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The Foundation: Term 1 - Online & Vancouver, Canada



The prerequisite for our

Certified Yoga Therapist Diploma (CYT 1000) is an RYT 200 (or equivalent) with 100 hours teaching experience over at least one year.

During Term 1 of the Certified Yoga Therapist Diploma, you will learn how to conduct Yoga Therapy in small group classes, focussed on managing a wide range of physical-emotional conditions, using a breath/ meditation-restorative-alignment centred approach from the Sri T. Krishnamacharya lineage.

Term 1 is now delivered over 1.5 years through mixed-mode, online and in-person courses,

internships, and practicums to create a strong foundation.

At the end of your Term 1 practicum at home, you will be eligible to register as an RYT 500 if you already have your RYT 200 through Yoga Alliance. Yoga Therapy International's teaching and training in the fields of Yoga Therapy and Therapeutic Yoga are related to our membership and program accreditation through the International Association of Yoga Therapists [1], not derived from our status as an RYS 200 and 300, or from Maggie Reagh's status as an E-RYT 500 with the Yoga Alliance Registry.

Term 1: The Foundation ? 394 Hours

- Synchronous Courses Online ? 5 Weeks: June 14 ? July 16, 2021 ? 150 Hours
- Synchronous Internship Online ? 8 Months: September, 2021 ? April, 2022 ? 20 Hours
- In-Person Courses & Internship ? Vancouver, Canada ? 5 Weeks: June 13 ? July 15, 2022 ? 170 Hours
- Practicum 1 (50 Asynchronous + 4 Synchronous Hours) ? 4 Months: September ? December, 2022 ? 54 Hours

Develop the Skills to:

- design and lead general Therapeutic Yoga group classes, modifying for a wide range of minor physical-emotional conditions
- design and lead small Therapeutic Yoga group classes, focussed on conditions ranging from Lower Back Pain to Disabilities
- modify practices using chairs and other props for individual students managing the symptoms of a wide range of physical-emotional conditions
- incorporate Restorative Yoga into small group classes, and
- incorporate Anatomy-Physiology, Yoga Philosophy, Ayurveda, Chanting, Meditation, and Pranayama into small group classes.



t Yoga centres in the world. As such, we have

a wealth of Yoga Therapists working with a wide range of conditions both in group and private settings. You will be connected to the best practitioners in Vancouver through both in person workshops while in Vancouver and practicum opportunities in their specialties, including Yoga Therapy for Disabilities, Cancer, Addictions, Trauma, Chronic Pain, Arthritis, Scoliosis, MS, PD, Stroke, Aging, and so on.

Expect to have a very close relationship with Maggie Reagh, who is not only the Program Director but your main teacher. Once you are a student with Maggie, she is committed to being there for you as you develop as a yogi and therapist. Even graduates often continue to study with Maggie and/or seek her advice on cases long after they have completed their formal studies. This commitment is the traditional student-teacher relationship, which Maggie enjoys with her beloved teachers in India and shares with her students from around the globe.



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