mind, body and spirit is interrelated. Furthermore our health cannot be separated from what we do, how we live, think and consume. Ayurveda provides us with a system for understanding our interaction with the energies and qualities of the Universe and the alignments and misalignments that are set in motion by our daily living habits. With this understanding we can make effective choices/ suggestions for daily routines to counteract or prevent the imbalances that can cause disease.

The holistic and constitutional approach of Ayurveda adds much depth to any healing practice and especially to yoga therapy; by teaching how to offer people practical lifestyle tools for changing their own health, especially for the more chronic, lifestyle induced disease that are so prevalent in our society today. Learn to apply the deep and powerful healing wisdom of Ayurveda to your professional scope of practice, broadening your skill set with competence and confidence.

Foundations of Integral Studies (IH 501)

CIHS

40 Hours/4 Units

This course is based on the unique vision of Dr. Hiroshi Motoyama, whose background spans religious studies, philosophy, psychology, biology, and a dynamic understanding of Western and Eastern paradigms. From this experience, Dr. Motoyama developed a holistic study of human life, which includes body, mind and spirit, intended to bridge different paradigms of thought and to foster the harmonious realization of a global society. The course introduces students to this integral view of life.

Graduate Thesis (IH 690)

4 Units

CIHS

A proposed topic (theoretical or research based) that has been approved by a faculty member and the academic dean, can be undertaken, presented and accepted by the supervising faculty member.

Introduction to Qualitative and Quantitative Research (IH 505)

CIHS

40 Hours/4 Units

The two main methodologies will be reviewed: first, qualitative research, based on phenomenology, explores the nature and meaning of phenomena using interviews, observation, or records. The approach is inductive and hermeneutic and aims to develop concepts or theories focusing on the subject's experience. Quantitative research is essentially deductive and

confirms hypotheses using statistical analysis. It is used mostly in experimental and correlation designs to establish relationships between variables. It is a traditional model of evaluating studies based on statistics. Steps in the research process for both approaches will be reviewed, focusing on sampling, collection, and analysis of data.

Integral Entrepreneurship (IH #TBD)

40 Hours/4 Units

CIHS

Integral Entrepreneurship is a comprehensive course designed to equip aspiring entrepreneurs in the integral health space with the knowledge, skills, and mindset needed to build successful businesses that create positive social and environmental impact. This course goes beyond conventional entrepreneurship by incorporating a holistic and sustainable approach, integrating principles of social responsibility, ethical decision-making, and long-term value creation.

Throughout this course, participants will learn how to develop business ideas that align with their personal values and address pressing societal challenges. They will explore various frameworks, methodologies, and tools to identify opportunities, assess market viability, develop business models, and execute strategies that drive both financial success and positive social change. By leveraging real-world case studies, interactive discussions, and practical exercises, participants will gain insights into the ethical dilemmas and complexities that arise in entrepreneurship. They will develop critical thinking skills and learn how to navigate challenges while staying true to their mission and values.

Integral Spiritual Coaching (IH 645)

CIHS

40 Hours/4 Units

This course is designed to educate students in a life coaching process that assists clients in integrating their spiritual nature into every aspect of their life. Professionals working from this perspective bring authenticity to their work by integrating their own spiritual nature into their daily personal and professional life. Therefore, this course will not only be informative, but necessarily experiential as well.

iRest Level 1

Soul of Yoga

30 Hours /3 CIHS Credits

Faculty: Ford Peck, MFT, C-IAYT

June 2026 TBD (In Person & Live Stream)

iRest is an accessible and easy to use meditation protocol that is integrative, as it heals unresolved issues and traumas, and it is also restorative, as it aids practitioners in recognizing their innate wholeness and underlying peace of mind that is always present amidst all changing circumstances in life. Research has shown that iRest effectively supports health and healing across a broad range of populations, including those experiencing PTSD, chronic pain, sleep issues, high stress, depression, and anxiety.

Topics include: the core principles and practice of iRest meditation; how to use iRest for your personal practice; how to teach and deliver iRest simply and effectively in group and individual settings.

Marma Points

Soul of Yoga

25 Hours /2.5 CIHS Credits

Indu Arora, C-IAYT, AYP

August 21-24, 2025 (In Person & Live Stream)

Understanding the what and how of Marma points help the Yoga Therapist design practices to balance doshas and to maintain health. The study of these energy points, regions, and locations provides a deeper understanding of the therapeutic application of asana, pranayama, mantra, and mudra.

Mental & Emotional Wellness

Soul of Yoga

40 Hours

Dr. Linda Chamberlain, Amy Weintraub, C-IAYT, John Vossler, Monique Minahan

November 5-10 2025 (In Person & Live Stream)

Through an exploration of both the Eastern and Western understandings of trauma, PTSD, depression, anxiety and grief, we will study evidence based yogic interventions to support sustained mental and emotional wellness.

Principles and Practices of Prāṇāyāma

Soul of Yoga

20 Hours

Faculty: Dr. Richard Miller, C-IAYT

January 10-12, 2025 (In Person & Live Stream)

Theory, structure, science and in-depth practice of prāṇāyāma for health, healing, and awakening to our underlying Essential Nature.

Topics include: the theory of prāṇa, apana, langhana, and brahmana; prāṇāyāma practices of anuloma, viloma, pratiloma ujjayi, mahat kapālabhati, nadi-shodhana, ardha sharira, bhastrika, and bramari; neti kriya, agni sara, and nauli; mula, uddiyāna, and jalandhāra bandha; mūdra, including sharira, prana nadi, merūdanda, prāṇa kriya, aswini, vajroli, krama and bhairavi mūdra, the use of seed, vowel and consonant sounds (nāda) that accompany and support the in-depth practice of prāṇāyāma.

Psychology of the Chakras (IH504)

CIHS

40 Hours/4 Units

This course provides a foundation in the understanding of the psychology of the chakras as conduits of consciousness from several viewpoints: from archetypes, to contracts, to 'dominant chakra theory,' including clinical work in the field, scientific research and more. Students will be doing experiential work in determining their own chakra attributes as well as understanding how the chakras affect our perception of reality, our responses and the effects to the four archetypes of the "Whole Human Being": mental, physical, spiritual and emotional. Students will be able to utilize experiential course exercises and will have explored text and supporting material to support their awareness, beyond a mere clinical understanding. Included will be students assessing each other's chakra characteristics as part of asynchronous assignments.

Discourse and discussion are extremely important throughout the course and will also assist students and their own self-assessments and perhaps spiritual development.

Secret Power of Yoga

Soul of Yoga

20 Hours

Faculty: Nischala Joy Devi, C-IAYT

June 20-22 2025 (In Person & Live Stream)

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 achieve self-realization. This course, taught by the author of the *Secret Power of Yoga*, Nischala Joy Devi, uniquely presents the Yoga Sutras as a way to open the heart and grow one's compassion for all of humanity.

Yoga for Heart Disease and Cancer

Soul of Yoga

B50 Hours/5 CIHS Credits

Faculty: Becky Michalski, C-IAYT, BRN, RN, Alana Keith, C-IAYT

March 2-4, 2024 & March 9-11, 2024 (In Person & Live Stream)

In this course, students will explore the physical, mental, emotional, and spiritual components of heart disease and cancer and learn how to adapt yoga practices to foster healing and improve quality of life for people experiencing these conditions and the side effects of treatments.

Topics include: cardiac anatomy and physiology; primary characteristics of cancer and the immune system; standard treatments and side effects; Psychosocial and spiritual aspects of heart disease and cancer; Theory and practice of asana, pranayama, meditation, and deep relaxation; safe adaptation of yoga practices to meet the needs of individuals with an underlying chronic illness; long-term survivorship and the importance of integrating yoga as a lifestyle practice; working with the medical community.

Yoga of Recovery

Soul of Yoga

50 Hours

Faculty: Durga Leela, C-IAYT, AYP, Monique Lonner C-IAYT

July TDB, 2026 (In Person & Live Stream)

Yoga for Addiction. This Training combines Ayurveda and Yoga with traditional 12 step recovery tools to offer a more holistic mind, body, spirit approach to addiction and self-destructive behaviors. Yoga of Recovery marries Western approaches of neuroscience and 12 Steps with the Eastern approaches of yoga and Ayurveda for a truly empowering approach to counseling for those who suffer with addictions of all kinds.

Topics include: history of addiction; definitions of addiction; 6 tenets of Yoga of Recovery (life is longing, prana, relationship, sweet, love and progress); holistic view of healing and disease; Alcoholics Anonymous, Ayurvedic root causes of disease, concept of prana, the 3 gunas, and 4 yogic paths; sense therapies, yogic interventions to meet the mood, case study.

50 Hours - Mentoring

Mentoring

50 Hours

Soul of Yoga

Rolling Admission, 2 to 6.5hrs per month, Offered through video conferencing

Guidance and practicum. Mentoring sessions address and review courses, cases, receive feedback, share learning and insight and build a supportive community with fellow students and instructors.

Instructors: Monique Lonner, C-IAYT or Dr. Greg Lane (CIHS)

95 Hours/4 Units - Practicum

Progressive Case Studies

Soul of Yoga

40 Hours/4 CIHS Units

8 case studies

Address client situations related to the topics of required training modules, and indicate your progression through the training. Each case study is assigned concurrently with training modules and requires an initial intake, a follow up SOAP note and a final write up. Courses for case studies are: iRest Level 1, Yoga of Recovery, Yoga for Cancer and Heart Disease, Integral Yoga for Autoimmune, Soul of Life, Pranayama, Life-force Trauma Sensitive Yoga.

Graduate Case Studies & Karma Yoga Project

55 Hours

Soul of Yoga

5 Grad Case Studies

Each should address a Yoga Therapy situation. There are no specific topics required, but all your learning in the program should be indicated. Each Graduate Case Study requires an initial intake, two follow-up SOAP Notes and a final conclusion.

Karma Yoga Project

12 sessions

Organize and teach to a group or individuals that need yoga for healing, but can't necessarily afford it. For this project you'll need pre-approval from the program director, individual pre-class intake forms for each student in your class and a final conclusion paper.

Dual Program Faculty:

Program Directors

Dr. Greg Lane, DACM. LAc
Director Integral Health Programs
CIHS

Dr. Lane is a doctor of acupuncture and Chinese medicine, California licensed and nationally certified acupuncturist, and Chinese herbalist. In his private practice, Dr. Lane focuses on women's health, orthopedics, pain management and drug and alcohol detoxification. Dr. Lane has been in practice for over 25 years, helping patients to enjoy a baseline of health and vitality that is sustained through proper maintenance, thus preventing injury and disease. Dr. Lane believes in promoting a healthy, active lifestyle and incorporates mindfulness, taiji, and qigong practices into his recommendations. Dr. Lane's background includes a bachelor of fine arts from California Institute of the Arts and a master's of science in traditional Oriental medicine from Pacific College.

Monique Lonner, C-IAYT
Director, Advanced Training
Soul of Yoga

Monique Lonner is a pioneer and leader in the field of Yoga Therapeutics. With 20 years of experience, she is the Founder and Director of the Soul of Yoga Institute's IAYT Accredited Yoga Therapy Training Program, which provides education to students from around the world in using the healing tools of yoga to foster wellness in mind, body and spirit. Monique also gives talks and leads workshops illuminating the profound effect of movement and breathing practices on human anatomy and physiology.

Teaching 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 synthesis of learning opportunities for every student to enjoy and be enriched by.

Indu Arora, Ayurveda and Yoga Therapist considers herself a student for lifetime. She is the author of *Mudra: The Sacred Secret, Yoga, Ancient Heritage, Tomorrow's Vision (known as The little Red Book on Yoga)* and *SOMA - 100 Heritage Recipes for Self-Care*.

Indu has been sharing about Yoga philosophy, Yoga Therapy and Ayurveda since 1999, and has inspired by and taught under Kriya Yoga, Himalayan Yoga, Kashmir Shivaism and Sivananda Yoga lineages. She has studied both Yoga and Ayurveda in a traditional Guru *paramapara* setting.

Her teaching style is rooted in empowering and inspiring students to awaken the inner Guru. Her core philosophy is, 'Nothing has the greatest power to heal, but Self!'

Marma Points

Dr. Linda Chamberlain is a scientist, author, professor, dog musher, and founder of the Alaska Family Violence Prevention Project. Dr. Linda Chamberlain has worked in the field of childhood and adult trauma for over two decades. Known for her abilities to translate science into practical strategies with diverse audiences, she is an internationally recognized keynote speaker who conveys a message of hope and empowerment. Her current focus is on a healing-centered framework with a strong emphasis on brain-mind-body practices to address how stress is stored in our bodies and our natural instinct to heal. A trainer with Capacitar, an international network for well-being and transforming trauma, she is trained in a wide range of practices that use breathwork, movement, meditation, visualization, HeartMath, and poly-vagal informed strategies to promote resilience, self-regulation and healing. Her skill-based presentations highlight simple tools that are appropriate for children, youth and adults. An important application of her work is preventing compassion fatigue and vicarious trauma among service providers exposed to the suffering of others in a broad range of settings. Dr. Chamberlain taught at the University of Alaska and earned public health degrees from Yale School of Medicine and Johns Hopkins Bloomberg School of Public Health. Recognition for her work includes a Scientist Scholar with the Fulbright Arctic Initiative, a National Kellogg Leadership Fellowship, an Alaska Women of Achievement Award and the Inaugural Scattergood Foundation Scholar on Child Behavioral Health.

Brain on Yoga, Mental & Emotional Wellbeing

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 Commonwealth 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* audiobook (Nautilus Book Award Winner)

Yoga Sutras, Subtle Body

Brian Dorfman has been practicing yoga, healing patients and teaching for over 35 years. 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 areas of kinesiology, anatomy, physiology and the biomechanics of movement. Since 1985 Brian has maintained his own injury rehabilitation clinic and is an internationally recognized healer.

HAPY

Jivana Heyman, C-IAYT, E-RYT500, is the founder and director of the Accessible Yoga Association, an international non-profit organization dedicated to increasing access to the yoga teachings. He's the author of *Accessible Yoga: Poses and Practices for Every Body*, *Yoga Revolution: Building a Practice of Courage & Compassion*(Shambhala Publications), and the *Teacher's Guide to Accessible Yoga: Best Practices for Sharing Yoga with Every Body*.

Jivana coined the phrase, "Accessible Yoga," over ten years ago, and it has now become the standard appellation for a large cross section of the immense yoga world. *Yoga Therapy, Dual Adaptive Chair Yog*

Richard Jelusich, Ph.D., is a gifted intuitive spiritual counselor/energy healer, author, teacher, experienced international speaker, and ordained minister. With over 30 years in the field of spirituality and the study of metaphysics, he now dedicates his life to those on a quest for self-empowerment through education, demystifying metaphysics and assisting individuals to honor their natural gifts and inner truths. Understanding that we are all luminous beings of light experiencing a physical existence, he uniquely blends his knowledge of biofield energy, spirituality and science into all his public speaking events, private intuitive spiritual counseling sessions and accurately reads how your soul-quality infuses itself into your waking personality. Dr. Jelusich continues to seek and offer new ways to demystify metaphysics and has developed a transformational biofield energy course called Integrative Chakra Therapy™ ~ Energetic Balancing/Training for the Whole Human Being. He is core faculty at the California Institute for Human Science and is a member of the CIHS board of directors.

Susana Jones, C-IAYT , Is a graduate of Soul of Yoga's Yoga Therapy Training Program. Her upbringing in Science of Mind gave Susana an early appreciation for eastern spirituality and yoga, which she brings to life through her dedicated practice and vocation. As the founder of Urban Yogi, Susana has operated a yoga studio, created a Registered Yoga School for certifying yoga teachers, and now works as a Yoga Therapist in private and clinical settings. Susana is a mentor for the Soul's Yoga Therapy students.
Profession of Yoga Therapy, Program Mentor

Leslie Kaminoff is a Yoga educator inspired by the tradition of T.K.V. Desikachar. He is an internationally recognized specialist with 36 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.
Anatomical Alignment, Philosophy and Physiology

Nandini V. Katre, Ph.D., was born and brought up in India, and came to the U.S for her PhD. studies in biochemistry and biophysics. After several years of research as a scientist in the field of bioenergetics, structure and function of proteins, and designing efficacious biological therapeutics, Dr. Katre shifted her research to science and spirituality. With on-going study and practice of Vedic and Buddhist philosophy, she has been researching and communicating the connection of non-duality of quantum science with that of spiritual traditions, and relating this non-duality to applications in deep ecology, human life-style and well-being. As Director of

Biotechnology and Biodiversity with Greenpeace International, Dr. Katre addressed the United Nations Conference on Environment and Development (UNCED) at the United Nations Environmental Program (UNEP) in Nairobi in 1992, and advised delegates on policy development for Agenda 21. She has 30 publications in peer-reviewed journals and 13 patents.

Dr. Farnaz Khoromi is a California licensed psychologist currently serving as the Director of the Psychology Program at CIHS as well as an Engineering Professor at San Diego City College. Dr Khoromi has a private practice in San Diego, California. Her background is diverse and multidisciplinary, combining engineering, mathematics, psychology and Islamic Sufism. She is fluent in Persian and French. Her engineering background spans from mechanical to manufacturing engineering, as well as quality management in the fields of power protection systems. In the field of psychology, her counseling experience includes working with acute mental illness, chemical dependency, and domestic violence. In her private practice she uses a combination of humanistic psychology, positive psychology as well as Sufi psychology. Dr Khoromi is a lifelong student of Sufism, and has been trained under the guidance of His Holiness Hazrat Salaheddin Ali Nader Shah Angha, the eminent 42nd Sufi Master of the School of Islamic Sufism. For the past 30 years, she has been a lecturer and has held classes on Islamic Sufism and Tamarkoz® or Sufi Meditation.

Durga Leela C-IAYT, 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 Panchakarma 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 the 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.

Yoga of Recovery, Essential Ayurveda

Erika Lee, E-RYT 500, C-IAYT, Reiki Master, Spiritual Alchemist is a graduate of Soul of Yoga's Yoga Therapy program and a Program Mentor. Although Erika has a deep knowledge of anatomy and physiology, her main focus is assisting clients with eating disorder issues, depression, trauma, and anxiety. Erika runs the Soul of Yoga's the Reiki program and is a faculty instructor and mentor for the 200 hour Hatha Yoga training, and 200 hour Gentle Yoga training. In addition to her Yoga and Reiki training, Erika is currently studying shamanic healing. She leads ceremonies honoring the full moon, Mother Earth, and the equinox and solstice celebrations. She considers herself a well rounded healer with a soft heart, an affinity for animals, and a quirky sense of humor.

Program Mentor

Becky Michalski, RN, BSN, C-IAYT, E-RYT 200, is a graduate of the Yoga Therapy Program at Soul of Yoga in Encinitas, CA. Her yoga journey began over a decade ago, and she has been devoted to the practice and study ever since. As a Registered Nurse with 16 years of experience caring for acute and critically ill patients, she combines her medical knowledge with a deep understanding of yoga's therapeutic applications for people managing chronic illnesses. As a Yoga Therapist, Becky strives to teach in a way that honors each individual's needs and shares the simple and profound ways to take care of our body, mind, and spirit. She specializes in teaching yoga to those with underlying medical conditions, including back pain, cancer, and

cardiac diseases. Becky is currently teaching Yoga for Cancer Survivors and Yoga for Healthy Heart classes and working as a nurse in a Cardiac Rehabilitation Program in Anchorage, Alaska. In addition, she has had the honor of studying with and assisting Nischala Joy Devi in her 'Yoga of the Heart' program, a Cancer and Cardiac certification training.
Yoga for Cancer & Heart Disease, Program Mentor

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.

Pranayama

Monique Minahan, E-RYT 500, SEP is trauma-informed yoga teacher and Somatic Experiencing™ Practitioner (SEP) explaining and exploring grief in the body through a polyvagal-based, trauma-informed lens. She is the author of the book *The Grief Practice*. Having experienced the loss of her young husband to complications of chemotherapy 20 years ago she now create supportive containers for people to move with and through all kinds of loss with curiosity and compassion.

Mental & Emotional Wellbeing

Flossie Park, E-RYT 500 YACEP Always considering herself as a student of life, Flossie has dedicated her life to empowering herself and others through yoga, meditation, workshops, retreats, Sound Therapy and numerous other modalities for over 25 years. One of Flossie's passions is to support people wherever they are on their life's journey. With a down to earth approach, she draws from a lifetime of spiritual studies from many sources both from the eastern and western traditions. Applying the wisdom teachings to everyday living, she helps people to see their life from a higher perspective, gleaning understanding, enjoying the process and creating consciously. One of her strongest passions is supporting women, especially during pregnancy. This is a true opportunity for women to recognize their innate power learning to trust their bodies and intuition.

Advanced Teaching Skills, Mental & Emotional Wellness

Kyla Pearce, MPH, PhD, CBIS, E-RYT 200, Dr. Pearce (she/her) is the Senior Director of Programs and Research at [LoveYourBrain](http://LoveYourBrain.org), a national nonprofit that delivers evidence-based

holistic health programs for the brain injury community. She oversees the design, implementation, and evaluation of LoveYourBrain Yoga, Mindset, and Retreats programs on a large scale. She has [trained](#) over 2,500 yoga teachers, clinicians, brain injury advocates, people with brain injury, and caregivers in how to adapt yoga, mindfulness, and psychoeducation for this population. She has developed a range of TBI-specific evidence-based yoga and mindfulness program curricula and integrated them into 60+ community and 30+ clinical contexts and online. She recently completed a NIH Postdoctoral Research Fellowship at Dartmouth College investigating the impact of yoga and meditation for people with neurological conditions, including traumatic brain injury, and has [published](#) in several peer-reviewed scientific journals on these topics. She lives in Vermont with her husband, the Executive Director of LoveYourBrain Foundation, and their three children.

Brain on Yoga

Ford Peck, E-RYT, MS is a Certified Senior iRest Trainer, Mentor, and Supervisor. He has been teaching yoga, pranayama, and meditation for 27 years. In addition, he has practiced as a somatic healer for over 20 years. Ford also has a Masters Degree in Counseling Psychology and is currently an Associate Marriage and Family Therapist, providing both individual and couples counseling. He has managed, assisted, and taught at numerous iRest Teacher Trainings, as well as retreats with Richard Miller. Ford spent over a year and a half in India, studying and practicing intensively in the tradition of Advaita as well as the Karma Kagyu school of Tibetan Buddhism. He currently resides with his partner and their beloved cat in beautiful Marin County, where he loves to drink in the natural beauty of the land through hiking and mountain biking.

iRest Level 1

Jillian Pransky, C-IAYT is an international presenter and the author of *Deep Listening: A Healing Practice to Calm Your Body, Clear Your Mind, and Open Your Heart*. She leads retreats, yoga teacher trainings, and restorative workshops—both in person and online—for students all over the world. Jillian gave a TEDx Talk on metta meditation; created and leads Yoga Journal's online course Restorative Yoga 101; and is a featured yoga expert to magazines such as Prevention, Mindful, Yoga Journal, Yoga International, and more. Jillian infuses her yoga classes with mindfulness practices, compassion, and ease and inspires an integrative, holistic healing experience.

Chronic Disease & Ease

Justine Shelton, C-IAYT 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.

HAPY

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, [facebook.com/StephaniSutherlandPhD](https://www.facebook.com/StephaniSutherlandPhD), and [@sutherlandphd](https://twitter.com/sutherlandphd).
Chronic Disease & Ease, HAPY

Shawnee Thornton Hardy is a Certified Yoga Therapist, Author, Somatic Experiencing Practitioner and the Founder of Asanas for Autism and Special Needs and Founder/Director of Yoga Therapy for Youth. She has worked with children and teens of diverse abilities and backgrounds for close to 30 years. She authored *Asanas for Autism and Special Needs - Yoga to Help Children with their Emotions, Self-Regulation and Body-Awareness* and *Yoga Therapy for Children and Teens with Complex Needs - A Somatosensory Approach to Mental, Emotional and Physical Wellbeing*. She is the creator of the C.A.L.M.M Yoga Toolkit and Body Sensations Curriculum, a yoga and somatic curriculum designed to support children's diverse sensory, communication, emotional, physical and learning needs. Shawnee leads workshops and trainings online and throughout the US and Internationally She is passionate about supporting youth with developing self-regulation skills, connecting to their own inner power, building resilience and allowing their unique strengths and gifts to shine.
Brain on Yoga

John Vosler's passion is providing education on how thoughts, emotions and physical being are connected. As an energetic bodyworker for more than 25 years, John is able to assess each client and determine the best modality or combination of modalities to help them connect with their divine consciousness and inner healer. Through meditation, movement, holistic bodywork and Conscious Coaching, John's Los Angeles-based wellness practice has empowered countless clients to improve their lives. Executives, athletes, celebrities, busy moms and burnt-out professionals are attracted to his intuitive awareness and vast knowledge of the science of meditation. And, his infectious humor and compassionate heart make working with him a joy-filled experience.
Mental & Emotional Wellness

Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP, is the founder of the LifeForce Yoga Healing Institute and has been a pioneer in the field of yoga and mental health for over 20 years. She is the author of *Yoga for Depression* (Broadway Books) and *Yoga Skills for Therapists: Effective Practices for Mood Management* (W.W. Norton) and numerous articles and book chapters. Amy is involved in ongoing research on the impact of Yoga on mood. Her evidence-based Yoga protocol for managing mood is used in healthcare settings globally and is featured on a number of audio-visual products, including the LifeForce Yoga series, an award-winning library of evidence-based yoga and meditation CDs and DVDs for mood management. She maintains an archive of news and research on, www.yogafordepression.com.
Mental & Emotional Wellness

Sherry Zak Morris, E-RYT 500, C-IAYT, YACEP, is CEO and Co-Founder of Yoga Vista Academy and Yoga Journey Productions, and board advisor to The Alzheimer's Research and Prevention Foundation. She is a Certified Yoga Therapist with a remarkable history of empowering and kindling a passion for Yoga and wellness among the 50+ demographic.

Sherry's dedication to aiding those with mobility challenges has brought prominence to her Specialized Teacher Training Programs. Sherry's transformative work has been shared with millions of people YouTube and in the Yoga Vista Online Video Library, YogaVista.TV, where she generously shares her unique approach to Energizing Yoga that welcomes individuals of all abilities. Deeply influenced by the teachings of Mary Cavanaugh and the esteemed Indra Devi lineage, Sherry specializes in the instruction of Gentle, Senior, and Chair Yoga. She is the creative force behind Yoga Vista Training Academy's curriculum, ensuring Yoga's accessibility to individuals across all age groups and life stages.

Tuition Detail

Course	Hours	Tuition
Academic Writing	40	\$1820.00
Ayurveda	25	\$1138.00
Consciousness Studies	40	\$1820.00
Foundations of Integral Studies	40	\$1820.00
Graduate Thesis	40	\$1820.00
HAPY	130	\$4540.00
Integral Entrepreneurship	40	\$1820.00
Integral Spiritual Coaching	40	\$1820.00
Intro to Qualitative and Quantitive Research	40	\$1820.00
iRest Level 1	30	\$1365.00
Marma Points	25	\$1138.00
Practicum Progressive Case Studies	40	\$1820.00
Psychology of the Chakras	40	\$1820.00
Yoga for Cancer & Heart Disease	50	\$2275.00
PAY TO CIHS FOR MA CREDITS		\$26836.00
Advanced Teaching Skills	40	\$720.00
Brain on Yoga	40	\$720.00
Chronic Disease & Ease	40	\$720.00
Mental & Emotional Wellbeing	40	\$720.00
Orientation	5	\$90.00
Pranayama	20	\$360.00
Secret Power of Yoga / Sutras	20	\$360.00
Yoga of Recovery	50	\$900.00
Mentoring	50	\$900.00
Graduate Studies & Final Project	55	\$990.00
PAY TO SOUL OF YOGA, PAYMENT PLAN AVAILABLE		\$6480.00
TOTAL TUITION		\$33316.00

Dual Program Tuition:

\$33,316* Fall 2024

These are current tuition rates, and they may increase over time. Tuition costs are incurred for each course and associated practicum hours prior to the academic quarter in which they fall.

Estimated costs for books and materials: \$150-\$200 per course with CIHS, and approximately \$250 for the full Soul of Yoga course load.

SOY Tuition Plan

Soul of Yoga courses may be paid in full or students may elect to utilize a payment plan. Contact Shannon Ramo, shannon@soulofyoga.com to inquire about payment plan options.

CIHS Deferred Tuition Plan

CIHS Tuition is due in full prior to each term during registration. An alternate payment plan can be arranged in which 1/3 of the tuition is paid at time of the registration, 1/3 by the beginning of the fourth week of the term, and 1/3 by the beginning of the eighth week. For the Deferred Tuition plan, there is an additional charge of \$8 per unit.

Students who wish to pay tuition with the plan must enter credit card information at the time of course registration, or mail CIHS post-dated checks by no later than 5 days from the registration week. The 2nd and the 3rd payments will be processed by charging the credit card or by cashing the checks. All payments must be made in accordance with this schedule, despite loan arrangements, funding through employer, etc. A student who has not fulfilled financial obligations will not receive grades or transcripts and will not be allowed to continue in the program or register for subsequent terms.

All students must be current in tuition at the end of the quarter to enroll in subsequent quarters. A late fee of \$25 will be assessed once during each of the three payment periods if payment is not made by the deadline. If a student defaults on a payment installment, his/her access to classes may be denied during the quarter until it is remedied. Students will not be allowed to register for future classes until the balance is clear. Additionally, if there is a default on a payment, the deferred payment plan will not be an option provided to any further in their program.