

pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH

SATTVA THERAPY®
Yoga Therapy Training Program



COURSE CATALOG

Yoga for Life | pranayogaschool.com



SATTVA THERAPY®

Yoga Therapy Training Program

CONTENTS

[Mission, Purpose, and Commitment](#) 3

[About Sattva Yoga Therapy](#) 4

[Program Overview](#) 6

[Practicum & Mentoring Program](#) 11

[Faculty](#) 14

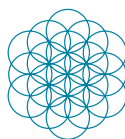
[Tuition and Application](#) 17

[Application Process](#) 17

[Additional Policies](#) 18

[Refund Policy](#) 21

[Code of Conduct](#) 22



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SATTVA THERAPY®

Yoga Therapy Training Program

MISSION, PURPOSE, AND COMMITMENT

Welcome to the Sattva Yoga Therapy 1000 Hour Program at Pranayoga Institute. Our Yoga Therapy program provides experiential framework for adapting yoga practices to the special needs of people with cancer, chronic pain, heart disease, depression, anxiety, trauma, stress and beyond. Our focus is on the whole individual, meeting them where they are, and creating healing therapeutic relationships. The pillars of being a Sattva Yoga Therapist are to allow, educate, and support the individual so that we can help them not survive but thrive through illness and disease management.

The graduates of the Sattva Yoga Therapy Program as well as graduates from our other training programs, are some of the most sought after teaching professionals in the industry as we live and work dynamically in the field of yoga. We are excited to partner with you to empower, educate and evolve together.

Our goal is to promote the most authentic and comprehensive yoga therapy teaching program. Sattva Yoga Therapy is rooted in the tradition of Hatha, Ayurveda, and Tantra Yoga, integrating it with the science of allopathic medicine. The faculty at Pranayoga is committed to growth and education in the field of yoga therapy as pain management method for an 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





SATTVA THERAPY®

Yoga Therapy Training Program

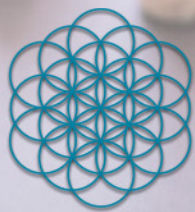
ABOUT SATTVA YOGA THERAPY

Sattva 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 holistic yoga therapy training program so that we may find the integrated approach to healthcare in the 21st century. 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. Our philosophy is one of wholeness and integration to achieve sustainable results and transformation within.

Becoming a Sattva Yoga Therapist will allow you to:

- See private clients as a yoga therapist
- Earn additional income and experience as a professional yoga therapist
- Conduct adaptive group classes for special populations
- Confidently work in collaboration with other health care professionals





PROGRAM OVERVIEW





SATTVA THERAPY®

Yoga Therapy Training Program

PROGRAM OVERVIEW

The Sattva Yoga Therapy Professional Yoga Therapist certification has over 1000 hours of program material relevant to the study of yoga therapy. This program is offered to those interested in merging the sister sciences of Yoga and Ayurveda in the holistic approach to healing necessary for cultivating sacred space for education, clear communication, support and integration of ancient practices into modern life.

The program is for those who have graduated from a foundational 200 Hour Yoga Alliance Program with one year of teaching experience.

1000 Hour Program Overview:

- 10 Sattva Therapy Foundation Modules (Meeting Saturday-Sunday 9:00am-5:30pm)
- Raja Yoga Retreat (Online retreat currently available through 2023)
- 20 Sattva Yoga Therapy Principles Modules (Meeting Friday-Sunday 9:00am-5:30pm)
- Distance and Mentoring Hours
- Clinicals: Yoga Therapy Practicum (you providing yoga therapy remotely)
- Sattva Yoga Therapy Manuals
- Reading
- Distance Learning

Fast Track (3 Year Program):

Year 1: Level 1 Sattva Yoga Therapy Foundations + Level 2 Sattva Yoga Therapy Principles simultaneously (unless pre-requisite is specified)

Year 2: Sattva Yoga Therapy Principles

Year 3: Clinicals: Yoga Therapy Practicum

4 Year Program:

Year 1: Foundations: Level 1 Sattva Yoga Therapy

Year 2-3: Principles: Level 2 Sattva Yoga Therapy Applications

Year 3-4: Clinicals: Yoga Therapy Practicum

Additional program costs, NOT covered by tuition:

- Room and board for Raja Yoga Retreat if taking residentially (approx \$450-\$500 not including travel).
- Book Fees (\$350-\$400)





SATTVA THERAPY®

Yoga Therapy Training Program

The Sattva Yoga Therapy Program is designed to affirm students' awareness and ability to utilize his or her understanding of alignment, group and private yoga therapy sessions, biomechanics, somatic movement, mindbody therapies, pranic energy healing, subtle body anatomy, therapeutic and professional relationships, and business management. We strive to hold a community build on the value of ahimsa, doing no harm. Much of our learning is based around adapting and accommodating to the individual to meet them where they are with trauma sensitive language.

FOUNDATION MODULES schedule is available online at:

<https://www.pranayogaschool.com/yoga-teacher-training-certification-indiana/300-hour-yoga-and-ayurveda-teacher-training>.

MODULE

Yoga Therapy Foundation Modules

MEETING

Saturday & Sunday, 9:00am – 5:30pm

SATTVA THERAPY FOUNDATIONS

- Yoga Therapy Defined
- Vinyasa Krama: Adapt, Accommodate, Adjust
- Intro to Ayurveda
- Chakraology: Subtle Body Anatomy
- Ayurveda Sequencing
- Structural Yoga Anatomy
- Chair Therapeutics
- Tantra Yoga and Somatic Movement
- Ethics and Private Sessions
- Meditation and Pranayama
- Raja Yoga Retreat (optional virtual offering through 2023)





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Yoga Therapy Training Program

SATTVA THERAPY PRINCIPLES MODULES

Yoga Therapies Courses:

- Healing Mudras
- Sattva Restore
- Mantra and Pranayama
- Marma for Self Healing

Therapeutic Relationships and Practices:

- Yoga Therapy for Heart Disease
- Yoga Therapy for Cancer
- Yoga Therapy for Breast Cancer
- Yoga Therapy for Neurological Conditions

Anatomy and Physiology Courses:

- Health vs Disease: Yoga Therapy Research
- Structural Yoga Therapy (pre-requisite: Structural Yoga Anatomy)
- Yoga Therapy for Pain Management
- Yoga Therapy for the Pelvic Floor

Yoga Psychology Courses:

- Yoga Therapy for Anxiety & Depression
- Yoga Therapy for Trauma
- Yoga Therapy for Addiction

Ayurveda and Yoga Therapy Courses:

- Ayurveda for Women's Health (pre-requisite: Intro to Ayurveda)
- Ayurveda for Yoga Therapy (pre-requisite: Intro to Ayurveda + Ayurveda Sequencing)

Professional Practice:

- Effective Practices for Therapeutic Relationships (pre-requisite: completed Ethics & Private Sessions and be approved by your mentor.)
- The Business of Yoga Therapy (pre-requisite: year 2 of program + completed Effective Practices for Therapeutic Relationships)
- Satsang: Reflections on Yoga Therapy (pre-requisite: in clinicals)





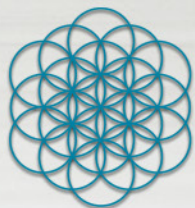
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Yoga Therapy Training Program

SKILLS AND KNOWLEDGE GAINED IN THIS PROGRAM INCLUDE BUT NOT LIMITED TO:

- holistic range of yoga practices and their potential therapeutic effects
- yoga and ayurvedic perspective on wellness and disease
- yoga for different doshas
- adaptive yoga sequences
- chronic illness and palliative care
- contraindications
- common conditions
- common pathologies and disorders of all major systems
- commonly used drugs
- ethics and privacy
- medical terminology for cancer and chronic illness
- stress and yoga
- healing emotional and physical trauma
- understanding commonly occurring mental health conditions and our relationship as yoga therapists
- knowledge of psychological concepts and terminology
- discussing models of human development and their importance to medical and psychological health
- understanding the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives on health and healing.
- 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 therapist and referral etiquette
- co-creating healing
- helping the student set up a home sadhana and support system
- the sukha/sthira of yoga therapy sessions
- setting up therapeutic classes and environments for healing
- evaluating and implementing group program
- non-violent communication
- time management





PRACTICUM &
MENTORING PROGRAM



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Yoga Therapy Training Program

THE PRACTICUM (300 HOURS)

- Pre-requisite: Sattva Yoga Therapy Foundations and Principles Modules Completed and residential and homework hours fulfilled
- Residential Hours (synchronous): 150 hour providing yoga therapy
- Mentoring (synchronous): 60
- Distance Hours (asynchronous): 90 documentation and preparation

What to expect during the practicum:

- 1-year mentorship
- Developing and maintaining therapeutic relationships
- Intakes, evals and observations
- Treatment strategies
- Providing yoga therapy
- Follow up, feedback and re-planning
- Assisting mentor with classes and private sessions
- Teaching adaptive yoga courses to group classes
- Private students – working with private sessions
- Phone, emails, and skype support with mentor (lead teacher) to check on group and individual therapy sessions
- Intake and assessment
- Ayurveda intake assessment and referral etiquette

Clinical Observations

- 10 observations of Group Adaptive Classes and/or Yoga Therapy sessions conducted by peers

Observations will be taking place during the business of yoga therapy online group and other therapeutic sessions/group classes as consented by mentors. Therapists will be observing other therapists and giving/receiving feedback on the initial intakes and conduction yoga therapy sessions.





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Yoga Therapy Training Program

Providing Yoga Therapy

- (10) 12-week case studies (or more case studies, less sessions: must total 130 hours and meet for 6-week minimum)

For example: 10 clients for 11 weeks + 2 hour intake session = 130 hours of case work.

130 hours providing yoga therapy

The therapist will conduct case studies within as many of the following topics as possible:

- Mood disorders: anxiety and depression
- Cancer
- Chronic pain (fibromyalgia, Crohn's disease, arthritis, knee pain, elbow pain)
- Physical injuries (hip, spine or shoulders)
- Degenerative disorders (Alzheimer's, Parkinson's, Spinal Muscular Atrophy)

Providing Yoga Therapy Group Classes

- Yoga Therapy Group Classes focusing on a certain group.

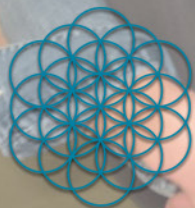
For example: (2) 8-week 75 minute sessions

Practicum includes providing group yoga therapy sessions of like-condition. Yoga Therapist will be teaching adaptive methods of meditation, pranayama, relaxation, specific breathing practices and awareness technique, group dynamics, check in and adaptive asana sequences and modifications for certain condition or underserved population.

Receiving Yoga Therapy

We strongly recommend that you receive 12 yoga therapy sessions from a C-IAYT. A list of providers and discounts will be provided upon request.





OUR FACULTY



SATTVA THERAPY®

Yoga Therapy Training Program

OUR FACULTY

Dani “Vani” McGuire E-RYT500, Yoga Therapist, IAYT, Ayurvedic Health Educator, Creator of Sattva Vinyasa (Movement Therapy) and Sattva Therapy

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 the author of several [yoga dvds](#) and a published book, [The Path of Joyful Living: Cultivating Mindful Action through Yoga](#). Vani leads teacher trainings and workshops at conferences and studios around the world.

Vani is a teachers teacher and is always learning and innovating in the field of yoga and yoga therapy. Vani meets every student where they are, in their chronic illness, trauma, mental health, and physical practice. She mentors teachers and yoga studio owners around the globe through her online programs.

Roxie Sweikar (Sri Devi) MSW, C-IAYT, E-RYT500

Roxie is a Certified Yoga Therapist and Ayurveda Educator who teaches these sciences to a variety of people with different backgrounds and motivations. Her yoga practice began in college out of curiosity and soon developed into a lifestyle that has guided her through her work as a social worker, raising children, and now in Yoga Therapy and Ayurveda. Always a seeker of soul-moving experiences, it is the combination of Yoga and Ayurveda that has helped Roxie live her most authentic and balanced life.





SATTVA THERAPY®

Yoga Therapy Training Program

Jenny Young E-RYT500, IAYT, YACEP, LMT

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 School of Yoga and Health in 2012, RYT 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

ADJUNCT FACULTY

Dr. Dave Johnson, PhD

Dr. Johnson is a licensed marriage and family therapist, licensed clinical social worker, and board certified psychiatric clinical nurse specialist. He is a Professor of Nursing at the University of Saint Francis, and EAP specialist with Parkview Health.





TUITION & APPLICATION





SATTVA THERAPY®

Yoga Therapy Training Program

TUITION AND APPLICATION

Tuition: Pay in Full Program Tuition \$9550.00 (includes all foundations + principles modules + \$150 application/deposit fee)

Payment Plans Available

Deposit and Application Fee: \$150 to be paid upon enrollment

Clinicals: Yoga Therapy Practicum: Due when mentor is assigned: \$1400 **or**

Level 1 Sattva Yoga Therapy Foundations Tuition: \$4200

Level 2 Sattva Yoga Therapy Principles Tuition: \$6800

Level 3 Clinicals: Yoga Therapy Practicum: \$1400

**Book fees, internship, yoga therapy sessions and any retreat travel/housing will be additional cost.

APPLICATION PROCESS

Who is eligible for this program? 200 Hour yoga teachers that have been practicing for a minimum of 1(one) year + teaching for a minimum of 1(one) year.

How to Apply: Fill out the attached Application and Submit your \$50 application fee and \$100 non-refundable deposit. If you have not graduated from our 200 hour foundations course and teach for another school you must prove your graduation and teaching experience. Please send in certificate, resume and YA registration number.

Application Process:

- Completion of Application (200 hour YA certified + 1 year of teaching experience minimum.)
- Pay \$150 Deposit and Application Fee (\$100 will be refunded if you are not accepted for any reason).
- Meet with admissions team or faculty.
- Complete payment information and sign Refund Policy.
- Schedule orientation call with Kelli our Admissions Director at:
info@pranayogaschool.com





SATTVA THERAPY®

Yoga Therapy Training Program

ADDITIONAL POLICIES

Attendance Policy

Pranayoga requires completion of foundations and principles modules, distance learning, mentorship, practicum, and self study material to attain professional therapist certification. Of the 1000 hour training program 750 hours must be synchronous. Students will be allotted a 5 year period to complete the training program from the date of the first module. Should unforeseen circumstances arise, an alternative plan will be provided on a case-by-case basis at the director's discretion. For an absence to be excused, please inform the faculty member and email info@pranayogaschool.com. Videos must be watched, online exams taken, and mentors must pass you for missed modules. If assignments are incomplete, an absence is unexcused, or you have surpassed the 5 year period, you may be required to retake the course at 40% of the individual module pricing. Asynchronous learning will require watching the videos and taking the quiz at the end of the online course as well as completing the course assignment with accuracy and approval by your course mentor. Additional mentoring fees may be charged for contact hours, if taking a course asynchronously that is required as synchronous course material.

Cancellation

In the event that the minimal registration quantity is not met, Pranayoga Institute reserves the sole, exclusive right to cancel the Training program. Pre-registration is necessary to ensure we have a minimum of 4 participants for modules to be rescheduled. However, Pranayoga Institute will not cancel the Training once it has begun. In the event of bad weather, family emergency, illness, or other unforeseen circumstances that require canceling a day of Training, the missed hours will be made up in a reasonable manner to be determined by Pranayoga Institute.

Accessibility 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 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.





SATTVA THERAPY®

Yoga Therapy Training Program

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. We do not discriminate on the basis of race, gender, sexual orientation, national and ethnic origin, and philosophic and religious beliefs in administration of our educational policies, admissions policies, and school-administered programs.

Your Commitment to Us

Just as you are investing your time and money in us, we are also investing our energy in you. To achieve maximum results, we ask that you commit to the following:

- You agree to communicate honestly and efficiently, to dedicate the time and energy required to provide the best possible Training to students, and to be open to feedback.
- You agree to provide a safe, kind, and welcoming learning environment for all students.
- You agree to promote your training program on social media and/or any website or newsletter you have, starting a minimum of one month prior to the Training.

Academic Performance Policy

Payment of tuition does not ensure a diploma. Just like college coursework, the requirements of the Training program must be fulfilled.

Transfer Policy Statement

Wish to transfer credits from previous trainings? Students may request transfer of hours earned at another educational institution to Pranayoga Institute.

Procedures:

Students seeking to transfer hours earned at other yoga therapy schools, specialty certifications above 200-hour certifications, such as yoga for trauma or teaching yoga to special populations, must provide verification from the training program(s) and must include the following:

1. Course name
2. Course description
3. Course syllabus





SATTVA THERAPY®

Yoga Therapy Training Program

4. Contact and non-contact hours earned
5. Yoga therapy competencies covered

Pranayoga must receive this information directly from the other training program. Our faculty will evaluate the information based on hours obtained, core yoga therapy competencies covered as outlined through International Alliance of Yoga Therapy, and alignment with the curriculum at Pranayoga Institute. Applicant transcripts or certifications will be reviewed by admissions and faculty to determine which courses would transfer to Sattva Yoga Therapy.

Transferred hours may act as pre-requisites to level 2 principles courses, yoga for certain populations/conditions, Ayurveda trainings, or health vs disease if applicant has had adequate training that meets or exceeds course competencies.

A specific class or program, on name value such as Yoga Therapy for Cancer, may or may not be a direct equivalent for one offered at Pranayoga Institute, because competencies, hours, or required non-contact hours may differ and would not prepare the student for mentorship.

Additional Requirements:

To aid the faculty in determining that transfer hours match competencies, the requesting student must also complete the following:

1. Application Fee of \$150
2. A General 30-minute teaching video playing to their strengths
3. Completion of acceptance exams delivered for each program
4. A mentorship interview
5. \$3 transfer credit fee per hour transferred.

Limitation to Transferred Hours:

1. A maximum of 300 transfer hours from sources outside of the program or its affiliated school.
2. A maximum of 600 hours from inside the program's affiliated school.
3. The total maximum transfer hours from all sources must not exceed 600 hours.
4. Prerequisite hours, such as 200-hour certification are ineligible as transfer hours.
5. All students must complete the final practicum with mentorship at Pranayoga Institute.





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Yoga Therapy Training Program

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 all monies are non-refundable and non transferable.

PLEASE SIGN AND RETURN VIA MAIL OR EMAIL:

I understand that I will be enrolled in the 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:

Signature: _____

Date: _____

Printed Name: _____



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Yoga Therapy Training Program

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. Our aim is to provide the highest education in creating healing safe environments for the practice of Yoga Therapy and Ayurveda.

CODE OF CONDUCT

For all faculty and students. Please initial and sign.

- _____ I recognize my ethical responsibility to maintain the standards of conduct and care and the professional development of this path.
- _____ In populations that fall outside of my abilities I will make appropriate referrals to other health professionals.
- _____ I will keep all of the information in this program and other participant's sacred stories confidential.
- _____ I will do no harm through thought, speech, or actions.
- _____ I will uphold competence and strive for professional excellence through regular assessment of personal and professional strengths and weaknesses.
- _____ If I become aware of personal problems that may interfere with performing duties or skills I will take appropriate measures to limit or suspend until I am able to perform my task as a teacher or student or administrative member.
- _____ I will adhere to the drug and alcohol policy to never provide services or show up to the facility while under the influence of drugs or alcohol. If taking prescribe medicine it is the responsibility of the person to consult with their medical physician regarding any side effects that could impair my functioning in this program or my professional duties.
- _____ I hold my self accountable and will not engage in unfair discrimination based on age, gender, race, ethnicity, culture, national origin, religion, sexual orientation, disability or any other basis by law.
- _____ I will not engage in sexual harassment. Sexual harassment is sexual solicitation, physical advances or verbal, or nonverbal conduct that is sexual in nature.
- _____ In the student teacher relationships the role of the yoga teacher is to educate students in practices of yoga and wellbeing and to imply competencies of a yoga therapist and tools for yoga therapy. Our relationship like all health practitioners is one rooted in trust. I understand the professional relationship is one of equal power and responsibilities, and healthy boundaries.
- _____ I will maintain confidentiality through all professional and personal relationships.

Printed Name: _____ Title: _____
Signature: _____ Date: _____

Printed Name: _____ Title: *Program Founder*
Signature: _____ Date: _____





APPLY TODAY!





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