

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	May 8, 2013	
Date of Program Completion	September 30, 2013	
Location of program	Prama Institute, Asheville, NC	
Teacher(s) in Program	Michele Lawrence, Maria Mendola, Marc Halpern, Nischala Joy Devi, Neil Pearson, Lillah Schwartz, Durga, Amy Weintraub, Laura Kupperman	
Estimated Program dates	May 8-21, 2013 and September 16-30, 2013	
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