



pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH

Sattva Therapy[®]

Yoga Therapy Training Program

COURSE CATALOG



Empowering Health,
Connection and Healing Through the
Professional Practice of Yoga Therapy

*One of the First 25 Accredited Yoga Therapy Training Institutes in the World!
Knowledgeable. Nurturing. Fulfilling.*

Pranayoga School of Yoga and Holistic Health is a Yoga Alliance Registered and IAYT Accredited Yoga School with Professional-Level Programs

Sattva Therapy®
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Contents

The Science of Healing	3
Our Mission	4
Our Culture	5
Learning Designed for the Modern Householder	6
Who Is This For	8
About Sattva Yoga Therapy	9
Program Overview	10
The Sattva Yoga Therapy Journey	11
What You Receive	12
Program Timeline and Investment	13
Tuition and Payment Options	14
A Supported Path Forward	15
Your Faculty	16
Tuition and Application	20
Your Investment and Next Steps	21
In Their Words	22
An Invitation	23
A Place to Belong	24



The Science of Healing

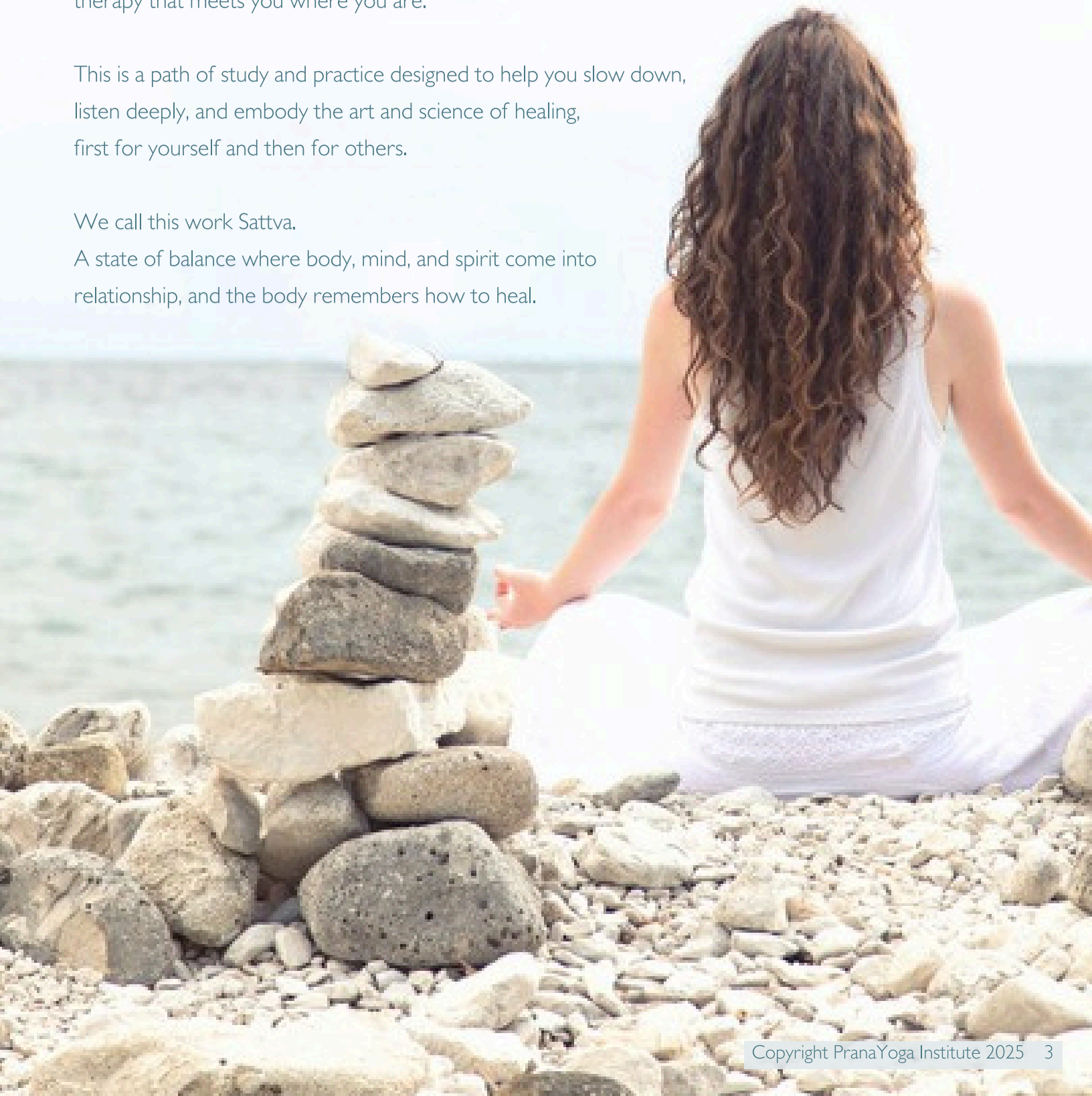
Healing doesn't begin with fixing. It begins with relationship.

We invite you into a training that honors your body's intelligence and your lived experience. At PranaYoga Institute, Yoga and Ayurveda come together in a woman-centered, trauma-informed approach to yoga therapy that meets you where you are.

This is a path of study and practice designed to help you slow down, listen deeply, and embody the art and science of healing, first for yourself and then for others.

We call this work Sattva.

A state of balance where body, mind, and spirit come into relationship, and the body remembers how to heal.



Our Mission

Woman-centered yoga therapy education, grounded in Yoga and Ayurveda, and taught through care, relationship, and embodiment.





Our Culture

We value care, relationship, and embodied learning.

Our programs are designed to support integration, reflection, and sustainable growth. Through mentorship and community, students are encouraged to learn with curiosity, presence, and respect for the healing process.

Learning Designed for the Modern Householder

Our programs are created for real lives.

With a flexible hybrid format, steady mentoring, and on demand access to all learning, you can move through your studies at a sustainable pace. This is education designed to support growth without requiring you to put the rest of your life on hold.





As part of the Sattva Yoga Therapy Program, you will immerse yourself in traditional yoga and Ayurveda, apply clinical practice to real-world research, and receive personalized mentoring.

Through this journey, you'll develop into a leader in the Yoga Therapy profession, ready to thrive as an independent wellness professional in medical, research, and trauma-informed settings.



Who is this for..



Medical & Mental Health Professionals

Integrating evidence-informed yoga therapy into clinical care – or exploring a new, more holistic career path.



Yoga Teachers & Yogapreneurs

Expanding their impact with therapy-based offerings – or stepping fully into a stand-alone healing profession.



Dedicated Students & Lifelong Learners

Called to go deeper in the healing arts – and ready to grow a career rooted in service, purpose, and joy.



Educators & Corporate Professionals

Bringing well-being into classrooms, workplaces, and leadership – and reshaping what a meaningful career can look like.



Community Builders & Changemakers

Creating spaces of connection, safety, and healing – where people feel seen, supported, and empowered to thrive.

“As a Yoga Teacher, Yoga has been a constant in my life for some time now.
The more I deepen my practice, the better (physically, spiritually, mentally).
I've wanted to work within this field but needed it to provide pay that would support my family.”

– Melanie

“After years of holding space for others in NICUs, counseling sessions, and everyday life,
I realized I was rarely holding space for myself.
This journey is about reclaiming that breath, that pause that presence.”

– Ally

Sattva Therapy® Yoga Therapy Training Program



Imagine a program that feels like coming home to yourself.

Sattva Yoga Therapy centers around you.

Yoga Therapy is a profession that meets the individual where they are – and so does this program.

Whether you're here to grow your career, deepen your healing, or serve your community, Sattva Yoga Therapy is designed to meet you with:

Ease of Delivery

Flexible online format, attend live or watch the recordings

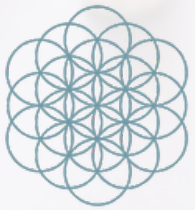
Weekly Mentoring

Personalized support from experienced faculty and community

Recordings of Everything

Revisit sessions anytime, at your own pace

You don't have to pause your life to become a yoga therapist. We've designed this journey to fit into your life – so you can show up fully, without overwhelm.



PROGRAM OVERVIEW



The Sattva Yoga Therapy Journey



Woman-centered • Trauma-informed • Rooted in Yoga and Ayurveda

Program Timeline and Investment

This program is designed as a steady, supported path into professional yoga therapy.

When staying on track, students may begin offering yoga therapy services after completing the core curriculum, typically around year two. Clinical training begins after the core curriculum and is supported through ongoing mentorship and supervision.

This pacing supports meaningful integration while honoring real lives, responsibilities, and nervous systems.

Begin The Essentials

- * Easeful introduction and orientation
- * Start here



Years 1–2 Core Curriculum

- * Key trainings, Pillar at-home retreats, mentoring, study materials, and integration
- * Build foundational skill and confidence

Year 2-3 Begin Providing Yoga Therapy

- * Begin offering yoga therapy services after core curriculum
- * Supported practicum mentorship



Year 3 Clinicals, Integration, and Graduation

- * Graduate from the core program
- * Continued mentorship, and professional pathways

Continuing the Path

- * Ongoing mentorship, graduate programming, and future licensing opportunities
- * Available for those who wish to stay connected



Tuition and Payment Options

Step 1 : Begin Your Journey

The Essentials + Welcome Experience

Your first two courses. A gentle, supported entry into the program.

*\$300

Step 2 : Core Program Tuition

Pay in full

\$13,200

\$6600 / year × 2 years

Best Value.

Most flexible

24-month plan

\$584/ month

Most popular

36-month plan

\$394/ month

Maximum accessibility

Lowest monthly

Book a Call with Our Founder

<https://calendly.com/dani-prana-yoga/20min>

Everything You Need. Nothing You Don't.

**One investment. Everything included. Zero surprises.
Accessible payment plans from \$370/month.**

- Your mentorship begins the moment you enroll: not when clinicals start, like other programs.
- Your weekly mentoring sessions: consistent, personal support from experienced faculty who know your name and your path.
- Your yoga therapy sessions with a practicum student: you experience the healing work from the inside, so you understand it in your body before you offer it to others.
- Your dual certifications: Yoga Alliance and a credential after each trimester. You are building your scope and your income while you train, not after.
- Your beautiful printed manuals, shipped to your home: It feels so good to receive a tangible, physical experience of Pranayoga arriving at your doorstep. You can hold your learning in your hands.
- Your online library of practice videos: Available whenever you are, wherever you are. Your learning moves with your life.
- Your Sattva Book Club : A curated space to go deeper with fellow students who are just as curious and committed as you are.
- Your intentional one-on-one onboarding : Your journey begins with someone truly seeing where you are and where you want to go.
- Your community : Your yoga therapy besties, dedicated mentors. Small enough that you are known here. Strong enough to hold your becoming.
- Your access to all session recordings: Revisit any session at your own pace, forever. Nothing is lost.
- Your on-demand studio access: Seasonal and therapeutic classes to support your personal practice throughout the program.
- Your business training and coaching: When you step into professional practice, you do it with clarity, confidence, and an ethical foundation beneath you.
- Your real client work, when you are ready : Fuided, supported, and unhurried. You practice what you are learning with ease.
- Your practicum mentorship: Group Yoga Therapists Satsang and 1:1 supervision, carrying you fully into a prospering professional practice.
- Your test prep: IAYT competencies and test prep every step of the way.

Sattva Therapy[®] Yoga Therapy Training Program

This program is designed to support steady growth without overwhelm.

You'll receive live and recorded learning, consistent mentorship, and opportunities to practice what you're learning in a supportive environment. Each element of the program is thoughtfully chosen to help you integrate knowledge, build confidence, and develop skill over time.

Everything is designed to feel clear, accessible, and sustainable.

What You Receive

A thoughtfully designed program that supports healing, learning, and professional growth over time.

<i>What's Included</i>	<i>Why It Matters</i>
Yoga therapy sessions	Experience the work personally and integrate it from the inside out.
Weekly key trainings, at-home retreats, and mentoring	Learn steadily with consistent support and deeper moments of immersion.
Study materials and manuals mailed to your home, including a welcome gift	Feel supported, resourced, and cared for from the moment you begin.
Access to all recordings	Learn at your own pace and revisit material whenever you need.
On-demand studio access	Support your personal practice with therapeutic and seasonal classes.
Private student community	Stay connected with peers in a supportive learning environment.
Mini-certifications each trimester	Expand your scope of practice and mark meaningful progress.
Business training and coaching	Build an ethical, sustainable yoga therapy practice with confidence.
Real client work when you're ready	Practice what you learn with ease and guidance.

In Their Words

Each student arrives with a different story, background, and intention. What they share in common is a desire for meaningful healing, thoughtful education, and a path that honors both personal and professional growth.

Here are a few reflections from students and graduates of Sattva Yoga Therapy.

“Pranayoga’s yoga therapy program exceeded my expectations and I am so proud to be a graduate. I took a year to research yoga therapy programs across the country prior to enrollment. I highly recommend this program to anyone who is considering a practice in professional yoga therapy.”

Jaime – MD, DipABLM, C-IAYT



“My Journey has been one of deep personal healing and growth while learning how to guide others as a professional yoga therapist.”

Amber – Yoga Therapist



“As an educator, I’m deeply impressed by how thoughtfully this program is designed. It’s flexible, immersive, and honors the roots of yoga therapy while meeting learners exactly where they are. The seamless blend of hybrid learning, multi-level structure, and warm, inclusive delivery make it truly extraordinary..”

Michelle

Enroll Today or book a call: <https://calendly.com/dani-prana-yoga/20min>



A Supported Path Forward

There is no expectation to rush.
We are happy to help you explore which timeline and payment option feels most aligned.

Timelines may vary based on pace, participation, and individual circumstances.



YOUR FACULTY



Your Faculty

DANI “VANI” MCGUIRE, E-RYT500, C-IAYT, NAMA

Founder, Creator Sattva Vinyasa (Movement Therapy) and Sattva Yoga Therapy, Ayurveda Wellness Counselor, Yoga Therapist, Prana Vinyasa 500



Dani “Vani” founder of Pranayoga and the method of Sattva Vinyasa Yoga Therapy has practiced yoga for over 26 years and provided clinical yoga therapy since 2007. Her journey began as she was healing from an eating disorder and chronic pain. Learning Yoga and Ayurveda has helped her in healing. One of the most fulfilling parts of her professional business has become training others on the secret power of yoga therapy that she has uncovered in her 15 years of clinical experience and seeing new yoga therapists flourish and pave the way for the field of yoga therapy.

Dani has created over 1000 hours of programming and training manuals and written *The Path of Joyful Living* a modern-day approach to kriya yoga and the psychology of yoga. Yoga is moment to moment right action, Love that unifies. Dani's goal is to bring a healing agenda-less space to anyone wanting to learn yoga and share with others.



BRETT MATZKE C-IAYT

Brett Caroline Matzke, C-IAYT is a Yoga Therapist and Ayurvedic Wellness Coach with a deep reverence for nature, movement, and lifelong learning. She completed her Yoga Therapy training through the PranaYoga Institute of Holistic Health and Yoga, where she now has the honor of returning as a luminary mentor, and her Ayurvedic Wellness Coach training through the Shakti School. Her work prioritizes nervous system regulation, empowered healing, and trust, supporting sustainable, individualized healing that welcomes both Eastern and Western approaches to care. Brett believes wellness is a daily practice—one that is alive, adaptive, and continually evolving with us.



My training at the PranaYoga Institute of Holistic Health and Yoga was far more than an academic pursuit—it became deeply personal. Although I had practiced yoga for many years and completed a prior 200-hour training, it wasn't until this program that I truly experienced Yoga as something embodied and lived. Through the guidance of Dani, Jenny, and the entire Prana faculty, my rigid, “do everything right” approach to health softened into something more compassionate, sustainable, and individualized.

Your Faculty

KIERRA BOYLAN, RYT500, RPYT, SATTVA VINYASA EMBODIED

Kierra came to yoga searching for something more while pursuing her Bachelor's in Health and Wellness. At the time, she was facing profound mental, emotional, and physical challenges and felt deeply disconnected from her body, mind, and sense of higher purpose.



Through dedicated yoga practice – both on and off the mat – she began a powerful journey of healing, learning to move mindfully, sit with sensation, and reconnect with her inner wisdom. The higher limbs of yoga guided her into a renewed relationship with the higher power, offering freedom from anxiety, depression, addictions, and trauma. Pranayoga soon became her spiritual family, providing love and support without expectation.

Kierra completed her Bachelor of Science in Health and Wellness in 2019 and earned her 200-hour certification in July 2020. She went on to receive her Pranamomma Pre- and Post-Natal Yoga certification and her 300-hour Sattva Vinyasa certification in 2021. Today, she is both a yoga therapy student and a core faculty mentor, bringing lived experience, compassionate leadership, and a passion for holistic healing to the Pranayoga community.

In addition to her teaching and mentoring roles, Kierra also serves as the COO of a nonprofit and embraces the ongoing journey of motherhood with her daughter, Omelia (“Baby OM”).

Kierra believes we keep what we have by sharing it – and she is honored to hold space for students as they embark on their own healing and transformation.



KELLI BRYANT, ADMISSIONS DIRECTOR, E-RYT200, RYT500, SATTVA VINYASA EMBODIED

Kelli's yoga journey began in the summer of 2016, at a pivotal crossroads in her life. Working in a demanding executive corporate role has brought mounting stress, anxiety, and depression, along with unhealthy coping patterns. Though she sought many types of treatment and therapy, lasting growth remained elusive – until she discovered yoga.



Your Faculty

KELLI BRYANT (cont.)

Yoga became the missing pillar that transformed temporary relief into lifelong growth. What started as a personal practice quickly evolved into a passion and a calling to serve others on their healing journeys.

Today, Kelli brings her lived experience and compassionate leadership to her work as a yoga therapy mentor and faculty member at PranaYoga Institute. She specializes in supporting students and clients navigating mental health recovery, addiction, and the journey toward living authentically and resiliently.

Kelli's teaching emphasizes that yoga is more than a practice on the mat – it's a training ground for the skills we need to meet life's everyday challenges with grace and awareness.

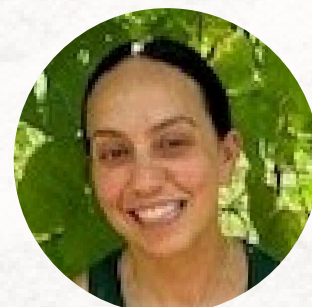
When she's not mentoring or practicing, Kelli cherishes time with her two children – playing, learning, and exploring together.



GEORGIA KARDIÁ KARUṆĀ ARGIRIS, M.S.E.S.S.

She/Her/Hers

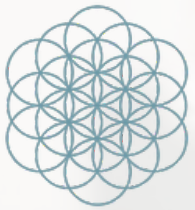
NASM-CPT, NASM-CES, ACE-GFI, RYT500, E-RYT200, YACEP, CMT 100,
Usui Reiki Master Teacher, Yoga Therapist



Georgia Kardiá Karuṇā's work is rooted in the integrity of the subconscious and the free direction of the will. For over two decades, she has guided clients toward the restoration of their own intuitive healing — bringing an unparalleled passion, underlying grace, and sagacious presence to every offering.

She holds a Master of Science in Exercise and Sports Science from Northeastern Illinois University and a Bachelor's in Interdisciplinary Studies with a focus on physical education, psychology, and health. Her certifications span movement, mindfulness, energy work, and yoga therapy — and she is currently completing her 1000-hour IAYT-accredited Yoga Therapy diploma.

Georgia Kardiá Karuṇā is also a Usui Reiki Master Teacher, trauma-informed yoga educator, and devoted student of the healing arts — including meditation, herbalism, astrology, and the sacred feminine traditions.



TUITION & APPLICATION





Your Investment and Next Steps

This is an all-inclusive program – no surprises or extra fees.

(books and yoga props are not included)

Payment Plans as low as \$370 per month

Get started with your enrollment deposit of \$300 and begin your first pre-requisite course today.

If you decide not to join for any reason – we will provide a full refund of your deposit.

Get Started Here:

<https://classroom.pranayogaschool.com/products/sadhana-300-hour-welcome-2>

Questions or want to meet with our founder? Schedule a call here:

<https://calendly.com/dani-prana-yoga/20min>



An Invitation

If this approach to learning resonates, we invite you to explore what it might be like to walk this path with us.

We are happy to answer questions, listen to where you are, and support you in discerning whether this program is the right fit for you at this time.

Schedule a conversation with our founder:

<https://calendly.com/dani-prana-yoga/20min>





pranaYOGA

A Place to Belong

Pranayoga Institute is more than a training program.
It is a learning community grounded in care, integrity, and relationship.

Whether you are beginning your journey into yoga therapy or continuing an existing path,
you are welcome here.

We look forward to meeting you.



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