

FINAL RULES December 2015 - Grandparenting Pathway 1: Yoga Therapists with Formal Training
 Updated May 1, 2016 – changes highlighted in green

Examples of the training charts to be completed are shown below:

EXAMPLE: Grandparenting Pathway 1 Formal Yoga Therapy Training Program		
Name/Description of Program #1	Inner Peace Yoga Therapy 300 hour Training Program	
Date Program Began	November 6, 2010	
Date of Program Completion	February 11, 2011	
Location of program	Prama Institute, Asheville, NC	
Teacher(s) in Program	Michele Lawrence, Shar Lee, Marc Halpern, Nischala Joy Devi, Neil Pearson, Karen Soltes, Durga, Antonio Sausys, Amy Weintraub	
Estimated Program dates	November 6-19, 2010 and January 30-February 11, 2011	
Type of Evidence Provided	Certificate of graduation and letter from Training Program documenting distribution of hours (scanned and attached)	
The sections below match the IAYT Educational Standards. For more details refer to the website under Accreditation	Hours: Contact	Hours: Non-Contact
Section 1: Yoga Foundations (e.g. yoga philosophy) (50 hours)	60	5
Section 2: Biomedical and Psychological Foundations (e.g. anatomy & physiology; psychology & mental health) (50 hours)	50	5
Section 3: Teaching and Therapeutic Skills (e.g. educating clients; skills with groups) (150 hours in 3, 4 & 5)	80	
Section 4: Yoga Therapy Tools and their Application (e.g. yoga practices) (150 hours in 3, 4 & 5)	50	50
Section 5: Professional Practice (e.g. ethical principles, legal issues, personal development) (150 hours in 3, 4 & 5)	25	
TOTAL HOURS	265	60