

YOGA THERAPIST TRAINING PROGRAM 2020-2022

Applications are being invited for [The Yoga Room and Yoga Therapy Centre](#) Therapist Training Program, an advanced course for teachers from any tradition.

INTRODUCTION

The program follows in the tradition (formerly known as Viniyoga) of [T. Krishnamacharya](#) and [T.K.V. Desikachar](#) and follows the curriculum of the eminent medical doctor and teacher in this tradition, [Dr. N. Candrasekaran](#) of [Yoga Vaidya Sala](#) in Chennai, India.

According to this lineage, yoga therapy is a practical science and therefore the teaching methodology of this course is practice oriented, simple and comprehensive.

The course covers yogic anatomy, physiology, psychology, methodology of examination and diagnosis, yogic tools and principles of application and pathology according to modern science.

[The Yoga Room and Yoga Therapy Centre](#) invites all committed and sincere seekers to deepen their understanding of yoga and learn about its ancient healing wisdom.



PROGRAM DETAILS AND FEATURES

The program consists of 462 hours of training in yoga therapy; 6 modules taught over 2 years in 18 weekend sessions (Friday-Sunday) offered in Guelph, Ontario.

This includes 4 one hour private, personal and professional development sessions with the teacher during the 2 year training.

As well, there is a final internship module, of 2 weeks, taught in Chennai, India. The internship module, held in India, is a unique learning opportunity. The cost for this is not included in the fee. It will be established by Yoga Vaidya Sala soon.

PROGRAM CURRICULUM

FIRST MODULE: PRINCIPLES OF PRACTICE OF YOGA THERAPY

1. Yoga and Viniyoga
2. Methodology in different stages(kramas).
3. Fundamental principles in yoga therapy: a complimentary system, its role and focus in health management, and the relationship between the therapist a student.
4. Basic concepts of yoga therapy: guiding principle, goal, and the role of the powerful tools of the mind, the breath and the body.
5. Understanding how to apply these concepts in the context of therapy with practical illustrations and examples.
6. Principles of observation of an individual(adyaya). Observing the spine, neck, low back, hip, knee, shoulder, elbow, wrist, ankle and foot. Studying the methodology of observation and discussion based on these observations.



SECOND MODULE: YOGIC ANATOMY, PHYSIOLOGY AND PSYCHOLOGY

1. The holistic approach: the Panca Maya model as detailed in the Taittiriya Upanisad.
2. The 5 Pranas, Nadis and Cakra models
3. Yogic psychology, studying different parts, states and activities of the mind:
 - Manas, Buddhi, Ahamkara and Cittam.
 - Vrtti, smrti, samsara, svabhava, vasana.
 - Klesa, sad-urmi.
 - Duhkham and it's causes and manifeststions
4. The goal in yoga from the healing perspective.
5. The yogic way of assessment of imbalance at an anatomical, physiological and psychological levels with practical study.
6. The yogic practices and techniques to balance these levels with practical study.
7. The diagnostic methods/tools in yoga therapy: darsanam, sparsanam, prasnam, nadi-pariksa. Theoretical and practical learning about these tools, the exact techniques, their limitations, and their applications during a therapy session.
7. Practical study of nadi-pariksa(pulse).
8. Examination of muscle groups.
9. Examination of abdomen and abdominal organs.

PROGRAM CURRICULUM cont'd

MODULES 3, 4, 5, and 6: Covers Pathology and the therapeutic yoga approach to various conditions and ailments affecting different systems

MODULE 3: conditions related to skeletal-muscular and digestive systems.

MODULE 4: conditions relating to respiratory, cardio-vascular, urinary, and lymphatic systems.

MODULE 5: conditions relating to nervous, endocrine, and reproductive systems.

MODULE 6: mental and emotional conditions, cancer and auto-immune conditions, eating disorders, addictions and geriatric care.

Some of the important ailments or diseases as seen by the allopathic system will be discussed with respect to:

- pathology as pertaining to yoga therapist
- how it affects the individual
- how to assess the effect on the individual
- what to do and what not to do as a yoga therapist
- diet and lifestyle modification as suited to each condition

As often as possible there will be live case studies where the therapist trainer will do consultation in the classroom in the presence of the group of students. This is for the purposes of observing and learning.

The group may actively participate and interact with the therapist trainer and the case study participant. All observations and conversations within the consultation will remain completely confidential.

INTERNSHIP MODULE

The intention is for this to take place at the Yoga Vaidya Sala in Chennai, India under the direction of Dr. N. Candrasekaran and myself as a support teacher. During this module the student will:

- review all previous modules
- learn through observation and interaction
- observation of therapy classes and consultation sessions by a senior therapist
- therapy classes and consultation sessions conducted by the student under the supervision of a senior therapist
- experience a synthesis of understanding of the role of a yoga therapist

PROGRAM DATES AND TIMES

The Yoga Therapist Training begins January 2020 and ends January 2022.

2020

January 10-12

February 7-9

March 6-8

April 17-19

June 12-14

September 18-20

October 16-18

November 13-15

December 4-6

2021

January 15-17

February 19-21

March 26-28

April 16-18

May 14-16

June 11-13

September 10-12

November 5-7

December 3-5

2022

January, two weeks in Chennai India, TBA.

*2022

An alternative Internship will be offered in Canada with Barb at The Yoga Room and Yoga Therapy Centre for those unable to attend in India

TIMES: weekend sessions are

Friday 1p.m.-6p.m.

Saturday 8a.m.-6p.m.

Sunday 9a.m.-3p.m.



N.C in Yoga Therapy

TUITION FEE

The cost is \$5600

Including taxes, cost of 2 texts and 4 individual sessions.

The fee does not include accommodation and food. This is a non-residential program.

PAYMENT SCHEDULE

1st payment due on acceptance: \$1400
(\$500 of which is a non-refundable registration fee).

2nd payment due on January 10, 2020: \$1400.

3rd payment due on November 13, 2020: \$1400.

4th payment due on April 16, 2021: \$1400.

METHOD OF PAYMENT

E-transfer

Cheque

Cash

CONDITONS

The fee must be paid in full even if the student misses part of the training.

If sessions are missed, the student must make arrangements to catch up on the material at the student's cost.

In order to receive certification, the students must complete all modules.



CANCELLATION POLICY

The \$500 cancellation fee is non-refundable.

Once paid, the tuition fee is non-refundable and non-transferable.

PRIMARY INSTRUCTOR

Barb Quinlan, of [The Yoga Room and Yoga Therapy Centre](#), will teach in Guelph.

Barb has been a yoga teacher since 1994. She began her studies in the tradition of [T. Krishnamacharya](#) in 1998. Her first teacher in this tradition was British Viniyoga teacher Paul Harvey, a senior student of [T. K. V. Desikachar](#) of Chennai, India. Barb began her studies in India in 2006 with [Dr. N. Candrasekaran](#), senior yoga therapist at the Krishnamacharya Yoga Mandiram where she was fortunate to take courses with Sri Desikachar. She continued to study with Dr. Candrasekaran at his Yoga Vaidya Sala. She became a yoga therapist under his mentoring during her many visits to Chennai. As well, she continues to study all aspects of yoga including vedic chanting and the Yoga Sutra as well as The Bhagavad Gita and The Upanisads. She has offered yoga classes, yoga studies and yoga therapy at The Yoga Room and Yoga Therapy Centre in Guelph, Ontario since 1994.



Barb Quinlan & N.C

INDIA INSTRUCTOR

Dr. Natesan Candrasekaran of Yoga Vaidya Sala in Chennai, India.

LOCATION

The Yoga Room and Yoga Therapy Centre
39 Park Avenue
Guelph, Ontario
N1H 4S6

Phone: 519 821 3457
Email: quinlanbarb@gmail.com

APPLICATION

QUALIFICATIONS

Applicants should have completed their yoga teacher training from a reputable school or from a master.

Applicants should be actively involved in their regular practice.

Applicants should be actively involved in teaching others.

Applicants should be committed and sincere seekers and show an interest in deepening their understanding of yoga as a therapeutic modality.

Applicants should be very interested in helping others.

PROCEDURE

Applications are being accepted now.

Please contact Barb via phone or email:

519 821 3457,
quinlanbarb@gmail.com to set up an interview to discuss enrolling in the training.

