



pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH

SATTVA VINYASA
*300 Hour Yoga & Ayurveda
Level I Yoga Therapy Training*

2023 COURSE CATALOG

Yoga for Life | pranayogaschool.com



SATTVA VINYASA

*300 Hour Yoga & Ayurveda
Level I Yoga Therapy Training*

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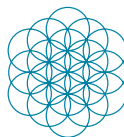
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SATTVA VINYASA

*300 Hour Yoga & Ayurveda
Level I Yoga Therapy Training*

MISSION, PURPOSE & COMMITMENT

Welcome to Pranayoga Institute's
Sattva Vinyasa training.

Sattva means elegant, purity, virtue and integrity, and vinyasa means specific instructions or to 'place in a special way.' In the west we may think of vinyasa as breath linking movement, which it is, but at Pranayoga Institute we teach the vinyasa krama that the grandfather of yoga therapy, TKV Desicachar founded. Sattva Vinyasa, it is a step by step approach to meeting students where they are. Our program is built on the principles of ayurveda, tantra, and yoga therapy. This program is meant to build upon a strong 200 hour foundation for the teacher to embody and share the teachings of yoga in group and individual settings.



Sattva Vinyasa teachers are trained to meet you where you are as a level I yoga therapy program. Sattva Vinyasa teachers excel in holding space for transformation in group classes and private sessions, well versed in ayurveda, yoga philosophy and tantra. Our therapeutics module provides experiential framework for adapting yoga practices to the special needs of people with cancer, chronic pain, and beyond. Our focus is on the whole individual, meeting them where they are, and creating healing relationships. The pillars of being a Sattva Vinyasa teacher are based in yoga, tantra and ayurveda named to us as balance, harmony, and flow. While holding a trauma sensitive space as ahimsa, "do no harm" is the foremost foundation of a yoga teacher and yoga therapist.

The graduates of sattva trainings are the most sought after teaching professionals in the industry as we live and work dynamically in the field of yoga. We are educators that empower, educate and evolve together. This 300 hour Sattva Vinyasa may be a bridge from a 200 hour lineage to a certified Sattva Yoga Therapist.





SATTVA VINYASA

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MISSION, PURPOSE & COMMITMENT CONTINUED

Our goal is to continue to promote the most authentic and comprehensive yoga therapy teaching possible based on the tradition of Integral Yoga, Structural Yoga Therapy, Tantra, Ayurveda and Somatic Movement for healing trauma. We continue to evolve as a whole in education, research and service in Yoga and Ayurveda, for integrative approach to healthcare.

*I am a little pencil in the hand of a writing God
who is sending a love letter to the world..
- Mother Teresa*





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WHAT IS SATTVA VINYASA

The story of Sattva Vinyasa emerged from the perspective of a yoga therapist and vinyasa practitioner herself, having experienced chronic pain, anxiety and depression. She healed through the powerful combination of Ayurveda and Yoga Therapy.

Much of our yoga practice in the west is drying and rajasic (over stimulating) to our nervous system, and many times we are learning a style of yoga that has worked well for that instructor. Our Sattva Vinyasa program will guide you through elemental Prana Vinyasa sequences inspired by teacher Shiva Rea, infused with somatics of tantra, therapeutic conditioning of yoga therapy, and timing of ayurveda.

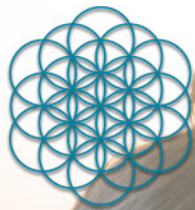
Sattva also means balance. The study of ayurveda is one in keeping the body balanced, and the study of yoga is one of keeping ourselves in harmony with our bodies, breath, relationships and the world around us. We have joined these sister sciences in our yoga therapy programs so that we may find the integrated approach to healing.

We believe that for the whole person to not only survive but to thrive, there needs to be harmonious balance of the three treasures of mind, body and spirit. These treasures are Yoga, Tantra and Ayurveda. Our philosophy is one of wholeness and integration to achieve sustainable results and transformation within.

Becoming a Sattva Vinyasa teacher will allow you to:

- See private clients
- Earn additional income and experience as a certified 500 hour Teacher
- Register with the yoga alliance as RYT500
- Conduct adaptive group classes for special populations
- Lead workshops and classes as a Sattva Vinyasa Embodied™ Teacher
- Continue on to complete your 1000 hour yoga therapy diploma, which consists of level 2 + clinical
- Provide recommendations for seasonal wellness choices and yoga practices





PROGRAM OVERVIEW





SATTVA VINYASA

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PROGRAM OVERVIEW

The Sattva Vinyasa Embodied™ 300 Hour Level I Yoga Therapy certification is offered to those interested in learning the healing that occurs at the intersection of yoga, tantra and ayurveda. If you are ready to cultivate sacred space for education, clear communication, support and integration of ancient practices into modern life, this training is for you.

The program is for those who have had a consistent yoga practice for 1 year or longer and wish to make yoga and ayurveda a lifestyle as well as offer it to others.

This program meets one weekend per month (Saturday and Sunday 9:00-5:30) for eleven core curriculum modules + 50 hours of Elective Sattva Vinyasa or Yoga Therapy Hours.

The Sattva Vinyasa program is designed to affirm students' awareness and ability to utilize his or her understanding of alignment, group and private sessions, biomechanics, somatic movement, mindbody therapies, pranic energy healing, subtle body anatomy, and adaptive classes.

Skills and Knowledge gained in this program include but not limited to:

- Yoga and Ayurvedic Perspective on Wellness and Disease
- Yoga for different Doshas
- Adaptive Yoga Sequences
- Contraindications
- Ethics and Privacy
- Stress and Yoga
- Chanting, Affirmations, and Meditation
- Multi-dimensional Yoga Therapy/Pancha Maya Practices
- Assessments and Intakes
- Managing the Subtle Dynamics and Co-dependency
- Understanding the Scope of work as a yoga teacher and referral etiquette
- Co-Creating Healing
- Helping the student set up a home sadhana and support system
- The sukha/sthira of practice
- Setting up Therapeutic classes and Environments for healing
- Evaluating and Implementing Group Program
- Non Violent communication
- Time Management





SATTVA VINYASA

300 Hour Yoga & Ayurveda

Level I Yoga Therapy Training

MENTORSHIP: You will receive mentorship from the lead teachers of the program monthly through email or calls relating to homework. Additional mentoring is available for an additional cost.

ELECTIVES: Completion of the program requires a total of 30 elective hours in upper graduate (300/1000hr) courses at Pranayoga Institute. If continuing on to yoga therapy, these elective hours are waived.

INTELLIGENT SEQUENCING: Teacher must be able to demonstrate ability to sequence to an all-levels class and one-on-one session including but not limited too: therapeutics, vinyasa krama, peak pose, and timing of the seasons for balancing doshas.

COMPETENCIES:

- Demonstrate ability to develop and maintain private session relationships
- Understanding of Intakes, Assessments and Observations
- Knowledge of mindbody relationship of Yoga Therapy
- Demonstrate ability to follow-up, give feedback and re-plan when needed
- Demonstrate ability to apply asana, concepts of philosophy, and anatomy to classes and private session
- Demonstrate understanding and application of ayurveda self-care techniques and seasonal practices

RAJA RETREAT: This retreat will count for 30 contact hours and held at a retreat center or ashram; we have studied at previously. You will be able to enjoy classes, meditations, and work individually with participants on the retreat as well as deepen your understanding of yoga as a holistic practice. (Additional cost for room and board and transportation is not included in your tuition. **Optional Online Raja Yoga Study Available in 2023**)





OUR FACULTY





SATTVA VINYASA

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OUR FACULTY

FOUNDER

Dani “Vani” McGuire E-RYT500, Yoga Therapist, IAYT, Ayurvedic Health Educator

Vani has practiced yoga since 1995, having studied Integral, Tantric, and Yoga Therapy. She is founder of Pranayoga Institute and Pranayoga Foundation, a 501c3 non profit that teaches yoga to people with cancer. She is creator of sattva vinyasa and sattva therapy and all of our 200/300/prenatal and yoga therapy teacher training programs. Her teaching is an alchemy of eastern philosophy and modern living. Using both life and practice as a way of inspiring self-awakening, love, and devotion. She is author of Beginner and Beyond: A Hatha Yoga Practice, available on itunes; columnist for elephantjournal.com, and Sattva Vinyasa: A daily practice. Dani leads teacher trainings and workshops at conferences and studios around the world.

Mallorie Able RYT500, Sattva Vinyasa Embodied, Sattva Yoga Therapist

Mallorie began her journey into yoga in 2014 after struggling with an eating disorder and mental illness. Yoga was used as a healing practice in the treatment center she attended. Her first thought of yoga was “GET ME OUT OF HERE”! For the first time in her life, someone was telling her to notice her toes and the sensations in her body. She was not comfortable with the practice at all! Over time, her instructor continued to work with her to overcome fears, and Mallorie fell in love with the practice. When she's not practicing yoga, she enjoys spending time with her dog and family. Mallorie also loves traveling and spending time outside under the sun. In 2018, Mallorie completed her 200-hour certification in Prana Vinyasa and has been teaching at Pranayoga since the beginning of 2019! She was a student herself in Pranayoga's Sattva Yoga Therapy program and looks forward to using the teachings she has learned, to help others who struggle with mental illness and other health-related issues. Mallorie says her mission as a teacher and future therapist is to be an open vessel for God to work through so she can meet students where they are in each moment!





SATTVA VINYASA

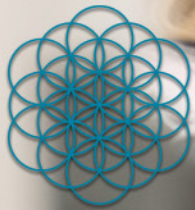
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OUR FACULTY CONTINUED

Jenny Young LMT, Thai Bodyworker, C-IAYT Yoga Therapist, E-RYT500

Jenny started yoga for her daughter in 2010 but stayed for herself. This is when powerful healing began to transform her body, mind, and spirit, not necessarily in that order. Through a regular asana and sitting practice, studying with phenomenal teachers and soaking in the love of the beautiful yoga community, she has begun to discover a quieter mind. She became RYT 200 certified through Pranayoga Institute of Yoga and Health in 2012 as well as Thai Massage from Thai Body Work in 2012. She became ERYT 500 certified in 2015, and a Certified International Yoga Therapist in 2017. As a teacher, she sees each student as whole. She strives to create a supportive environment in which each student can safely experiment in uncovering the beauty and joy that reside within the heart of each of us. This support can include traditional yoga therapy, massage therapy, and a synergistic blend of the two. She is a perpetual student and is furthering her yogic and massage studies on the pelvic floor and myofascial release.





TUITION & APPLICATION





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TUITION & APPLICATION

Tuition: \$4350 (with application/deposit fee)

Pay in Full Discount of \$400

Payment Plan Option Available Upon Request

Additional Costs:

- Book fees
- 30 Pranayoga elective hours *If going into yoga therapy program elective hours are not required.
- Raja Yoga Retreat

APPLICATION PROCESS

Who is eligible for this program? 200 hour or equivalent plus one year practice experience and one year of teaching experience. Desire to learn, deepen your study of yoga and ayurveda and share these teachings.

How to Apply: Fill out online application <https://pranayogaschool.wufoo.com/forms/sloa4ah-6lfl4hmn/> and submit deposit and application fee. Have an on-boarding call to answer any admin questions.

Application Process:

- Completion of Application
- Pay Deposit and Application Fee \$150
- On-boarding call with Admissions Director
- Sign Docusign Enrollment Documents and Policies
- Enjoy your amazing program!

Ready to begin serving and transforming? Email to info@pranayogaschool.com





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ADDITIONAL POLICIES

Attendance Policy:

Pranayoga requires 75% synchronous (live-stream or in person) attendance for all advanced modules for the 300 hour Sattva Vinyasa Program. Students will be allotted a 30-month grace period to complete the comprehensive format from the date of the first class. Should unforeseen circumstances arise an alternative plan will be provided as a case-by-case basis at the director's discretion. Please make up asynchronous courses within 60 days of scheduled date, with completed quiz and course completion (see course description for further information or contact your mentor.) If courses may require additional mentoring hours when taken asynchronously, additional mentor fees may apply.

Class Cancellations:

Due to inclement weather or other unforeseen circumstance, if a module is canceled it will be rescheduled within 90 days. Pre-registration is necessary to ensure we have a minimum of 4 participants for modules to be scheduled.

Non-discrimination Policy & Statement:

We admit students of any race, gender, sexual orientation, national and ethnic origin, philosophic and religious beliefs, to all the rights, privileges, programs, and activities generally accorded and made available to all students at our school. It does not discriminate on the basis of race, gender, sexual orientation, national and ethnic origin, and philosophic and religious beliefs in administration of its educational policies, admissions policies, and school-administered programs.

Academic Performance Policy:

Payment of tuition does not ensure a diploma. Just like college coursework the requirements of the program must be fulfilled. All homework and documentation must be turned in during the allotted timeframe and if not passed will require re-taking the course at 60% of the a la carte' price. Program must be completed within 3 years of entering. Exceptions will be made in the case of written notice and excused by the program director.



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ADDITIONAL POLICIES CONTINUED

Disability Policy:

Pranayoga Institute of Yoga and Holistic Health is committed to providing students with disabilities equal access and participation in academic areas as mandated by federal law. The process for granting qualified students with documented disabilities may be granted by Dani (Vani) McGuire, founder of Sattva Yoga Therapy. Students requesting disability accommodations engage in a collaborative process that includes disclosing the disability(ies) and providing appropriate documentation. Reasonable accommodations can be discussed and documented with our faculty.

Refund Policy:

Pranayoga Institute has a three (3) day cancellations policy. An applicant who provides a written notice of cancellation within (3) days excluding Saturday and Sunday and federal holiday of paying the initial deposit or tuition payment is entitled to a refund of all monies paid. No later than 30 days after receiving the notice of cancellation. Pranayoga Institute shall return all monies exception of the deposit. After 3 days, since the student will have online access to all of our program materials and curriculum, monies will be non refundable or transferable.

I understand that I will be enrolled in Sattva Vinyasa Level I Yoga Therapy Program and must complete the program within 3 years unless unforeseen circumstance should arrive. Written notice of these grievances must be sent to info@pranayogaschool.com.

I agree and understand these policies:

Sign:_____ Date:_____

Printed Name:_____





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CODE OF CONDUCT

Mission:

The Pranayoga Institute is dedicated to serving all people in the science and art of yoga therapy and ayurveda education in holistic health. We seek to raise awareness, offer support and help those in need and our aim is to provide the highest education in creating healing safe environments for the practice of yoga and ayurveda.

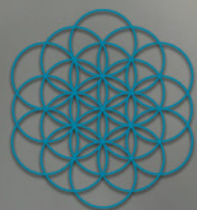
Yoga is a method of transformation of the human experience impacting all levels of our being including body breath and mind. Yoga recognizes that consciousness exists within each individual and is influenced by our relationships. Yoga is a living tradition that allows us to gain new insights into ourselves, and the teachings we share in relationship to our bodies, each other and our environments. The practices of asana, pranayama, meditation, mantra, mudra, and ritual will aid in a disciplined, spiritual and holistic lifestyle. Yoga is increasingly supported by evidence-based research that contributes to our understanding of the value of yoga and its therapeutics.

Yoga teachers and therapist are personally responsible for their practice, teaching and lifestyle both on and off the mat. This means they are accountable for their actions and non-actions regardless of circumstance.

Accepted and Agreed: _____ Date: _____

Name: _____





PROGRAM SCHEDULE



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PROGRAM SCHEDULE 2023

Classes Begin March 4, 2023

2023 DATES

MARCH 4-5 Yoga Therapy Defined

APRIL 15-16 Vinyasa Krama: Adapt, Accommodate, Adjust

MAY 6-7 Intro to Ayurveda

JUNE 3-4 Ayurveda Sequencing

JULY Summer Break

AUGUST 5-6 Structural Yoga Anatomy

SEPTEMBER 16-17 Chair Therapeutics

OCTOBER 7-8 Chakraology: Subtle Body Anatomy

NOVEMBER 4-5 Meditation and Pranayama

DECEMBER 2-3 Tantra and Somatic Movement

JANUARY 6-7, 2024 Ethics and Private Sessions

3 DAY RAJA YOGA RETREAT TBA: Fall of 2023

Sample Training Schedule: Friday-Sunday 9:00 am – 5:30 pm

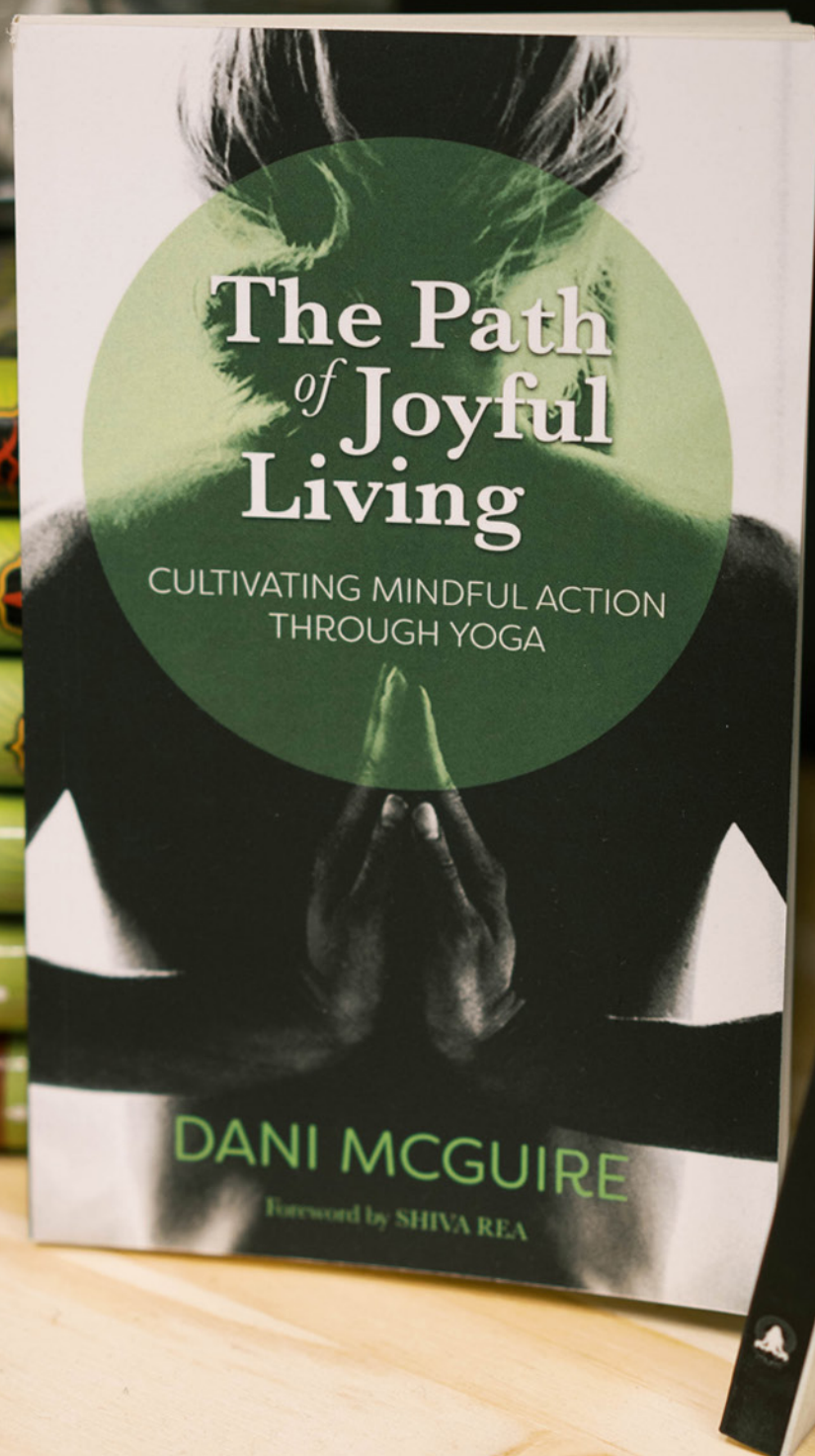
Example of what a training day may look like:

TIME	SESSIONS
9:00 am – 10:45 am	Yoga Practices
10:45 am – 12:15 pm	Lecture & Presentation
12:15 pm – 1:45 pm	Lunch Break/Discussion
1:45 pm – 5:30 pm	Teaching Lab, Practice, Closing Lecture, Feedback, Questions and Homework





READING LIST





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READING LIST

(Additional Cost)

PART 1 - REQUIRED CONTINUED READING FROM YTT 200 HR CERTIFICATION

The Heart of Yoga - T. K. V. Desikachar

Bhagavad Gita - Stephen Mitchell

Yoga Sutras - Swami Satchidananda

Meditations from the Mat - Rolf Gates (daily devotional)

200 Hour Sattva Vinyasa Manual - (may order)

PART 2 - 300 HOUR TRAINING REQUIRED READING

Chakraology: Subtle Body Anatomy

Ayurveda and Marma Therapy - Frawley, Ranade & Lele

Ayurveda Sequencing

Yoga and Ayurveda - David Frawley

Intro to Ayurveda

Prakriti - Svaboda

Textbook of Ayurveda Fundamental Principles - Vasant Lad

Chair Therapeutics

Exercises for Joints & Glands - Swami Rama

Meditation and Pranayama

The Science of Breath - Swami Rama

Meditation and Its Practice - Swami Rama

Tantra and Somatic Movement

Bodyfulness - Christine Caldwell

The Yoga of the Nine Emotions - Peter Marchand

Raja Yoga Immersion

The Path of Joyful Living - Dani McGuire





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READING LIST CONTINUED

Ethics and Private Sessions

The Yoga Sutras of Patanjali - Various Authors (Please see precap.)

Yoga Therapy Defined

Yoga Therapy - A. G. Mohan and Indra Mohan

OTHER RECOMMENDED BOOKS

**The Secret Power of Yoga* - Nichala Joy Devi

Anatomy and Asana - Suzi Aldous Hatley

Light on Yoga - B. K. S. Iyengar

The Language of Yoga - Nicolai Bachman





APPLY TODAY!





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pranayogaschool.com | 260 627-YOGA (9642) | dani@pranayogaschool.com
1027 W Rudisill Blvd, Building H, Suite 220 | Fort Wayne, Indiana