



VIRTUAL

offered as virtual or on-line only

LEVEL 1

Foundations in Yoga Therapy (300 hrs)

Daily Schedule: Generally speaking, the program's daily schedule is as follows (listed in Mountain Time):

- 7:00-8:30am (morning practice, sometimes these will be pre-recorded)
- 8:30-9:00 break
- 9-12 morning class (with 1 15-minute break)
- 12:00-1:00 lunch
- 1:00-5:00 afternoon class (with 2 15-minute breaks)

MODULE 1 | OCTOBER 3-4, 2026 | VIRTUAL

INTRO TO YOGA THERAPY

FACULTY: Michele Lawrence

In our first module together, we will overview the expectations and outline of the course, get to know each other through group exercises and ice-breakers and discuss the pancamaya kosha model as well as other frameworks for understanding and assessing individuals. We will also outline and work in groups to understand the four basic guiding principles of yoga therapy and become familiar with the intake process. We will review our group agreements to help facilitate success as a cohort.

MODULE 2 | OCT 24-25 and NOV 7-8, 2026 | VIRTUAL

FUNCTIONAL YOGA THERAPY: PREPARATORY SKILLS AND TOOLS

FACULTY: Maria Shamas

This module explores advanced anatomy and its relationship to physical movement; along with practical treatment applications. The human body will be studied as a sacred temple with all of its myriad complexities for both assessment and individualized therapeutic application. Participants will be guided in teachings pertaining to advanced postural assessment, range of motion, basic muscle strength & flexibility testing, practical Ayurvedic concepts related to the assessment and treatment process, understanding of the client's emotional anatomy and training in practitioner sensitivity & awareness. Participants will both experience and facilitate all assessment techniques taught, through this gaining a more thorough understanding of specific symptomatic presenting issues, while maintaining the greater focus of the client as a fully integrative whole human being.

MODULE 3 | DECEMBER 11-13, 2026 | VIRTUAL

YOGA ACROSS THE CANCER CARE CONTINUUM

FACULTY: Anne Pitman and Smitha Mallaiah

In the three days of this module, we will cover yoga therapy across the cancer care continuum from Diagnosis, to Treatment, to Survivorship and beyond. Specific topics include: Cancer perspectives, beliefs and attitudes, stress and cancer, cancer in different age groups, shock of diagnosis, PTSD and Cancer-related trauma, prehabilitation, side effects of treatment and yoga therapy response, guidelines for safety precautions and contraindications, working with caregivers and couples, benefits of individual and small group yoga therapy, cancer and yoga research, adjusting to the new normal after cancer, case studies, and creating a yoga class sequence for particular needs.

MODULE 4 | JAN 2 – FEB 14, 2027 | VIRTUAL
MEETS WEEKLY ON SATURDAYS, 8-11AM MT with final on
SUNDAY, FEB 14th 8-11AM MT

PATAÑJALI YOGA SŪTRAS GUIDELINES FOR ĀYURVEDIC YOGA SĀDHANĀ

FACULTY: Chinnamasta Stiles

The aim of Yoga is to understand yourself/ Self, why you experience pain and how to experience freedom of suffering. Yoga therapy supports you in moving from pain to ease, as observed through the multi-dimensional yogic anatomy body. This requires a daily personal sādhanā, not merely to self-regulate yet to increase sattva inside – out. Sattva is a state reflecting peace, compassion and joy independent from outer circumstances. Sattva is cultivated through a consistent practice including reflection, taking meaningful actions and a polishing of your attitude, steeped in devotion and selflessness towards all living beings.

A yogin seeks to understand the root cause of pain and from that understanding to adapt their practice aligned with both yogic and āyurvedic wisdom. The structure for yoga sādhanā is offered in the Patañjali Yoga Sūtras Chapter II, an essential starting point for each yoga teacher/therapist.

These wisdom threads offer a practical and profound darshana helping you to gain a new perspective and the means to become free of pain. These sūtras are the backbone of Yoga, your ethical compass, showing you the way how to build yourself up inside-out.

Both Yoga as a philosophy, and the medicinal art and science called Āyurveda, are revealed through this text. These two Vedas are the rivers of Eternal Wisdom and the oldest original Mother Medicine. Lived together as one, they offer potent medicine to anchor yourself in a fulfilling way of living.

Together we will journey, step by step, through Chapter II - Sādhanā Pāda, steeped in reverence to the tradition and receiving practical tools for daily living.

You will come to experience that being centered in Spirit is the core of Yoga. From that place you take dharmic actions in the world, for the betterment of all living beings.

Required book for this module: Patañjali Yoga Sūtras, as interpreted by Mukunda Stiles.

MODULE 5 | FEB 26-28, 2027 | VIRTUAL

YOGA OF RECOVERY

FACULTY: Durga Leela

This is the first comprehensive course to combine Ayurveda and Yoga with traditional recovery tools to offer a more holistic mind, body, spirit approach to addiction and self-destructive behaviors. This course is for therapists, social workers, addiction counselors, sponsors, yoga teachers, Ayurvedic practitioners etc. Anyone interested in a more holistic and complete view of the problem and its solution. Bringing the west (12 Steps) and the East (Yoga and Ayurveda) together offers us 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 into your own life and those around you.

MARCH 1– 31, 2027 | ONLINE & SELF-PACED

PAIN CARE AWARE FOUNDATIONS

FACULTY: Neil and Lisa Pearson

In this 30 hour online self-paced professional development program, you will dive deeply into yoga teachings and pain science, explore pain as a human condition and learn how to foster fearlessness, hope and resilience in yourself and your students when there is pain. This is a first of its kind offering that combines pain science with yoga principles and compassionate practices to give yoga teachers and therapists the confidence and competence to help their students and clients with pain move from fear and fragility to self-efficacy, self-compassion and fearlessness.

MODULE 6 | APRIL 9-11, 2027 | VIRTUAL

PAIN CARE AWARE CERTIFICATE LEVEL: TEACHING GROUPS

FACULTY: Neil & Lisa Pearson

In this course, you will build upon what you learned in the Pain Care Aware Foundations course and apply it to a group class setting. You will learn:

- How to apply awareness and regulation techniques and the Pain Care Movement Guidelines in practice
- Ways to reconceptualize Yoga cueing language and compassionate skills practices

At the end, you will receive and give peer feedback and participate in Pain Care Aware (PCA) group teaching evaluations. Receiving your PCA Teaching Certificate in our final ritual/ceremony will complete our time together.

MODULE 7 | APRIL 23-25, 2027 | VIRTUAL

MAPPING THE SUBTLE BODY

FACULTY: Jessica Patterson

The subtle body—the body most predominantly addressed within yoga—is not represented by or distilled down to a single, universal map. Across diverse philosophical, contemplative, and especially Tantric traditions, practitioners developed multiple systems of cakras, nāḍīs, prāṇa and the vāyus, elements (bhūtas), mantra and sound, imagery, and other forms of subtle anatomy as practical means of understanding and transforming embodied experience.

Mapping the Subtle Body introduces students to these models within their historical and philosophical contexts while exploring their relevance for contemporary yoga therapy. Rather than treating cakras or nāḍīs as fixed anatomical structures, we approach subtle-body systems as **contextual and pragmatic maps**: different traditions map the body differently because their maps developed within particular worldviews and for particular practices, purposes, and understandings of transformation. **Why, in other words, matters a great deal when considering what and how.**

The concept of the **map** helps shift our understanding of the subtle body from a discrete thing or fixed anatomy toward models that offer different ways of **orienting (and reorienting), describing, exploring, and transforming experience**. Just as no single geographical map tells us everything about a place, different maps become useful depending upon what we are trying to understand or do. We might choose a street map to navigate from one location to another, a topographical map to understand the contours of the terrain, or a tourist map to identify particular sites of interest. And none of these might attend to the historical or Indigenous routes of a place. Thus, the same landscape can be encountered very differently depending upon what the map foregrounds—and where our attention is directed or deflected.

Students explore both common features and significant variations among subtle-body models, including sūkṣmaśarīra (the subtle body), cakra systems, nāḍīs and the movement of prāṇa, the five prāṇa vāyus, bhūtas and tanmātras, kośas and granthis, mantra and bīja, and practices of focused attention and placement such as nyāsa. Particular attention is given to the predominantly Tantric contexts in which cakra and nāḍī systems developed and to the ways these teachings have subsequently been interpreted and adapted within modern yoga. While this variation may initially seem daunting to those accustomed to working with a single system, recognizing the plurality of these maps ultimately expands the possibilities available to both therapist and client. **No one map gives us the whole story.**

For yoga therapists, subtle-body maps can serve two interrelated functions: they can **reflect** experience, helping practitioner and client orient to and inquire into what is happening in body, breath, sensation, attention, energy, emotion, thought, relationship, and meaning; and they can **direct** experience, informing the intentional use of yogic practices to alter those conditions and alleviate suffering.

Through lecture, comparative study, experiential inquiry, reflection, and therapeutic application, students learn to recognize patterns and qualities within lived experience and explore how yogic tools—including āsana, prāṇāyāma, mantra and sound, mudrā, visualization, focused awareness, elemental practices, and other subtle-body practices—may be selected and adapted responsively. The qualities of the elements and the directional functions of the prāṇa vāyus, for example, can provide additional ways of exploring experiences such as constriction, instability, depletion,

overwhelm, stagnation, or loss of center and considering practices that might support a different organization of experience.

Throughout the module, emphasis is placed on **curiosity rather than diagnosis, experience rather than imposed interpretation, and responsiveness rather than adherence to a predetermined energetic model**. Students develop their capacity to listen to what is communicated verbally and nonverbally, ask more useful therapeutic questions, and select practices in relationship to the needs, goals, capacities, and lived experience of the individual.

Students leave the module with an expanded understanding of subtle anatomy and practical frameworks for using traditional yogic maps as flexible resources for **orientation, inquiry, and practice—the response to where we are**. Ultimately, *Mapping the Subtle Body* invites students to approach these maps not as fixed answers about what a body *is*, but as historically situated and experientially testable ways of seeing—*darśanas*—that can expand what yoga therapists and their clients are able to notice, inquire into, and work with in the service of healing and the alleviation of suffering.

MODULE 8 | APRIL 30-MAY 2, 2027 | VIRTUAL

YOGA FOR GRIEF RELIEF

FACULTY: Antonio Sausys

Grief is the body's response to loss, any loss. When going through any given condition, we not only lose the "dream of a healthy life" but we also experience the loss related to the restrictive nature of the condition's symptoms. It is then important to identify some symptoms related to grief and to learn ways to address them. In this module, participants will learn about the physical symptoms of grief, its psycho-neuro-immunological basis and a set of simple Yoga exercises to address them while aiding the psychological transformation of grief into a resource of personal growth. A comparative analysis is made of the Western and Eastern models of the psyche stating the importance of the psychic centers' involvement both physically and emotionally and especially in regards to the yogic theory of attachment. The methodology alternates theoretical lectures with experiential work.

MODULE 9 | MAY 14-16, 2027 | VIRTUAL

YOGA FOR POST-TRAUMATIC GROWTH

FACULTY: Erin Alexander & Lisa Haake

Trauma is not a life sentence — it is an imprint, held in the body and expressed through every layer of our being. In this module students will explore trauma, resilience, the profound human capacity for growth and transformation, and the powerful role yoga and yoga therapy can play in this process.

The sessions are grounded in yoga's non-dual framework and informed by leading voices in trauma research and somatic healing. *Yoga for Post-Traumatic Growth* weaves together modern neuroscience and the ancient wisdom and practices of yoga, all based on a foundational truth: no one needs fixing. Every participant, and every client they will one day serve is already whole.

Across three days, students move through an integrated arc of understanding and practice. Day One establishes the foundation — exploring trauma as the body's memory of stress, its impact across the five koshas, and the stress response cycle — before turning toward the research and framework of Post-Traumatic Growth and what it means to meet clients on the spiral of healing. Day Two moves into the Absolute, developing practical tools for recognizing and welcoming what arises through the lens of the gunas, applied through case scenarios that build clinical skill and embodied discernment. Day Three grounds into the Relative, exploring how trauma is uniquely expressed through each individual's constitutional nature and how Ayurvedic frameworks can guide both practitioners and clients from recognition toward integration.

Students will leave with:

- A working understanding of the autonomic nervous system, the stress response cycle and its expression across the koshas
- A non-pathologizing clinical framework rooted in Post-Traumatic Growth research
- Practical tools for nervous system regulation drawn from yoga philosophy and practice
- Skill in recognizing trauma's expression through Ayurvedic and somatic frameworks
- The regulated presence that is itself a therapeutic instrument

MAY 20 | 2-5PM MT | VIRTUAL

WRAP UP AND CLOSING

FACULTY: Michele Lawrence

On our final day of this Level 1 training, wrap up together and prepare students as they embark upon the rest of their studies in the 800 hour certification course. A certificate ceremony will be held to recognize and congratulate students for completing this portion of the training.