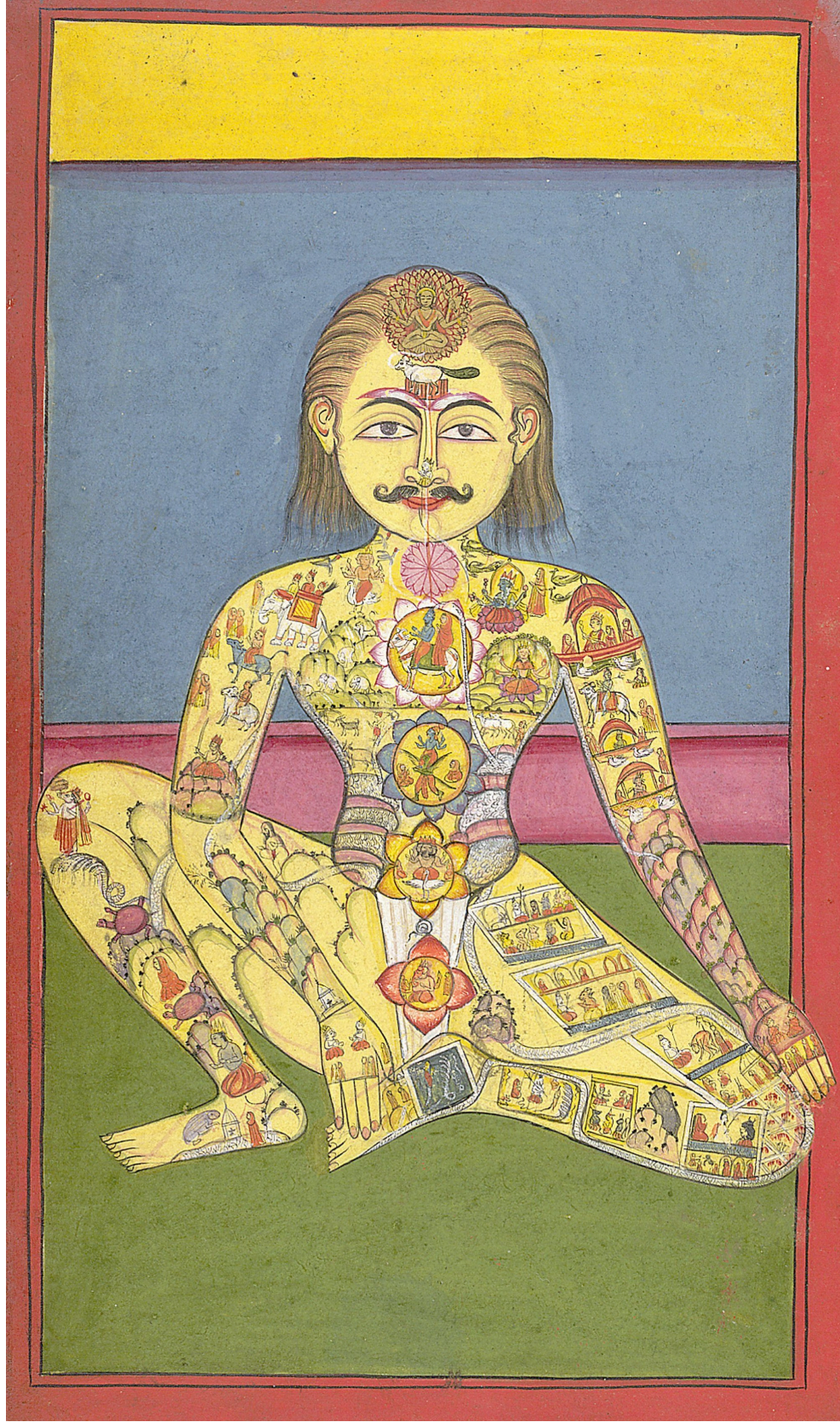




2013-2014

Surya Chandra Healing Yoga School
Yoga Therapy Training Program • Study Guide



Yoga Therapy • Study Guide

Yoga Teachings and Philosophy

Be familiar with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkya, Yoga, Tantra and Ayurveda.

Vocabulary

1. Vedic Period
 - a. Vedas - Upanishads
 - i. Rig
 - ii. Yajur
 - iii. Sama
 - iv. Artharva
2. Post-Vedic Period
 - a. Epic Period
 - i. Ramayana
 - ii. Mahabharata
 - Bhagavad Gita
 - b. Post Epic Period
 - i. Samhitas (Geranda, Siva)
 - ii. Hatha Yoga Pradipika
 - iii. Yoga Yajnavalkya
 - iv. Yoga Taravali
3. Shat Dharsanas

4. Samkhya
5. Tanmatra
6. Bhutas
7. Indriyas
8. Gunas
9. Duhkham
10. Yama: ahimsa, satya, asteya, brahmacharya, aparigraha
11. Niyama: santosha, saucha, tapas, svadhyaya, isvara pranidhana
12. Asana, Pranayama, Pratyhara, Dharana, Dhyana, Samadhi
13. Purusa
14. Prakriti
- 15.

Yoga and The Mind

Be familiar with yoga perspectives on the structure, states, functioning and conditions of the mind.

Have knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the Yoga Sutras, the Bhagavad Gita and other texts.

1. Cit - Citta
2. Drashtr - Drshya
3. Antahkarana citta, buddhi, ahamkara, manas
4. Citta vritti
5. citta parinama
6. Vyutthana/nirodha
7. Artha
8. Bhava
9. Svabhava - Vasana - Samskara
10. Mudha, Kshipta, Vikshipta, Ekagrata, Nirodha
11. Vaishvanara, Taijasa, Prajna, Turiya
12. Lobha, Krodha, Moha
13. Duhkha & Daurmanasya
14. Sarupyam
15. Antaryas (9)
16. Nirodha
17. Kleshas: avidya, asmita, raga, dvesa, abhinivesa
18. Vrittis (5):

Have knowledge of the interaction of the body, breath, mind, intellect and emotions in health and well-being.

Framework for Health and Disease

Be familiar with the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the following concepts.

1. Pancha Mayas:
2. Pancha Vayus/Prana Vayus
3. Prana prakopa
4. Tri-Dosha
5. Prakriti
6. Vikriti
7. Dosha/Constitution
8. Ama
9. Agni
10. Tri-Gunas
11. Prakriti
12. Surya
13. Chandra
14. Bramhana
15. Samana
16. Langhana
17. Vyuha model: hetu, heyam, hanam, upayam
18. Samprapti (pathogenesis)
19. Shamana (short-term)
20. Shodhana (long-term)

Biomedical and Psychological Foundations

Be familiar and have knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.
Be familiar with common medical knowledge.

Have knowledge of biomechanics and movement as they relate to the practice of yoga and the work of the yoga therapist.

Have knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.

Have knowledge of commonly used drugs and surgical procedures as relevant to the work of a yoga therapist.

Have knowledge of how to reference current healthcare information relevant to the work of a yoga therapist, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.

Be prepared to demonstrate the ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and health conditions (including mental health) as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.

Biomedical Models Include:

1. Skeletal
2. Muscular
3. Circulatory
4. Respiratory
5. Immune
6. Endocrine
7. Lymphatic
8. Digestive
9. Eliminary
10. Nervous

Psychology and Mental Health

Have basic knowledge of commonly occurring mental health conditions, from psychological distress to psychiatric conditions--their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.

Have knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist.

Have knowledge of models of human development, including developmental stages, lifecycles and personality, and their importance to medical and psychological health and well-being.

Be familiar with the influence of familial, social, cultural and religious conditioning on mental and medical perspectives of health and healing.

Teachings & Therapeutic Skills for Working with Individuals and Groups

Have in-depth knowledge of (and be prepared to be observed/critiqued) well-developed communication skills: listening, presence, directive and non-directive dialogue.

Be prepared to demonstrate the ability to recognize, adjust and adapt to specific student needs in the evolving therapeutic/professional teacher-student relationship.

Be prepared to demonstrate the ability to recognize and manage the subtle dynamics inherent in the student-teacher relationship.

Have in-depth knowledge of and be prepared to demonstrate the ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the student's progress, and cope with unique difficulties and successes.

Have in-depth knowledge of and be prepared to demonstrate the ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.

Have in-depth knowledge of and be prepared to demonstrate the ability to develop and adjust appropriate practice strategies to the student.

Know whether the student needs strategies for more strengthening, more flexibility, pacification, purification, etc.

Be prepared to demonstrate the ability to apply knowledge of how to combine the intake/evaluation/observation to develop an appropriate practice or session for the individual client/student taking into consideration the holistic nature of the individual.

Be prepared to demonstrate knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting and modifying yoga practices appropriate to the needs of the client.

Be prepared to demonstrate the ability to teach or deliver appropriate practices for individuals as well as groups. Take into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy.

Be prepared to demonstrate the ability to facilitate the client/student's experience of the practice, including providing instruction, demonstration, education of the client/student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools.

Be prepared to demonstrate the ability to facilitate the client/student's experience of the practice, including providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools.)

Be prepared to demonstrate the ability to develop and maintain the therapeutic relationship including fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality and safety.

Be prepared to demonstrate the ability to develop and maintain the therapeutic relationship including practicing effective client/student-centered communication based upon a respect for, and sensitivity to individual, familial, cultural, social, ethnic and religious factors.

Be prepared to demonstrate the ability to provide follow up and re-planning, including gathering feedback, re-assess, and refine the practice and determine short-term and long-term goals and priorities.

Be prepared to demonstrate the ability to provide follow up and re-planning, including addressing new and changing conditions, goals, aspirations and priorities of the student/client and to provide appropriate support.

Be prepared to demonstrate the ability to provide follow up and re-planning, including providing appropriate closure for the therapy sessions.

Have basic knowledge of and be prepared to demonstrate the ability to design, implement and evaluate group programs.

Have familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants, to the degree possible in a group setting.

Yoga Therapy Tools and Their Application

Have in-depth knowledge of the application of Yama and Niyama

Have in-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions including but not limited to:

1. Asana
2. Pranayama
3. Bhavana
4. Mantra
5. Nyasa
6. Mudra
7. Vihara
8. Ahara
9. Dharana -> Dhyana -> Samadhi

Have in-depth knowledge of contraindications of yoga practices for specific conditions and circumstances

Providing Yoga Therapy

Be prepared to demonstrate the ability to conduct an intake and assessment of a student, including:

1. Taking a history of the student/client and his/her conditions(s)
2. Assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of multiple dimensions of well-being such as:
 - a. Physical
 - b. Energetic
 - c. Mental
 - d. Personality
 - e. Emotional
 - f. Spiritual

Be prepared to demonstrate the ability to elicit the goals, expectations and aspirations of the client/student.

Be prepared to demonstrate the ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.

Be prepared to demonstrate the ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.

Be prepared to demonstrate the ability to identify priorities and set both long- and short-term goals with the client/student.

Professional Development & Practice

Be familiar with practices and methods for self-inquiry related to establishing practicing, and maintaining ethical principles.

Have knowledge of ethical principles of health care codes of conduct and yoga's ethical principles. Have knowledge of ethical principles from the yoga tradition to professional interactions and relationships.

Have knowledge of the scope and practice of yoga therapy including the need to refer out.

Have knowledge of the extent and limitations of one's own training, skills and evolving experience in yoga therapy and practicing within those limits.

Legal, Regulatory and Business Issues Pertaining to Yoga Therapy

Have knowledge of current relevant local, state, and national laws and regulations that impact the work of Yoga Therapy.

Have knowledge of business practices relevant to the work of yoga therapy including record keeping, planning and financial management.

Relationship with Peers, Mentors, Clinicians, and Organizations

Have knowledge of other healthcare fields and their potential role in and relevance to work of yoga therapist.

Know how to establish, maintain and utilize a referral network of peers and related healthcare practitioners and organizations.

Know how to develop and maintain ongoing collaborative relationships.

Personal and Professional Development

Know the fundamental value of ongoing personal practice, longterm mentorship and skills maintenance/development through continuing education.

Know when to seek advice and support for case consultation, educational advancement and personal practice.