



inner peace
yoga therapy

LEVEL 1

HYBRID
students can participate in-person or virtually

IN-PERSON

students must participate in-person,
@ Santosha Yoga Collective, Loomis CA
santoshayogacollective.com

VIRTUAL

offered as virtual or on-line only

Foundations in Yoga Therapy (300 hrs)

Daily Schedule: Generally speaking, the program's daily schedule is as follows (listed in Pacific 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 | May 3-5, 2024 | HYBRID (on Friday 5/3 we will meet in eve only)

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 | JUNE 6-9, 2024 | IN-PERSON

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 | JULY 12-14, and JULY 19, 2024 | VIRTUAL

AYURVEDIC YOGA THERAPY

FACULTY: Chinnamasta Stiles

This training is based on an integration of teachings from Patanjali's Classical Yoga text the Yoga Sutras and Chinnamasta's & Mukunda Stiles' insights into Ayurvedic Yoga. The following topics are covered:

- Understanding āyurvedic yoga therapy as a multi-dimensional approach
- Learn and practice of three vinyasas for vāta, pitta, kapha balancing
- Gain insight into the “gunas” or qualities of nature and their interpretation and application
- Discover the pillars of health
- Learn practical tools to support your personal sādhanā, or practice, prevent illness and support health and well-being
- Includes daily talks on the Sutras of Patanjali Chapter II, integrating an āyurvedic and yogic point of view

*** Please note unique daily schedule for these training dates only: July 12-14 we will meet from 7am – 3pm PT and on July 19 we will meet from 7am – 12:30 pm PT**

MODULE 4 | AUGUST 2-4, 2024 | HYBRID

THE SUBTLE BODY

FACULTY: Jessica Patterson

Discover how the chakra system can clear and heal obstacles, freeing you to move closer toward balance, gratitude, and grace. Closer, that is, to yoga. The chakras provide us with a structured model for deep therapeutic inquiry and transformation, as well as a map for understanding the evolution and expansion of our consciousness (the knowing principle, what we are aware of). Far from being merely esoteric and "new agey," the chakra system is a practical tool for all yogis. Chakras are the energetic centers where prana, or the vital life force, is either channeled or trapped. Each chakra corresponds to unique relationships in our lives and is associated with specific physical, psychological, emotional, and spiritual

considerations. We can deepen our understanding of the energetic centers through their associated asanas, bija (seed) mantras, elements, intentions, and qualities. Using these powerful investigative tools, we will explore the central qualities and questions governed by each chakra, and listen into the conversations among them. begin to reveal (and help heal) emotional, energetic, psychological, physical, spiritual, and relational imbalances.

MODULE 5 | AUGUST 16-18, 2024 | 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 loose 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 workshop 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 specially in regard to the yogic theory of attachment. The methodology alternates theoretical lectures with experiential work.

MODULE 6 | SEPTEMBER 13-15, 2024 | 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.

SEPTEMBER 16-OCTOBER 11, 2024 | SELF-PACED & VIRTUAL

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 7 | OCTOBER 17-20, 2024 | IN-PERSON

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. Specifically you will learn:

- How to apply awareness regulation and the Pain Care Movement Guidelines in practice
- Ways to reconceptualize Yoga cuing 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 8 | NOVEMBER 1-3, 2024 | 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 9 | DECEMBER 6-8, 2024 | VIRTUAL

YOGA OF STRESS RESILIENCE

FACULTY: Dr. Shailla Vaidya

One of the greatest challenges in life is finding ways to deal constructively with stress. Stress affects us physically, mentally, and emotionally. In the short term, it can affect our well-being and our relationships. In the long term, it can undermine our health. We now know that stress is one of the major factors that predispose us to chronic diseases. Fortunately, in recent years, great strides have been made in our understanding of the stress response and how to work constructively with stress.

In this three-day course, we will review the science of human function and factors that make us more vulnerable to the effects of stress. We will also learn how to use self-care techniques from the ancient tradition of yoga, including movement, breathing techniques and meditation to help us build resilience through the daily stressors we experience in our lives.

DECEMBER 14, 2024 (AM ONLY) | 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.