

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

<b>EXAMPLE: Grandparenting Pathway 1 Yoga Therapy Training Chart (1 per program)</b>		
Name/Description of Program #2	Inner Peace Yoga Therapy 100 Hour Program (Level 2)	
Estimated Program dates	July 22-31, 2015	
Location of program	Kelly Place, Cortez, CO	
Teacher(s) in Program	Shanti Shanti Kaur Khalsa, Vijaya Stern	
Type of Evidence Provided	Program Completion Certificate	
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)	23	5
Section 2: Biomedical and Psychological Foundations (e.g. anatomy & physiology; psychology & mental health) (50 hours)	29	
Section 3: Teaching and Therapeutic Skills (e.g. educating clients; skills with groups) (150 hours in 3, 4 & 5)	23	
Section 4: Yoga Therapy Tools and their Application (e.g. yoga practices) (150 hours in 3, 4 & 5)	20	
Section 5: Professional Practice (e.g. ethical principles, legal issues, personal development) (150 hours in 3, 4 & 5)	5	
<b>TOTAL HOURS</b>	<b>100</b>	<b>5</b>