



## **IAYT Accredited Yoga Therapy Training**

### **Information Packet**

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

**The Soul Institute**  
162 S Rancho Santa Fe Road  
Suite A70, Encinitas, CA  
92024

**760.943.7685**  
**[IAYT Yoga Therapy Certification](#)**  
**The Soul of Yoga**  
**Accredited Yoga Therapy Training**

**Thank you for giving us the opportunity to tell you about our world-class IAYT Accredited Yoga Therapy Training Program!**

**Students have the option to attend training: In-person at our beautiful studio in Encinitas, CA or Synchronistically via Zoom or through a combination of both. Some courses are also available via recording.**

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

- **IAYT Accreditation.** This 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 credentialed Yoga Therapist. Yoga Alliance will no longer allow non-credentialed professionals to promote themselves as Yoga Therapists, so this distinction really matters.
- **Our master level faculty.** 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, Indu Arora, Durga Leela, 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.** 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.
- **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 lifelong endeavor and we want to support you in having a deeper and richer understanding of what you're learning.
- **300-RYT certification included.** Because Soul of Yoga Training Programs are also registered with Yoga Alliance once you've completed 300 hours training (and the aligned practicum) we will provide you with the documentation you need to get your 500-RYT designation.

**Our students graduate with the skills, knowledge, understanding and 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 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 and public 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.

**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. Email Shannon at [shannon@soulofyoga.com](mailto:shannon@soulofyoga.com) for an electronic application or [click this link to apply online](#).
2. We 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 25% 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:**

Shannon Ramo, Assistant Program Director, (818) 939-6081, [Shannon@SoulOfYoga.com](mailto:Shannon@SoulOfYoga.com)

Monique Lonner, Program Director, (516) 987-0350, [Monique@SoulOfYoga.com](mailto:Monique@SoulOfYoga.com)



## Curriculum Outline

**This is comprised of:**

**600 Hours of Required Courses**

**150 Hours of Practicum Case Studies**

**50 Hours of Mentoring**

\* The course may be completed 2 years, but students are afforded five years to finish. Extensions are available for active students with extenuating circumstances.

**Note:** A 200 Hour Teacher Training, a year of teaching experience and a year of Yoga practice are prerequisites 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 when you're ready.

**600 Hours - Required Courses:**

**Asynchronous Courses**

**5 Hours - Orientation**

*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.

**80 Hours - Holistic A&P of Yoga**

*Rolling Admission, Online Course - work at your own pace*

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

## **Synchronous Courses**

*(Listed in alphabetical order. Refer to “Schedule Details” for Chronological Order)*

### **40 Hours - Advanced Teaching Skills**

*TBA 2026 (In Person & Live Stream)*

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

### **40 Hours - Brain on Yoga**

*TBA 2026 (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.

### **40 Hours - Chronic Disease and Ease**

*TBA 2027 (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.

### **40 Hours - Foundations of Yoga Meditation**

*May 18-23, 2025 (In Person & Live Stream)*

Meditation as a healing modality. Teachings from the Yogic and Buddhist traditions in meditation, transformation, self-inquiry, pranayama, hatha yoga, yoga nidra, guided and silent sitting and walking meditation practices. An opportunity for self healing.

### **25 Hours - Intro to Ayurveda**

*July 10-13, 2025 (In Person & Live Stream)*

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.

### **30 Hours - iRest Level 1**

*TBA 2026 (In Person & Live Stream)*

Developed over 30 years by Richard Miller PhD, iRest Yoga Nidra Meditation supports psychological, physical and spiritual health, healing and awakening. It is a therapeutic method of deep relaxation, and a powerful tool to support self inquiry.

### **25 Hours - Marma Points**

*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.

### **40 Hours - Mental & Emotional Wellness**

*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.

### **40 Hours - Philosophy & Physiology**

*April 21-26, 2025 (In Person & Live Stream)*

Dive deep into the traditional study of the revered texts of Yoga through a contemporary lens. Then personally experience the wisdom through your body with asana, breathwork, meditation and mantra. An enlightening experience!

### **20 Hours - Principles and Practices of Prāṇāyāma**

*TBA 2027 (In Person & Live Stream)*

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

### **30 Hours - The Profession of Yoga Therapy**

*October 2-7, 2025 (In Person & Live Stream)*

Professionalism in Yoga Therapy. Scope of practice, laws and ethics, Yoga in healthcare, growing your business and spiritual, intuitive counseling skills.

### **20 Hours - Secret Power of Yoga**

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

Yoga Sutra studies to open the heart with Nischala Joy Devi, who is the author of the book of the same name.

### **25 Hours - Subtle Anatomy**

*February 20-23, 2026 (In Person & Live Stream)*

Exploration of the mystical teachings of the subtle anatomy system including chakras, nadis and koshas and their important role in vitality, wellbeing, dis-ease, healing and transformation.

### **50 Hours - Yoga for Heart Disease and Cancer**

*March 20-22, 2026 - Heart Disease (Live Stream & In Person)*

*March 27-29, 2026 - Cancer (Live Stream & In Person)*

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

### **50 Hours - Yoga of Recovery**

*July 14-19, 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.

## **50 Hours - Mentoring**

### **50 Hours - Mentoring**

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

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

## **150 Hours - Practicum**

### **50 Hours - HAPY Case Studies**

*16 case studies*

Address client situations related to the topics of HAPY. Each case study requires one SOAP Note and a follow-up write up.

### **45 Hours - Progressive Case Studies**

*10 case studies*

Address client situations related to the topics of required training modules and indicate your progression through the training. Each case study requires an initial intake, 2 follow up SOAP notes and a final conclusion statement.

### **30 Hours - Graduate Case Studies**

*5 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, 3 follow up SOAP Notes and final conclusion.

### **25 Hours - Karma Yoga Project**

*10 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 preclass intake forms for each student in your class and final conclusion paper or present on it at a Karma Yoga Chat.





## Course Descriptions

In Alphabetical Order - See “Schedule Details” for Chronological Listing



### Advanced Teaching Skills

<b>Hours</b>	40
<b>Faculty</b>	Flossie Park, Leslie Kaminoff, Jivana Heyman, Monique Lonner
<b>Delivery</b>	In person and Zoom
<b>Schedule</b>	TBA 2026 9:30am - 5:15pm PST

Learn to more skilfully adapt your teaching for students with differing therapeutic needs. Topics of this training course include prenatal and chair teaching modifications and methodologies, common injuries, misalignments, adaptations and effective sequencing.

#### **Reconsidering Alignment with Leslie Kaminoff**

Asana is one of the most powerful therapeutic tools to foster functional movement patterns and improve health. This workshop with *Yoga Anatomy* co-author, Leslie Kaminoff, will provide you with a contemplative perspective on alignment as a tool to accentuate the therapeutic benefits of asana for each individual.

Students will learn how common misalignments in the foot, knee, neck, shoulders and spine can be observed in asana, and corrected through anatomical alignment principles.

#### **Adaptive Chair Yoga with Jivana Heyman**

Skillfully utilizing a chair for yoga teaching can make the benefits of asana and meditation more accessible to anyone. Jivana Heyman, founder of The Accessible Yoga School, will teach you

how to invite students to use a chair as an accessible prop in a group class, as well as how to create effective and inspiring group Chair Yoga classes.

### **Prenatal Yoga Training with Flossie Park**

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.

### **Advanced Sequencing with Monique Lonner**

A well thought out sequence is the key to integrating our newly acquired advanced skills and teaching an effective, healing and powerful yoga practice.

Learning the art of sequencing will allow you to organize your skills and understanding and create classes that elicit specific effects, like calming, energizing, relieving, strengthening or stretching. Students will develop skillful sequences designed to eliminate dysfunction and establish functional movement patterns and balance energy through effective practices that meet your intentions and your student's needs.

Topics will include the necessary ingredients for optimal sequencing including pose and counter pose, peak pose, optimal conditioning, breathing patterns, movement and holding, different types of stretch, rests and meeting the mood. This course will include lecture and dyad practice.

### **Course Texts:**

Handouts will be provided

Additional recommended reading:

*Yoga Anatomy 3rd Edition*, Leslie Kaminoff

*Teacher's Guide to Accessible Yoga*, Jivana Heyman



## Brain on Yoga

<b>Hours</b>	40
<b>Delivery</b>	In person and Zoom
<b>Faculty</b>	Dr. Linda Chamberlain, Shannon Ramo, Shawnee Thornton Hardy, Sherry Zak Morris, Kyla Pierce
<b>Schedule</b>	TBA 2026 9:30am - 5:15pm PST

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

### **Brain Development for Young Yogis, with Dr. Linda Chamberlain**

Understanding how the brain develops is an important foundation for teaching yoga to children and adolescents. Students will learn the profound impact of mind-body practices on healthy brain development during this time of major brain remodeling and windows of activity. Special focus will be placed on the exploration of the pathway of stress and fear through the brain and why, from a neurodevelopmental perspective, loving kindness and interoceptive skills should be incorporated into yoga with preschoolers and young children.

This workshop will highlight user-friendly content, micro-practices and tools that can be shared with caregivers and children. Participants will get to meet Dr. Linda's crew of puppets that are dedicated to empowering children by teaching them how their brains work. We will all get to explore our inner child through meditation, journaling, and small group discussion.

### **Children's Yoga, with Shannon Ramo**

This experiential session invites your inner child to a fun and educational Kid's Yoga session. You'll see first hand how the practices and practicalities of kid's yoga support early brain development, foster healthy emotional processing and inspire imaginative movement and healthy community building skills.

### **Yoga, Autism & Neurodiversity, with Shawnee Thornton Hardy**

Shawnee is dedicated to bringing the practices of yoga and mindfulness to children and adults of all brains, bodies and abilities. In this 3 day workshop you'll learn how these ancient and powerful practices can be shared in ways that are both inclusive and accessible to those with diverse needs and backgrounds including; neurodiversity, disability, sensory processing

challenges, communication challenges, motor impairments, anxiety, depression, trauma and more...

Integrating yoga and somatic movement in educational, therapeutic and home settings supports children, teens and adults in building greater capacity and resilience. The benefits include; improvement in self-awareness, self-regulation, self-esteem, social skills, body awareness, sensory processing, movement & coordination, fine/gross motor skills, attention, focus, learning and behavior.

### **Chair Yoga and Dance for Brain Longevity, with Sherry Zak Morris**

This workshop synergizes the holistic healing work of the leaders in the senior wellness arena. Sherry Zak Morris has brought Chair Yoga and Chair Yoga Dance to millions of people through her popular YouTube channel and Yoga Vista Training platform. The Alzheimer's Research and Prevention Foundation has pioneered the brain longevity movement through decades of research and education.

With her renown passion and skill Sherry Zak Morris will teach you her innovative approach to Chair Yoga, emphasizing accessibility and joy, while integrating the latest insights from the Alzheimer's Research and Prevention Foundation on brain longevity. You'll learn evidence-based techniques that fuse yoga, dance, and cognitive well-being, offering therapeutic tools to support body and brain health in aging populations.

### **Yogic Healing for Traumatic Brain Injury, with Kayla Pearce**

Traumatic brain injury (TBI)--which includes concussion--is common, complex, and leads to a range of physical, cognitive, and psychological challenges that are often not adequately supported by traditional western medicine. Because TBI is often invisible, survivors experience a lack of feeling seen, heard, and valued, which can amplify depression, strained relationships, and suicide and suicidal ideation. The good news is yoga and mindfulness have been shown to improve many dimensions of health and well-being after TBI. Yet, these practices are often inaccessible or unsafe for the unique needs of the TBI community. To address this gap, LoveYourBrain offers comprehensive trainings and programs in evidence-based yoga and mindfulness for resilience, community connection, and well-being after TBI. This one day workshop will cover the causes and consequences of TBI, gentle yoga modifications and effective sequencing, meditation and pranayama techniques to regulate the nervous system and improve attention skills, trauma-informed teaching techniques, language and cuing best practices for cognitive processing and memory, and more. There will be hands-on practice teaching in small groups, interactive Q&A, live yoga & meditation practices, and interactive breakouts to connect with peers..

**Course Texts:** Handouts will be provided



## Chronic Disease & Ease

<b>Hours</b>	40
<b>Delivery</b>	In person and Zoom
<b>Faculty</b>	Dr. Stephanie Sutherland, Jillian Pransky, Monique Lonner
<b>Schedule</b>	TBA 2027 9:30am - 5:15pm PST

Chronic disease, chronic pain, and auto-immune diseases affect tens of millions of people and are not always well addressed by allopathic medicine. Here we will elucidate the holistic understanding of these conditions, and detail the most useful yoga therapy tools, including restorative yoga.

### **Anatomy of Aging with Monique Lonner**

In this one day workshop Monique Lonner will discuss how some of the disease states that are considered akin to normal aging can be prevented and perhaps even reversed.

Through a holistic tour of the whole body system Monique Lonner will share an integrative approach to staying healthy and happy as we gain in years. From metabolic disease to heart disease to bone density, nerve health and hormonal balance, you'll come to understand specific yoga practices can keep you younger deep in your cells and through your entire anatomical and physiological framework.

### **Chronic Disease & Pain with Dr. Stephani Sutherland**

Millions of people suffer from conditions of chronic pain, autoimmune disorders and other chronic diseases. These conditions can be life draining and debilitating for those living with them. Adding to the challenge is that these conditions are often misunderstood or not well addressed by our Western Medical model.

Dr. Stephani Sutherland, Neuroscientist, is one of the world's leading experts on pain as well as a highly respected researcher and author on a number of other chronic conditions including neurological disease and long covid. She is also a Yoga teacher. In this two day workshop you'll learn the science behind these complex whole-brain experiences, as you gain an understanding of the integrative interventions that have been shown to provide relief and support, such as Yoga and meditation.

**Ease for Chronic Disease, with Jillian Pransky**

With Restorative Yoga expert Jillian Pransky you'll learn the science of the relaxation response theory and why it's so useful for people with chronic conditions. Study the anatomy of the psoas and nervous system and the neurological, physical, psychological, and energetic principles of working with Restorative Yoga.

**Course Texts:** Handouts will be provided



## Foundations of Yoga Meditation

<b>Hours</b>	40
<b>Delivery</b>	Residential at San Luis Rey Retreat Center and Zoom
<b>Faculty</b>	Dr. Richard Miller and Ford Peck
<b>Schedule</b>	May 18-23, 2025

Meditation has been scientifically proven to reduce anxiety, lessen pain levels, promote emotional resiliency, increase self awareness and control, reduce blood pressure, improve sleep and foster general well-being. It's also an essential vehicle for spiritual exploration and transformation.

While the Buddhist tradition is often credited with the much-studied therapeutic meditation technique of *Mindfulness*, it's true that the Yoga tradition also offers in-depth meditation principles and practices which confer mental, emotional and physical health benefits.

This 5-day meditation retreat led by Ford Peck and Richard C. Miller, developer of the iRest Meditation Program, focuses on the rich history and offerings of Yogic meditation techniques. During retreat Ford and Richard will guide you into the depths of self-exploration through practices and discussion of the Yogic meditation principles including self-inquiry, pranayama, hatha yoga, yoga nidra, and sitting and walking meditation practices.

This retreat is held at the beautiful San Luis Rey Retreat Center in Oceanside, CA. It is a perfect place for experiencing peace, healing, awareness and engaging in Self-Inquiry.

**Course Texts:** Handouts will be provided



## Holistic Anatomy & Physiology

<b>Hours</b>	80
<b>Delivery</b>	Recorded
<b>Faculty</b>	Justine Shelton, Monique Lonner, Dr. Stephani Sutherland, Brian Dorfman
<b>Schedule</b>	4 hours every 5 weeks

Holistic A&P of Yoga 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 session includes an anatomy and physiology lecture, body reading and diagnostic guidance, prescriptive asana and question and answer period. Each session has a practicum assignment for you to directly apply your new knowledge and skills to help integrate the material in a meaningful and impactful way.

### Course Syllabus:

#### Shoulders and Upper Limbs:

The relationship between the shoulder girdle and arm; common injuries and issues occurring from use of technology; repetitive motion syndrome and sports injuries.

The Importance of Breath in Yoga Therapy

Yoga Therapy for the Rotator Cuff - Part 1 & 2

Yoga Therapy for the Arm

Yoga Therapy for the Wrist and Hands

#### Nervous System:

Asana, pranayama, meditation and other techniques to directly affect the autonomic nervous system

Yoga Therapy for the Nervous System

Yoga Therapy for the Stress and Pain

Yoga Therapy for Memory and Habit (Samskara)

Yoga Therapy for Sleep and a Healthy Brain



**Spine and Abdomen:**

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

Yoga Therapy to Address Neck Pain

Yoga Therapy Resolving Headaches and Nerve Pain in the Neck and Shoulders

The Abdominal Muscles and Core Strength

Yoga Therapy for the Pelvic Girdle

Yoga Therapy for the Back

**Hips and Lower Limbs:**

Prioritizing the primary areas of involvement; the relationship between the spine, sacrum, gluteal area and the lower limbs; the lymphatic system

Yoga Therapy for the Hips

Yoga Therapy for the Knees

Yoga Therapy for the Feet and Ankles

Yoga Therapy for Leg Lymphedema

Yoga Therapy for the Marma Points of the Feet

**Course Texts:**

Handouts will be provided

Additional Recommended reading:

*Atlas of Human Anatomy*, Frank H. Netter, M.D.

This course is asynchronous, but paced with synchronous Mentoring support sessions.



## Intro to Ayurveda

<b>Hours</b>	25
<b>Delivery</b>	In person and Zoom
<b>Faculty</b>	Durga Leela
<b>Schedule</b>	July 10-13, 2025 9:30am - 5:15pm PST

Ayurveda and Yoga are sister sciences. Each modality employs different, but completely complementary healing and health interventions designed to bring about a state of optimal balance and wellness. Yoga professionals will learn to apply the deep and powerful healing wisdom of Ayurveda to their professional scope of practice, broadening their skill set with competence and confidence. This course offers helpful self care practices as well as a greater understanding of the power of Yoga and Ayurveda to serve therapeutic intentions.

### Main Topics covered

- How to live Ayurveda in the light of Yoga and Yoga Therapy
- Samkhya Philosophy and its application
- Tools to make Ayurveda Accessible
- Concepts of 5 elements, dosha, gunas and agni
- How to identify dosha balance and imbalance markers in self and others
- The Seven Tissues, Ojas, Tejas and Agni
- Concept and application of Sensory therapy
- Ayurveda and Yoga for seasonal Change
- Ayurveda and Diet Principles

**Course Texts:** Handouts will be provided



## iRest Level 1

<b>Hours</b>	30
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Ford Peck
<b>Schedule</b>	TBA 2026

iRest is an accessible and easy to use meditation protocol that is integrative, as it heals unresolved issues and traumas, and 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.

In the Level 1 Training, you will learn:

- 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.

### **Course Texts:**

Handouts will be provided

Additional Recommended Reading:

*iRest for Healing PTSD*, Richard Miller, PhD



## Marma Points

<b>Hours</b>	25
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Indu Arora
<b>Schedule</b>	August 21-24, 2025 9:30am - 5:15pm PST

Decode Yoga Practices with Ayurvedic Wisdom

The wisdom of marma is a gift from the Ayurvedic texts to the Yoga practitioner.

The study of these points, regions, and locations is essential for an aspiring Yoga Therapist to understand the application of asana, Pranayama, mantra, and mudra for balancing doshas, to maintain health, as well as to lead a safe and accessible Yoga class in a group or in private settings.

Understand how prana (life force), tejas (internal fire), and ojas (deep vitality) can be cultivated to regulate and support agni (digestive fire) for optimal health through the knowledge and application of 108 marmani.

**Course Texts:**

Handouts will be provided

Recommended additional texts:

*Yoga, Ancient Heritage, Tomorrow's Vision*, by Indu Arora

*Soma, 100 Recipes for Self Care* by Indu Arora

**Prerequisite:** We recommend taking Essential Ayurveda Course prior to taking the Marmas Course



## Mental and Emotional Wellness

<b>Hours</b>	40
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Amy Weintraub, Flossie Park, Mo Minahan, John Vossler
<b>Schedule</b>	November 5-10, 2025 9:30am - 5:15pm PST

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.

### **Trauma-Informed Yoga**

*Nov 5 -6*

Dr. Linda Chamberlain will empower you with the essential tools for trauma-informed Yoga in order to support those who seek to heal from traumatic experiences. Students will investigate the scientific definitions, categorisations, studies and neurobiological, mental, behavioral and physical effects of trauma on both children and adults. You'll learn about neurobiology, brain development and PolyVagal Theory and their important relevance in Yogic philosophy and practice. You'll leave this workshop equipped to offer specific practices including asana, breathwork, meditation, tapping, HeartMath and sound healing techniques that have been evidenced to support greater resiliency, vagal tone and healing for those who suffer with PTSD.

### **Yogic for Depression & Anxiety, with Amy Weintraub**

*Nov 7-8*

Author of *Yoga for Depression and Yoga Skills for Therapists*, and founder of *LifeForce Yoga*, Amy Weintraub will share her evidenced-based protocols on how to use Yogic tools of pranayama, asana, mantra, mudra and simple meditations to address agitated, fatigued, anxious and depressive states.

Teaching through the lenses of both the latest scientific research and ancient Yogic philosophy Amy will illuminate how the nervous system can become unbalanced and stuck, and how we can help foster balance, health and spiritual growth through Yoga practices. The workshop will include a mix of practice, lecture and practicum.

### **Transcending the Kleshas, with Flossie Park**

*Nov 9, 9:30 - 12:45*

The Kleshas, as described in the Yoga Sutras, are considered to be the main roots of human suffering. They include attachment, aversion, division, ignorance and fear. These Kleshas distort our minds, direct our reactions and affect how we engage with the world. They may even change the course of our lives and hinder us in our Dharma and personal growth. While no human is immune from loss, pain and difficulty in their life, viewed and understood through the lens of Yoga philosophy, we have options. In this workshop Flossie Park will explore the Kleshas through a modern lens with reflective and supportive practices, and will help uncover the belief systems we hold about life which limit our capacity to open to new possibilities of existence.

### **The Science of Grief, with Monique Minahan**

*Nov 9, 2-5:15pm*

Monique Minahan is the author of *The Grief Practice*, a trauma-informed Yoga teacher and Somatic Experiencing™ Practitioner (SEP). She is also a fellow human who has faced her own depression and grief after losing her husband to a complication of chemotherapy. In this workshop Monique will explain the mental, emotional, physical and communal aspects of grief through a polyvagal-based, trauma-informed lens. Looking at grief and its accompanying emotions through the lens of neuroscience and movement science, we will begin to understand how trauma-informed movement and awareness practices can provide a container where the experience of grief can be related to with curiosity and compassion.

### **Feel it to Heal It, with John Vosler**

*Nov 10, 9:30-5:15pm*

Depression, anxiety, trauma, and grief are mind/body experiences. Still, we humans so often prefer to suppress, push away, deny, react, cognitize, or just keep talking about it rather than feeling and experiencing it. We have feelings about our feelings without being present in our bodies and breath. Many people unconsciously shut off their embodied experience due to deep-seated fear and aversion. Choosing for or against what is present.

John Vosler will lead us through an uplifting experiential workshop providing compassionate guidance and the opportunity to experience the benefits of feeling it to healing it. You'll leave with a sense of personal empowerment and tools to empower your clients and students on their emotional healing journeys. All the while gaining personal insight into your healing.

**Course Texts:** Handouts will be provided

Additional Recommended Reading:

*Yoga for Depression*, Amy Weintraub

*Yoga for Mood Card Deck*, Amy Weintraub

*The Grief Practice*, Monique Minahan



## Philosophy & Physiology

<b>Hours</b>	40
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Phil Goldberg, Leslie Kaminoff, Dennis Chowenhill, Lorin Roche, Phd
<b>Schedule</b>	April 21 - 26, 2025 9:30am - 5:15pm PST

Body, Mind, Spirit. Traditionally study revered texts of Yoga - the Bhagavad Gita, Upanishads and Jijnana Bhairava - and then personally experience the wisdom through your body with asana, breathwork, meditation, mantra and dance. An enlightening experience!

### Nov 21

#### **Living a Fulfilling Life, A Deep Dive into the Bhagavad Gita Study with Phil Goldberg**

This practical workshop illuminates the core teachings of one of the most profound, sublime and influential works the human mind has ever produced. The Bhagavad Gita has been seen as a religious scripture, a spiritual guidebook, a self-help manual, a philosophical and psychological treatise, a science of consciousness, and more. It encapsulates the essence of Yoga at its deepest level, where its capacity for transforming human life is greatest. Using contemplative practices with the key passages, we will absorb the true meaning of Yoga; and, with a traditional meditation practice, we will experience the essence of the Gita's message: Established in Yoga, perform action.

The workshop will emphasize the Gita's lessons for realizing the yogic ideal not just on a mat or a cushion, but in the midst of everyday life.

### Nov 22-24

#### **Philosophy & Physiology with Leslie Kaminoff**

Leslie Kaminoff, co-author of best selling Yoga Anatomy will use his deep and vast knowledge (and unique image library) to illuminate the fascinating cross-fibers of Yoga Philosophy and human Physiology. From the basics of cellular metabolism to the development, architecture and functions of our miraculous human forms we embody some of the most foundational teachings of Yogic understanding. This course will include study of the interconnectedness of all our body

systems and explain how yoga practices work to create balance and healing at our physiological core.

## **Nov 25**

### **Challenge and Opportunity: A Comparative Study with Dennis Chowenhill**

This comparative course in Yogic Philosophy explores how the teachings impact our lives and professions, and the challenges we face as practitioners, teachers, therapists and life-long students of Yoga.

We will examine key passages in the Patañjali's Yoga Sūtra, the Bhagavad Gītā, the Mahābhārata, and three of the Upanishads: Kaṭha, Taittirīya, and Bṛhadāraṇyaka to inform our deeper understanding of Yogic philosophy and history as a comprehensive whole.

We will note the differences in literary styles and structure, and at some features of Sanskrit itself, before settling into the examination of passages in them that echo and support each other. In studying these ancient texts we intend to help you come to appreciate how there is no corner of modern life that is unaffected by the Yogic practices and how we might bring the depth and breadth of Yoga philosophy into our personal life and therapeutic offerings.

## **Nov 26 The Radiance Sutras with Lorin Roche, PhD**

The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of of yogic techniques, the cherished text known as the Jijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's The Radiance Sutras. In this workshop Lorin brings his unique perspective on the Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them - what he describes as "answering the call of the sutras you love."

**Course Texts:** Handouts will be provided

Required Reading:

*The Radiance Sutras*, Lorin Roche, PhD

Additional Recommended reading:

*The Bhagavad Gita*, any version

*Yoga Anatomy, 3rd Edition*, Leslie Kaminoff





## Profession of Yoga Therapy

<b>Hours</b>	30
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Monique Lonner, Kori Moore, Susana Jones, Lisa Saremi
<b>Schedule</b>	October 2-6, 2025 9:30am - 5:15pm PST

Yoga Therapy is a growing profession within the healthcare industry. Yoga Therapists have uniquely valuable skill sets and tools which have been proven beneficial for a very large range of conditions and populations. From back pain and anxiety, to heart disease, grief and addictive behaviors, one would be hard pressed to find another integrated modality that is able to successfully address so many varied situations. This course will provide you with the essential understanding you need to take your training out into the world as a professional.

This course will help you understand how to convey the concept of Yoga Therapy to the public and other professionals, market yourself as a Yoga Therapist and the best ways to work into positions within the healthcare system. We'll cover important topics for Yoga Therapists such as HIPAA laws, scope of practice, referral protocols, professional ethics, the question of touch and insurance billing. There is plenty of time for questions and answers and the sharing of various experiences, challenges and success stories.

Because Yoga Therapy is a unique form of care, we'll also discuss how our profession is different, where we fit in, and how an overarching understanding of spirituality and intuitive sense ultimately guides our work to help others.



## Principles and Practices of Pranayama

<b>Hours</b>	20
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Richard Miller, PhD
<b>Schedule</b>	TBA 2027 9:30am - 5:15pm PST

This course covers the theory, structure, and in-depth practice of prāṇāyāma for health, healing, meditation and awakening.

Through a lens of scientific research as well as the Yogic concepts of prana, apana, langhana and brahmana, Dr. Richard Miller will instruct how to skillfully choose and use various pranayama practices to support health and balance. Pranayama practices of anuloma, viloma, pratiloma ujjayi, mahat kapālabhati, nadi-shodhana, ardha sharira, bhastrika, and bramari will be reviewed through lecture, practice and practicum.

Additional practices of exploration to deepen understanding and enrich the Yoga Therapist's skill set will include: Prāṇāyāma practices of Neti kriya, agni sara, and nauli; the use of mula, uddiyāna, and jalandhāra bandha; and the use of breathing and healing mūdra, including sharira, prana nadi, merūdanda, prāṇa kriya, aswini, vajroli, krama and bhairavi mūdra



## Secret Power of Yoga

<b>Hours</b>	20
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Nischala Joy Devi
<b>Schedule</b>	June 20-22, 2025 9:30am - 5:15pm PST

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. 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



## Subtle Anatomy

<b>Hours</b>	25
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Nischala Joy Devi
<b>Schedule</b>	February 20-23, 2026 9:30am - 5:15pm PST

One of the most profound insights of Yoga is that we have, and are, more than our physical body. In fact we have 5 bodies, or layers, that cover our pure self, or the light within. These layers are called the Maya Koshas - literally *Maya* (illusion) and *Kosha* (body or sheath).

The wisdom of the Maya Koshas provide an illuminating lens through which to understand the integrated nature of mind, body and spirit and its implications for balance and wellbeing, health and disease.

The 5 Koshas include the layers of the physical body, our thoughts and emotions along with states of higher consciousness and bliss. We also embody an energetic and rarefied layer of our being that illuminates, vitalises and balances our body and mind. This is our “Energy Body”, referred to as the PranaMaya Kosha, and it is home to our subtle anatomy, which is the in-depth subject of this course.

We will explore subtle anatomy in order to understand how Prana flow can foster balance, well-being, health and spiritual awareness, while obstructions in the flow can create imbalance in body and mind and initiate disease states.

We will cover the Pancha Maya Model, the Nadis (energy channels in the body), The seven main Chakras and the why and how of Yoga Therapy practices that have profound effects on every layer of our systems.

With this new awareness we are able to use yogic practices to enhance, and balance our bodies, minds, and ultimately our lives.

### **Required reading:**

*The Namaste Effect, Nischala Joy Devi*



## Yoga for Cancer & Heart Disease

<b>Hours</b>	50
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Becky Robison Michalski
<b>Schedule</b>	March 20-22, 2026 - Heart Disease March 27-29, 2026 - Cancer 9:30am - 5:15pm PST

Heart disease and cancer are the leading causes of death and disease in the United States. With advances in medical treatments, more and more individuals are surviving. As Yoga Therapists, we have a unique opportunity to guide these individuals on a healing path by adapting yoga practices to meet their needs

This course will explore the physical, mental, emotional, and spiritual components of cancer and heart disease. Students will learn how yoga can be a practical therapeutic application to foster healing and improve the quality of life.

Upon completing this course, students will have the skills and knowledge necessary to teach yoga throughout all heart disease and cancer treatment stages with compassion and understanding. Teaching methodology will combine lecture, experiential learning, and supervised practice teaching.

Specific knowledge and skills addressed in this course include:

- Introduction to cardiac anatomy and physiology.
- The primary characteristics of cancer and the immune system.
- Standard treatments and their 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.

**Course Texts:** Handouts will be provided

**Required Reading:** *The Healing Path of Yoga*, Nischala Joy Devi



## Yoga of Recovery

<b>Hours</b>	50
<b>Delivery</b>	In Person and Zoom
<b>Faculty</b>	Durga Leela
<b>Schedule</b>	July 14-19, 2026 9:30am - 5:15pm PST

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 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 to address addictive and self destructive behavior 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:**

*Yoga of Recovery*, Durga Leela



## Mentoring

<b>Hours</b>	50
<b>Delivery</b>	Zoom
<b>Faculty</b>	Becky Michalski, Susana Jones, Erika Lee, Alana Keith, Monique Lonner
<b>Schedule</b>	Ongoing - approximately 6 hours every 5 weeks depending on Mentor choice.

**Mentoring Sessions** provide time to review coursework and practice skills through case studies, as well as ask questions and discuss cases, teaching situations, and specific client issues. It is a supportive community to share successes and challenges and to receive personal guidance from faculty members.

Mentoring sessions are held after each HAPY video assignment and each course module to make sure the material is being understood, applied and integrated into a full Yoga Therapy skill set.

Mentoring is also available for support for Karma Yoga projects and Graduate Case Studies.



## Program 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.

**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*

**Philip Goldberg** has been studying India's spiritual traditions for more than 45 years, as a practitioner, teacher and writer. He is the author of numerous books, most recently the acclaimed *American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West*. The co-host of the podcast *Spirit Matters*, he blogs regularly on the Huffington Post and Spirituality and Health online. He has recently published a biography of Paramahansa Yogananda. See [www.PhilipGoldberg.com](http://www.PhilipGoldberg.com) and [www.AmericanVeda.com](http://www.AmericanVeda.com).

*Bhagavad Gita*

**Jivana Heyman (he/him)**, 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 Yoga*

**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*

**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*

**Monique Lonner, E-RYT 500, C-IAYT**, is the Director and Program Mentor of Soul of Yoga Institute Advanced Yoga Teacher Training and Yoga Therapy Training Programs. A Yoga teacher for 20 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. Monique has 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.

*Program Director, Mentor, Advanced Teaching Skills, Subtle Anatomy, Chronic Disease & Ease*

**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, Foundations of Meditation*

**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](#), 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, Foundations of Yoga Meditation*

**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*

**Lorin Roche, PhD** is the author of *The Radiance Sutras*. He has a PhD from the University of California, Irvine, where he has done extensive research on meditation and meditative experiences. His [books](#) on meditation are treasured by meditation practitioners across the globe and have been widely recognized as a "must-read".

Lorin Roche leads international meditation retreats and workshops, and trains meditation teachers in a 2-year meditation teacher training. Lorin lives in Marina del Rey, California with his yogini *Philosophy & Physiology*

**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](http://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](http://stephanisutherland.com), [facebook.com/StephaniSutherlandPhD](https://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](http://www.yogafordepression.com).

*Mental & Emotional Wellness*

	<h1>Admission Requirements</h1>
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**Prerequisites**

- 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.)

	<h1>Tuition</h1>
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**Full Tuition**

\$12,800\*

*\*Tuition does not include Retreat Room & Board if opting for in person for the Foundations of Meditation Retreat. Tuition does not include books.*

**Discounts**

- Seniors (age 65+) and Military receive 15% off total local tuition.
- Pay-In-Full: Receive \$300 off your tuition by paying in full.
- Soul of Yoga Institute 200-hour and 500-hour students receive alumni discounts. Please inquire in person about these opportunities.

**Payment options**

Option 1: Student pays 25% 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 25% of tuition non-refundable/non-transferable deposit once accepted to the program and the remaining tuition is split into equal monthly payments, (subject to an 8% finance fee), beginning immediately after registration.