



Therapeutic Yoga Teacher Training Program – RYT 200 ***An Introduction to Teaching Therapeutic Yoga in Small Groups***

This program satisfies the prerequisite to Certified Yoga Therapist Diploma Program (RYT 500 and CYT 1000).

Overview

Develop an integrated approach to applying the Sri T. Krishnamacharya Lineage of Yoga Therapy teachings

Create and modify Yoga practices for individual needs in groups for minor problems affecting structural and psychological-spiritual dimensions of wellness as taught in the Krishnamacharya lineage of Yoga Therapy teachings

Learn to teach a slow breath-meditation based approach to Yoga asana with a focus on physical alignment and modifications with and without equipment

Learn to incorporate Patanjali's 8-limbed system, Ayurveda, Vedic/Yoga Sutra Chanting, and Western Anatomy-Physiology to Teaching Therapeutic Yoga (TTY)

Reflect upon the wisdom of the Vedic texts (*Bhagavad-Gita* and the *Yoga Sutra-s*) as they relate to living a Yogic lifestyle and sharing this wisdom with others

Learn to share key philosophical concepts from traditional Vedic philosophies as vehicles of self-reflection (*svadhyaya*) within your Yoga classes

Train in a small group of no more than 10 people with individual attention

Develop a strong daily practice of Yoga, understanding that this is the foundation of being a Yoga teacher

Understand the ethics of Teaching Therapeutic Yoga

Register as an RYT 200 in Therapeutic Yoga with the internationally recognized Yoga Alliance



Curriculum Overview

1. Techniques Training and Practice - 116 hrs with Maggie Reagh, Tianne Allan, Martha Carter, and Dr. Geoff Soloway

Two 10-week series (80 hrs)

Term 1 - Fall: 9am-1pm

Five Movements of the Spine: Forward Bends; Lateral Bends; Rotated Twists; Inversions; Back bends

All classical therapeutic asana-s and their modifications taught are based on the breath-alignment-meditation approach to practice in the Sri. T. Krishnamacharya lineage.

Term 2- Winter: 9am-1pm

Application of basic classical therapeutic āsana-s and their modifications from Term 1 for common aches and pains in Feet/Legs; Hips; Lower Back; Upper Back; Neck and Shoulders

Classes will be a mix between practicing the techniques (2 hours/day) and analyzing how to teach/practice them (2 hours/day). This will be done as a whole class and in pair work.

Six 4 hour workshops (24 hrs)

Term 1 - Fall: 2pm-6pm

Introduction to Yoga Therapy – (4 hours with Maggie), Mindfulness Meditation (2 hours with Dr. Geoff Soloway), Yoga for Scoliosis (2 hours with Martha Carter), and Introduction to Restorative Yoga - Part 1 (4 hours with Tianne Allan)

Term 2 - Winter: 2pm-6pm

Introduction to Restorative Yoga - Part 2 (4 hours) with Tianne Allan and Pranayama- Meditation (8 hours – two 4-hour workshops) with Maggie Reagh

Four 1.5 hr practice portions at 2 weekend intensive retreats (12 hrs)

2. Teaching Methodology – 26 hrs (2 Hours Non-Contact) with Maggie Reagh

Four 3 hr portions at 2 weekend retreats = **24 hrs**

Plus two Non- Contact Hours, studying the materials from the retreat during the Saturday afternoon break. This material will be clarified in the early evening session.

Summary: 26 hrs at 2 weekend intensives



Retreats

Fall Intensive: Fri-Sun Intensive Dates TBA

Spring Intensive: Fri-Sun Intensive Dates TBA

- I. The Teacher-Student Relationship – Fall
- II. Principles of Sequencing in the Krishnamacharya Lineage – Fall
- III. The Student's Learning Process – Winter
- IV. Principles of Instruction and Different Teaching/Learning Styles – Winter
- V. The Business of Yoga - Winter

Knowledge of teaching methodology will be tested during Oral exams at each retreat and during Practicum exams.

3. Anatomy & Physiology – 20 hrs with Maggie Reagh and Dr. Robin Armstrong

Dr. Robin Armstrong

An Introduction to Western Anatomy and Physiology- **16 hrs (Four 4-hour workshops)**

Maggie Reagh

Ayurvedic Energy Anatomy and Physiology – **4hrs**

Summary: Five 4 hour Sat workshops

An integration of Western with Ayurvedic Medicine with a focus on Functional Anatomy and Physiology as applied to Teaching Therapeutic Yoga (TTY)

This includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). It also includes both the study of the subject and application of its principles to Yoga practice (benefits, contraindications, healthy movement patterns, etc).

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 32hrs with Maggie

Patanjali's Yoga Sutras and Yoga Lifestyle/Ethics



Two 4 hour workshops = **8hrs**

The Veda-s and Vedic Chanting =8

Two 4 hour workshops = **8 hrs**

Ayurveda and Ayurvedic Yoga Lifestyle

Two 4 hour workshops = **8 hrs**

The Bhagavad-Gita

Two 4 hour workshops = **8 hrs**

Summary: Eight 4 hour Sat workshops

This includes the study of Yoga philosophies, Yoga lifestyle, and Ethics for Yoga teachers. A minimum of 2 hours will be spent on Ethics for Yoga teachers.

5. Practicum Part 1 & 2 – 30 hrs (4 Non-Contact) with Maggie

Practicum Part 1: 10 hrs of observing and assisting in public Yoga Therapy group classes

Five two hr classes during the second term

All students will observe and assist in semi-private public group classes.

This must be arranged at the beginning the second term for each student.

Practicum Part 2: 16 hrs of Practice Teaching & 4 Hours (Non-Contact)

Midterm/Final Exams = 20 hours (4 non-contact)

At the end of each term, 4-5 pairs will present during an 8 hour Practicum Exam.

Total Hours: 224 plus Weekly Homework Assignments

Program Learning Outcomes

At the end of this program, students will understand...

How to create and modify Yoga practices for minor therapeutic purposes in group Yoga Therapy classes for physical-mental strength and flexibility; physical and mental relaxation; psychological-spiritual transformation as taught in the Krishnamacharya lineage of Yoga Therapy teachings



How to apply the classical teachings of Ayurveda, Patanjali's Yoga Sutras, Vedic Chanting, and Western Anatomy-Physiology to Teaching Therapeutic Yoga in groups and to living an ethical Yogic lifestyle

The fundamentals of Western functional anatomy and physiology compared to Classical Ayurveda as applied to the Teaching Therapeutic Yoga

The ethical code of *Ahimsa*, Non-harming, and the other *Yama-s (ethics) and Niyama-s (lifestyle)* as well as the desire to serve others, *Karma Yoga*

The ethical code of the Teacher-student relationship

Scheduling

Two terms of 12 weeks (including weekend intensive retreats): Sept-Dec, Jan-April; No classes during holiday weekends

3 hour class with Maggie 9am-1pm for 10 wks/term one 4 hour workshop every Saturday 2-6pm for 12 weeks/term with our faculty including Maggie

20 workshops during Fall and Winter Terms

❖ 4 hrs/workshop x 10 wks x 2 terms = 80 hrs

One 13 hr weekend intensive per term with Maggie x 2 terms = 26 Hours

Five 2-hour group class practicum sessions/student for the second term during evening week nights and on Sundays pm

16 hours of teaching in pairs 1.5 hr classes - 8 hrs, the last Saturday of each term. Midterm and Final Exam Papers will be due at this time as well (4 hours non-contact) = 20 hours Practicum

Summary

RYT 200 in Therapeutic Yoga Hours

1. Techniques Training and Practice - 116 hrs with Maggie Reagh, Tianne Allan, Martha Carter, and Dr. Geoff Soloway
2. Teaching Methodology – 26 hrs (2 Hours Non-Contact) with Maggie Reagh
3. Anatomy & Physiology – 20 hrs with Dr. Robin Armstrong and Maggie Reagh
4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 32hrs with Maggie Reagh



5. Practicum Part 1 & 2 – 30 hrs (4 Non-Contact) with Maggie Reagh
Total: 224 Hours (6 Non-Contact)

Term 1: September 20-December 13, 2014 = 12 Weeks

Holidays: Oct 11th and Nov 8th

Saturdays 9am-1pm and 2-6pm

One Intensive Weekend – Date TBA

Term 2: January 10-April 11, 2015 = 12 Weeks

Holidays: Feb 28th and April 4th

Saturdays 9am-1pm and 2-6pm

Five 2 hr group class practicum sessions/student for the second term during evening week nights and on Sundays pm

One Intensive Weekend – Date TBA

See Google Calendar:

[https://www.google.com/calendar/embed?](https://www.google.com/calendar/embed?src=npqetj3jp9q6l916ndb1q8c0h8@group.calendar.google.com&ctz=America/Vancouver&gsessionid=OK)

[src=npqetj3jp9q6l916ndb1q8c0h8@group.calendar.google.com&ctz=America/Vancouver&gsessionid=OK](https://www.google.com/calendar/embed?src=npqetj3jp9q6l916ndb1q8c0h8@group.calendar.google.com&ctz=America/Vancouver&gsessionid=OK)

Tuition

\$ 3800 including \$180 GST

Down payment of \$1000 due upon registration with **8 monthly installments** of **\$350** on the 30th of each month, Sept/13-April 30/14 with a binding contract for full payment due upon registration.

An e-binder of original materials given throughout the course

Books from India and Maggie's Chanting

All workshops and class series

Practicums

Two Intensive retreat weekends – dates TBA

Instruction in a group of less than 10 students

224 Hours (6 Non-Contact)

Registration is limited to 10 students to allow for individualized attention

Primary Faculty and Director of Yoga Therapy International

Maggie Reagh, BA in Classical Philosophy, MA in Teaching, E-RYT 500, Certified Yoga Therapist (CYT)



Specialist Mentors

Tianne Allan, BA (Psychology), E-RYT 500, CYT – Restorative Yoga

Dr. Robin Armstrong, BA (Kin), DC, RYT – Anatomy and Physiology

Martha Carter BA, MFA, RYT200 - Scoliosis

Dr. Geoff Soloway, PhD, RYT – Mindfulness Meditation