



Syllabus and Learning Outcomes

Post-graduate Yoga Therapy training course

The student will build on their yoga experience and learn how to use yoga practices therapeutically. This course has an holistic approach to Yoga Therapy, using in depth knowledge of the subtle energy system, chakras, vayus, and koshas, to offer the client a spread of practices for their whole health and well being.

In one to one work it is essential to build a trusting relationship with your client, to this end, we include Counselling skills, alongside a practical application of Patanjali's Sutras and study of the yoga causes of disease. Inevitably this means examining oneself, as personal practice is essential to your understanding of others.

The course is designed to meet the National Occupational Standard for Yoga Therapy and the core curriculum set by the British Council for Yoga Therapy, and is accredited with BCYT. Full details of these documents can be sent on request. The course is recognised by the Complementary and Natural Healthcare Council so that graduates may register as Yoga Therapists.

Areas of study include:

Diagnostic Models:

Yoga models of holistic health, Pancha Kosha , Vayu and Gunas
Chakra diagnosis, Chakra tools for healing, planning a therapy program using chakras
An introduction to Ayurveda and Tridosha
Body reading and mobility assessment

Relating to your client:

Counselling skills, communication and observation
Patanjali and the causes of suffering
Taking a case history

Yoga Therapy Tools

Anatomy, physiology and pathology of common ailments
Pathology of common problems and current research regarding the benefits of yoga practice.
Practices for back problems – a holistic approach, the impact of Bandhas
Energetic and emotional issues in relation to back problems
A &P for Common Problems
Women's health, including pregnancy and the menopause
The aging process and, working with the elderly
Stress: health implications and Yoga Therapy solutions
Supported postures and adaptations for those with limitations
Restorative Yoga
Yoga and nervous system health through the chakras
Yoga for pain relief
Post cancer care

Practice Management

Yoga Therapy and the Law
Record Keeping and promoting your business
Health and Safety

Real Yoga



Mental and Emotional Support for the client

Bhavana, Sankalpa and psychoneuroimmunology

The therapeutic use of meditation

An in depth study of relaxation techniques.

Clinic days during the course, give the student opportunity to work with clients in a real situation.
Contra indications for all health issues are embedded into the theory and practice.



Learning Outcomes for the course are those set in the British Council for Yoga Therapy core curriculum.

The student will be able to meet the criteria laid out in the CHNOS for Yoga therapy

- 1 Explore and establish the client's needs for Yoga Therapy
- 2 Develop and agree plans for Yoga Therapy with clients
- 14 Provide Yoga Therapy to clients

The successful candidate will show/demonstrate:

- how to interact with the client in a professional way:
- take a case history,
- keep records of the sessions,
- assess the clients' needs, and progress and set goals
- plan a programme of yoga for the individual
- make a contract with the client, setting professional boundaries.
- understand the current laws involved in therapy work, follow the CNHC code of practice
- how to run a Yoga Therapy practice

The student will be able to demonstrate and apply knowledge and understanding of the following as a means of diagnosis and therapeutic application:

The Koshas, Vayus, Chakras , and pathology of common ailments, mobility assessment
Asana , pranayama, pratyahara, etc (detailed in CHNOS 14)

The student will demonstrate a variety of skills for working one to one, including:

- Energy awareness,
- Visualisation and affirmations,
- Guiding asana practice with minimum intervention, and the ability to modify asanas appropriately and understand the contraindications.
- The therapeutic application of Chakra work
- General counselling skills: (listening, reflecting, summarising.)



Assessment Methods

There is ongoing assessment throughout the course for all the practical aspects of the training, with both aural and written feedback.

1. Assignments are set for each part of the course. Currently there are 9. These are linked to learning outcomes based on the Core curriculum.

2. Practical Assessment: The student will work with a client with the assessor present.

The student will demonstrate

How to take a case history

Rapport with the client

Contracting

The basic counselling skills of listening, reflecting, summarising, and setting goals.

Teach a yoga therapy programme

3. The student will show their working knowledge by submission of 6 cases studies of 6 hourly sessions (36 hours total) with a written account of each session (can be in note form), this could include working with a small group.

The case history to include:

The planned yoga programme, and the rationale for the programme

Home practice and handouts/notes given and any other advice offered

An assessment of the client's progress and benefits of the yoga practice.

A Reflective overview of the therapy given.

Signed statement from the client

4. Practice Journal

This will show the student's understanding and personal experience of some of the therapeutic practices.

This will include some practices set by the tutor.

5. The student is expected to receive at least 3 sessions of Yoga Therapy, with an approved therapist, and will keep a log of these sessions and other relevant experience during the course.

6. Practical therapeutic work is part of the training. The student will work some practical assignments, clinic days within the course, and case work, this can be worked in one to one and in a small (no more than 6) groups. These sessions will be mentored and count as face to face time. All of these are to be logged and recorded and, of these, 6 case studies will be presented in depth(see above).



Dates and Costs

The Post Graduate Yoga Therapy Course

The next training will start Spring 2018. Currently there are 12 Training weekends these will be held at two monthly intervals.

2018 Start date: March 3rd,4th

wknd 2 May12th,13th

wknd 3 June 30th 1st July

Further dates to be confirmed:

September 1,2nd

October 10,11th

Fees: In total £3300 - plus £150 assessment fees (these are paid directly to the assessor at the time of assessment).

You will be asked to pay a deposit of £300 to reserve your place on the course.

The remaining fees can be spread over the length of the course: £250 for each weekend or by monthly direct debit of £125.

The assessment fees are paid at the end of the course

This does not include accommodation, or food, although drinks are provided.

Days or weekends that are missed for any reason will still be charged, to cover materials and additional tutorial time.

Extra Costs:

As part of the course you will be expected to receive Yoga therapy from a qualified Yoga Therapist.

Although there are no 'set' books you will need a good anatomy book and a copy of Patanjali's Sutras

If you would like to apply to join the course, please fill in the application form and send it to the return address. When your application is accepted we will ask for a non-returnable deposit of £300.

The Venue:

The Inner Place, Homend Mews, Ledbury, Herefordshire.

The training is held in Ledbury, an old Herefordshire market town easily accessible by the motorway network and with a good train service within walking distance of the town. The town has many eating places, interesting shops and friendly people. The surrounding countryside has areas of outstanding beauty and is near to the Malvern Hills.

Bed and breakfast accommodation is plentiful in and around Ledbury and can best be found on the internet.

About your Tutors –

Jean Danford

Jean Danford has 40 years experience of teaching yoga, teaching in adult education, schools and hospitals. She has been training yoga teachers for over 25 years, firstly for FRYOG and in 2006 when the new National Occupational Standards were developed she began training others in Yoga Therapy establishing Real Yoga as a training school in its own right.

Jean is a registered Yoga Therapist, a trained and qualified healer and counsellor. In 1985 she trained and qualified in deep tissue bodywork as a postural integrator, and is a senior tutor for the College of Healing and assessor for FRYOG (Friends of Yoga)

She is an active member of The British Council for Yoga Therapy and has contributed to the development of

Real Yoga



a national training standard. Jean represents Yoga Therapy at national level as a board member of the regulator for complementary therapies, the Complementary and Natural Healthcare Council.

Sharon Guisbourne

Is a Registered Yoga therapist, teacher and masseur, and has been tutoring on the course for 8 years, skilled in Anatomy and Physiology and specialising in working with MS.

Patricia Cronin

Is a Registered Yoga Therapist and runs special courses and retreats under her banner of 'The Yoga Root' , she is also trained in Pilates, and currently serves as a Profession Specific Board member for Yoga with the Regulatory body CNHC

We also invite specialist tutors from time to time to share their expertise.