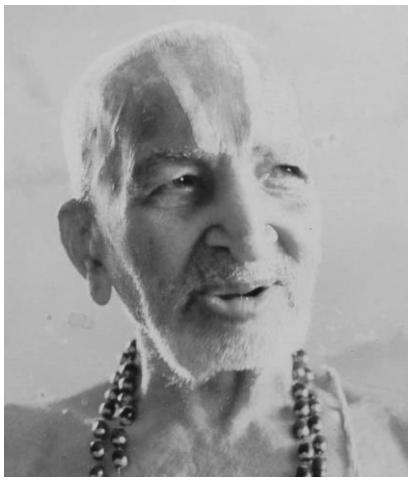


Svastha Yoga Therapy Program

Authentic | Scientific | Practical

www.svastha.net/yoga-therapy

HIGHLIGHTS

300-hours, 7 independent modules x 5 days each.

Large community.

Networking, collaboration, opportunities, support.

Combining best of clinical evidence & classical yoga.

Start from any module.

15+ LOCATIONS

USA, Europe, Australia, New Zealand, Asia.

CONTACT

info@svastha.net

svastha
yoga • ayurveda

Svastha Yoga Therapy Program

www.svastha.net/yoga-therapy

This program will help you take the practical skills of therapeutic yoga to all your students.

This Program Is For You If

- You want to transform and deepen your teaching, perspective, and practice on a sound lifelong foundation.
- You want your classes to be inclusive, addressing the needs of students of all ages, and health limitations.
- You want to reach a wider audience with yoga and self-care teachings, both therapeutic and preventive.

Why Join Us?

Credentials and sources: the program is rooted in the sensible teachings of traditional yoga, and clear and scientifically sound from a medical perspective.

Networking and collaboration: we have 15+ locations now internationally and are growing.

Openness and progression: we take the best ideas from our experienced members and propagate them.

Contents

Each module (5 days/40 hours) is independent.

M1: Low Back, Sacrum, Hips, Knees, Feet.

M2: Upper Back, Neck, Shoulders, Elbow, Hand

M3: Breath Function & Sequencing, Respiratory and Cardiovascular Disorders

M4: Pranayama, Ayurveda, Neurological, Immune, Digestive, Hormonal Systems

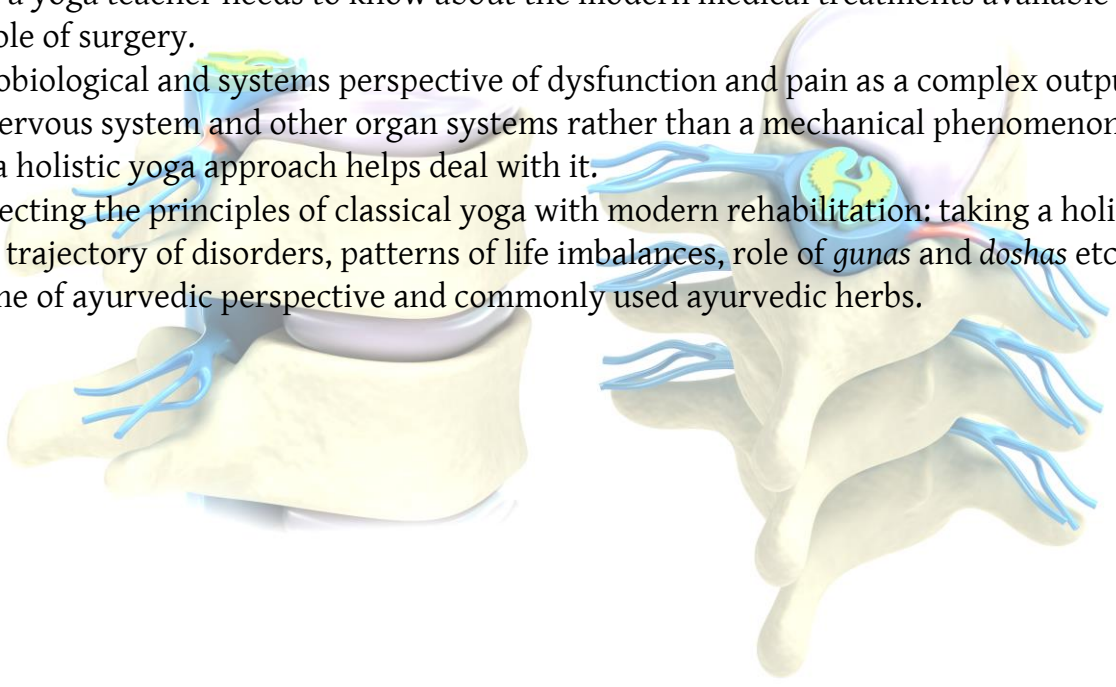
M5: Yogic Mindfulness, Guided Reflection, Depression & Addictions (*Tamas*)

M6: Relaxation, Mantra, Positive Psychology, Embodiment, Stress & Trauma (*Rajas*)

M7: Holistic case studies, Assorted topics.

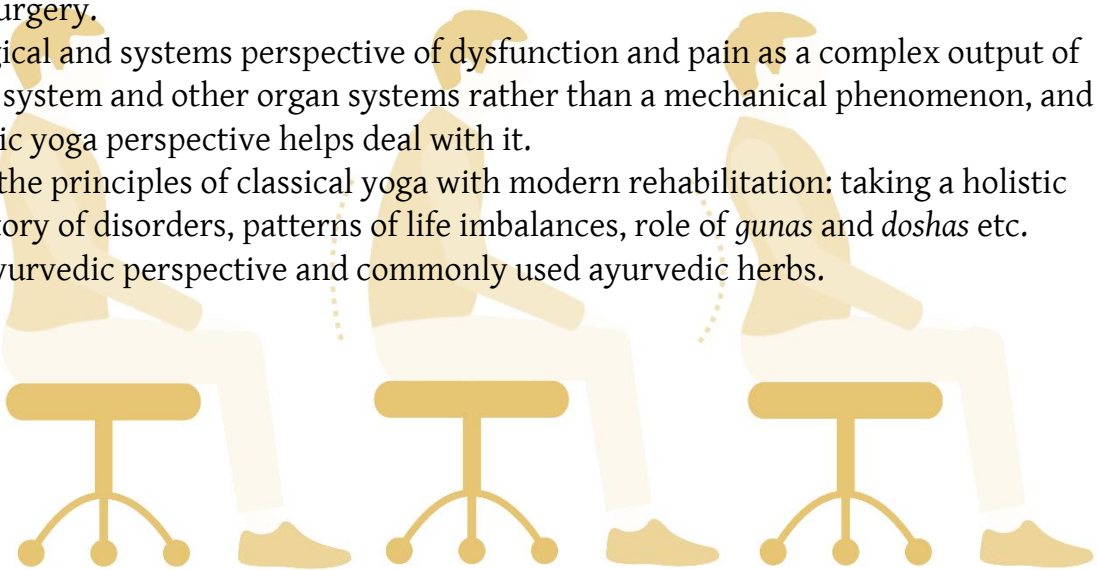
LOW BACK, SACRUM, HIPS, KNEES, FEET (M1)

1. Functional therapeutic anatomy of the lumbar spine, hips, knees, feet. What anatomy matters? Observation, palpation, and assessment of structure and function. Making structure and function practical.
2. Function-oriented approach to the locomotor system as applied to the above areas. The heart of practical teaching.
   a. Stress reduction
   b. Awareness and mind-body connection
   c. Functional alignment
   d. Strength, endurance, and stability
   e. Release, support
   f. Mobilization
   g. Stretching
   h. Daily life practices
3. Systematic presentation of disorders of the lumbar spine, pelvis, and lower limb, especially as relevant to yoga teachers: causes, development, typical presentation, functional approach, and guidelines. For example:
   a. Intervertebral disc problems
   b. Instability, facet joint problems
   c. Sacroiliac joint dysfunction
   d. Soft tissue related disorders (muscles, ligaments, tendons)
   e. Hip and knee arthritis
   f. Meniscal and ligament tears of the knee
   g. Dropped arches and hallux valgus.
4. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
5. Neurobiological and systems perspective of dysfunction and pain as a complex output of the nervous system and other organ systems rather than a mechanical phenomenon, and how a holistic yoga approach helps deal with it.
6. Connecting the principles of classical yoga with modern rehabilitation: taking a holistic view, trajectory of disorders, patterns of life imbalances, role of *gunas* and *doshas* etc.
7. Outline of ayurvedic perspective and commonly used ayurvedic herbs.



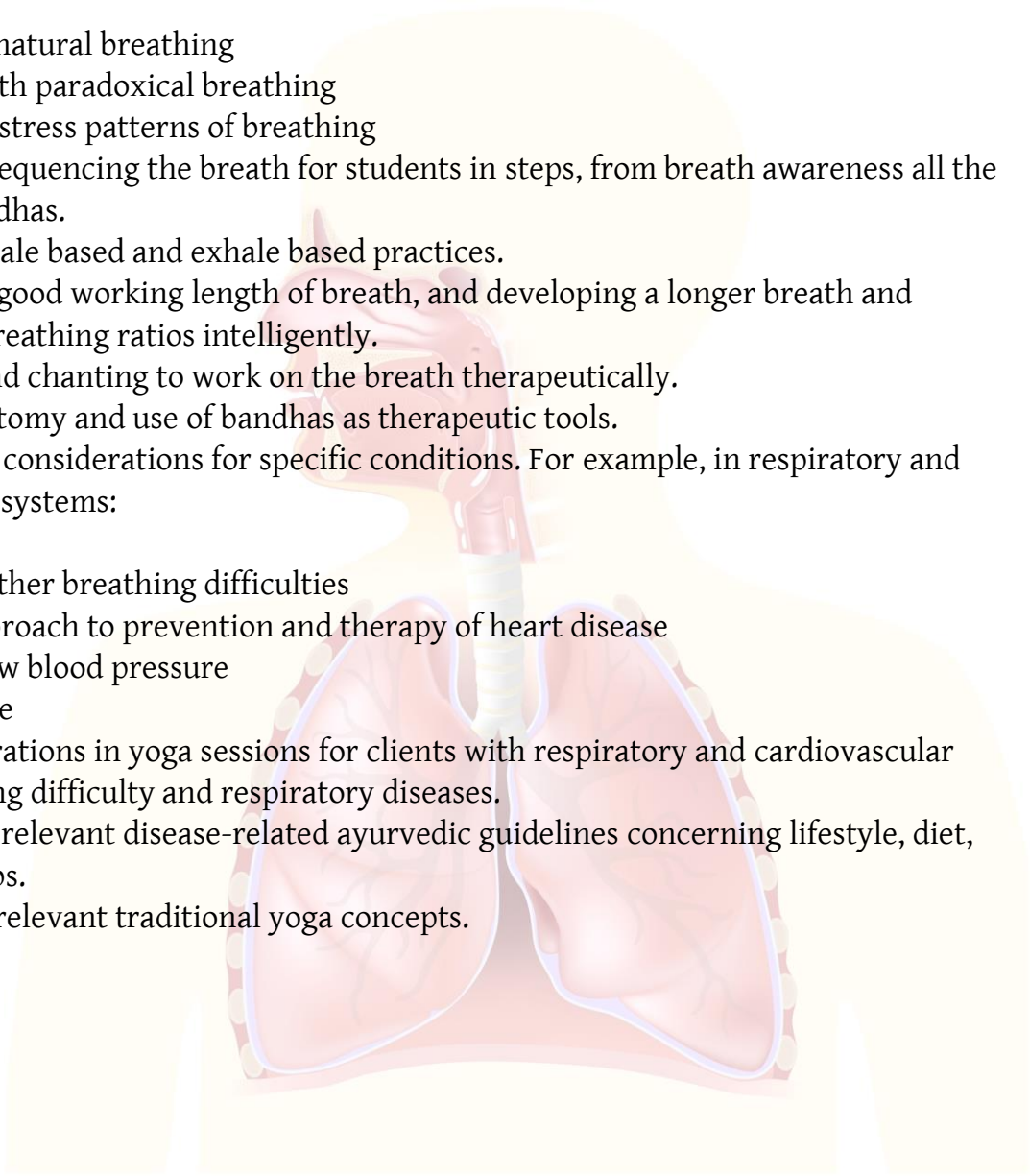
UPPER BACK, NECK, SHOULDERS, ELBOW, HAND (M2)

1. Functional therapeutic anatomy of thoracic spine, neck, shoulders, elbow, wrist, hand. What anatomy matters? Observation, palpation, and assessment of structure and function. Making structure and function practical.
2. Function-oriented approach to the locomotor system as applied to the above areas. The heart of practical teaching.
   a. Stress reduction
   b. Awareness and mind-body connection
   c. Functional alignment
   d. Strength, endurance, and stability
   e. Release, support
   f. Mobilization
   g. Stretching
   h. Daily life practices
3. Systematic presentation of disorders of the thoracic and cervical spine, and upper limb, especially as relevant to yoga teachers: causes, development, typical presentation, functional approach, and guidelines. For example:
   a. Kyphosis and posture deterioration
   b. Osteoporosis
   c. Scoliosis
   d. Neck and shoulder tension and pain
   e. Cervical disc problems, degeneration, nerve compression
   f. Impingement and rotator cuff tears of the shoulder
   g. Frozen shoulder, shoulder dislocation
   h. Epicondylitis, carpal tunnel syndrome
4. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
5. Neurobiological and systems perspective of dysfunction and pain as a complex output of the nervous system and other organ systems rather than a mechanical phenomenon, and how a holistic yoga perspective helps deal with it.
6. Connecting the principles of classical yoga with modern rehabilitation: taking a holistic view, trajectory of disorders, patterns of life imbalances, role of *gunas* and *doshas* etc.
7. Outline of ayurvedic perspective and commonly used ayurvedic herbs.



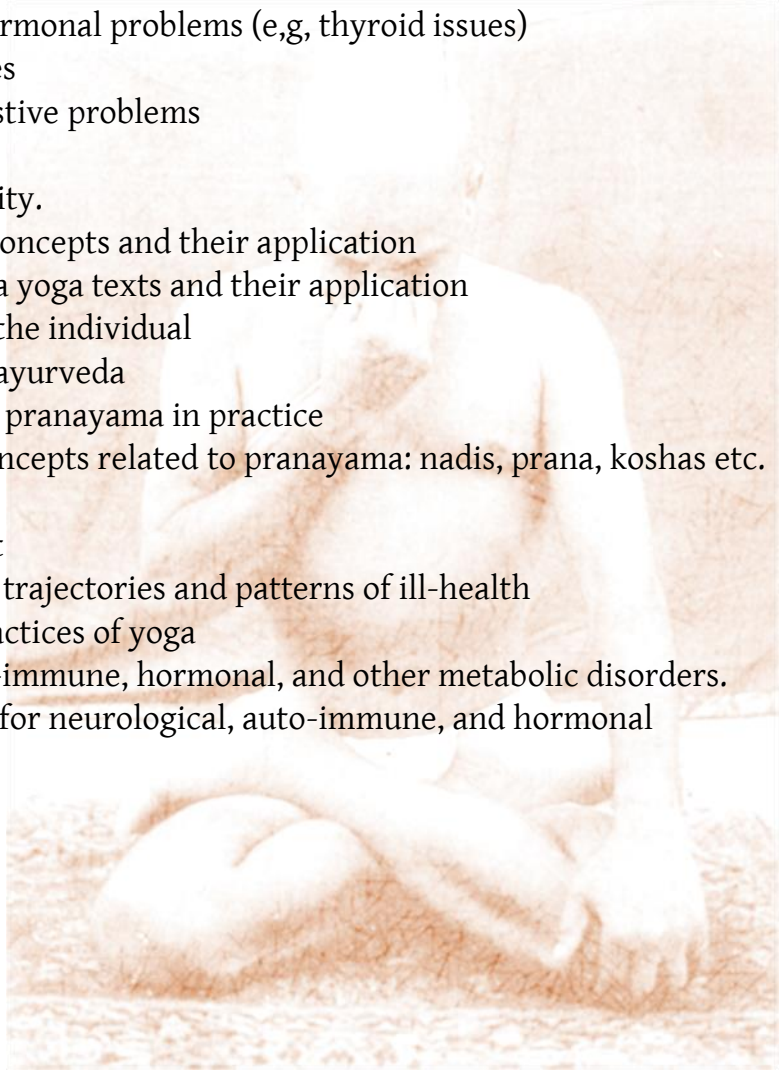
BREATH FUNCTION & SEQUENCING, CARDIOVASCULAR, RESPIRATORY SYSTEMS (M3)

1. Experience and understand the functional anatomy and pathology of different breathing patterns. For example:
   a. Natural breathing
   b. Abdominal breathing
   c. Lower rib breathing
   d. Upper chest breathing
   e. Paradoxical breathing
2. Skills for modifying and teaching breathing patterns, assessing barriers to functional breathing patterns and using gravity, body position, self-touch, visualization etc. For example:
   a. Barriers to natural breathing
   b. Working with paradoxical breathing
   c. Unwinding stress patterns of breathing
3. Progressively sequencing the breath for students in steps, from breath awareness all the way to the bandhas.
4. Developing inhale based and exhale based practices.
5. Determining a good working length of breath, and developing a longer breath and personalized breathing ratios intelligently.
6. Using sound and chanting to work on the breath therapeutically.
7. Functional anatomy and use of bandhas as therapeutic tools.
8. Disorder based considerations for specific conditions. For example, in respiratory and cardiovascular systems:
   a. Asthma
   b. COPD and other breathing difficulties
   c. Holistic approach to prevention and therapy of heart disease
   d. High and low blood pressure
   e. Heart failure
9. Safety considerations in yoga sessions for clients with respiratory and cardiovascular issues, breathing difficulty and respiratory diseases.
10. Orientation on relevant disease-related ayurvedic guidelines concerning lifestyle, diet, and useful herbs.
11. Application of relevant traditional yoga concepts.



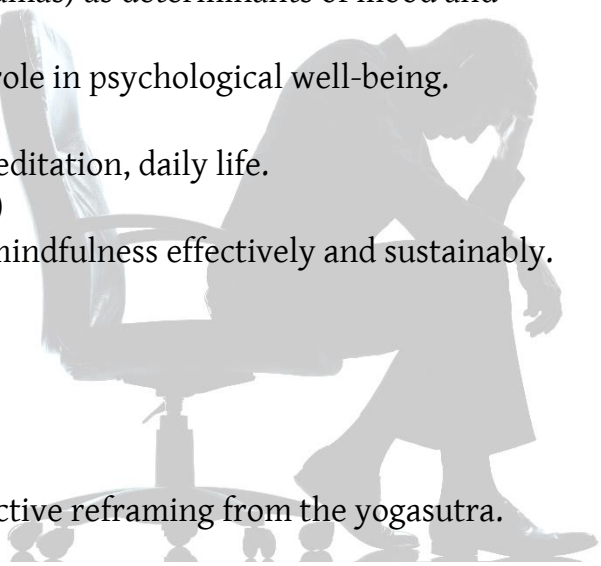
PRANAYAMA, AYURVEDA, NEUROLOGICAL, IMMUNE, DIGESTIVE, HORMONAL SYSTEMS (M4)

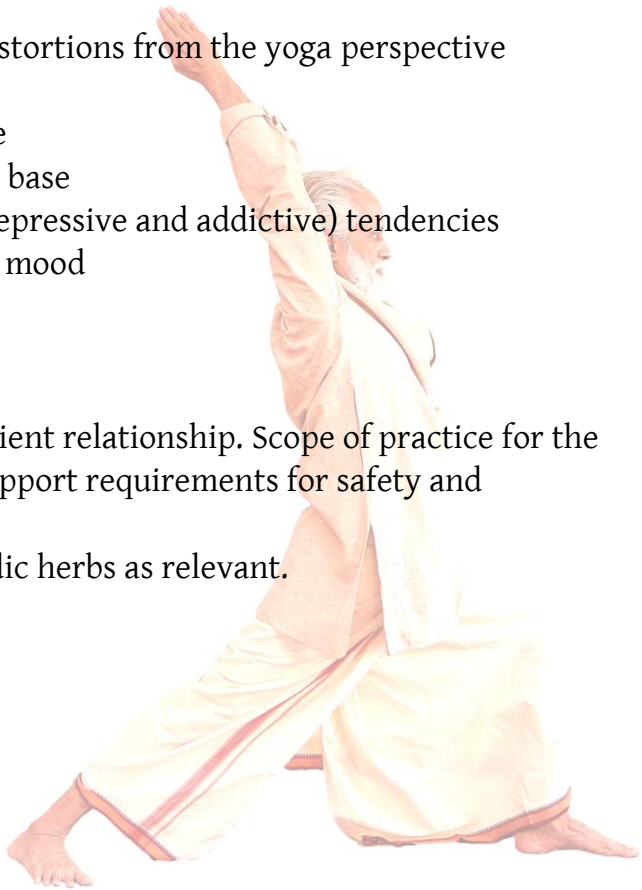
1. Functional organization of the nervous system and presentation of failure.
2. Movement disorders and balance problems, with a focus on ageing and Parkinsonism, and discussion of stroke.
3. Working with inner body awareness and the breath as a pathway to access physiological balance.
   a. Creating a deeper connection to the feeling of the breath.
   b. Moving awareness with the breath in the body to areas of dysfunction.
   c. Moving somatic sensations with the breath to areas of dysfunction in the body.
   d. Linking emotional content to breath especially in areas of dysfunction.
4. Overview of the immune system and immune dysfunction.
5. Disorder based considerations where relevant. For example:
   a. Parkinson's disease
   b. Multiple sclerosis
   c. Auto-immune disorders and hormonal problems (e,g, thyroid issues)
   d. Chronic pain, fatigue syndromes
   e. Irritable bowel syndrome, digestive problems
   f. Menstrual disorders
6. Pranayama as a therapeutic modality.
   a. Yogasutra on pranayama: key concepts and their application
   b. Types of pranayama from hatha yoga texts and their application
   c. Selecting pranayama based on the individual
   d. Selecting pranayama based on ayurveda
   e. Guidelines for easy therapeutic pranayama in practice
7. An overview of traditional yoga concepts related to pranayama: nadis, prana, koshas etc.
8. Ayurveda
   a. Constitution and its assessment
   b. Using the ayurvedic lens to see trajectories and patterns of ill-health
   c. Connecting ayurveda to the practices of yoga
9. Diet and lifestyle changes for auto-immune, hormonal, and other metabolic disorders.
10. Commonly useful ayurvedic herbs for neurological, auto-immune, and hormonal problems.



YOGIC MINDFULNESS, GUIDED REFLECTION, DEPRESSION & ADDICTIONS (TAMAS) (M5)

1. Structure and importance of *vrtti-samskara* cycle (conscious -behavior-consequence-unconscious) cycle.
2. Foundation of the three *gunas* (sattva, rajas, tamas) as determinants of mood and behavioral states.
3. Flow states (*samadhi*) of awareness and their role in psychological well-being.
   a. Importance of sattvic flow state.
   b. Keys to cultivating flow states in asana, meditation, daily life.
4. Concepts of yogic mindfulness (*smrti-sadhana*)
   a. Guidelines and skills for practicing yogic mindfulness effectively and sustainably.
   b. Mindfulness of the body.
   c. Mindfulness with the breath.
   d. Mindfulness with the senses.
   e. Mindfulness of thoughts and feelings.
   f. Mindfulness in daily life.
5. Guided self-reflection (*svadhyaya*) and perspective reframing from the yogasutra.
6. Cognitive distortions and thoughts vs. reality
   a. Practice of of *pratipaksha bhavana*
   b. Framework of *jnana vrttis*
   c. Strategies for working with cognitive distortions from the yoga perspective
7. Depression and addictions
   a. Overview of modern clinical perspective
   b. Principles of management and evidence base
8. Yogic practices for working with *tamasic* (depressive and addictive) tendencies
   a. Body practices for elevating energy and mood
   b. Breathing practices
   c. Emotional practices
   d. Cognitive practices
9. Managing the teacher-student, therapist-client relationship. Scope of practice for the yoga teacher/therapist. Networking and support requirements for safety and effectiveness.
10. Perspective of ayurveda and useful ayurvedic herbs as relevant.





RELAXATION, MANTRA, POSITIVE PSYCHOLOGY, EMBODIMENT, STRESS & TRAUMA (*RAJAS*) (M6)

1. Embodiment / Body-Mind connection and its importance for well-being.
   a. Neuroscience of embodiment and its impact on well-being.
   b. Yogic insights into the body-mind connection.
2. The three *gunas* (sattva, rajas, tamas) as determinants of mood and behavioral states.
3. Physiology and neurobiology of the stress response.
   a. Autonomic nervous system function and response
   b. Eustress vs when stress becomes damaging, and effects of chronic stress.
4. Fight, flight, freeze—somatic, cognitive, emotional, behavioral responses.
   a. How to recognize and unwind these responses in yoga practices.
5. Yoga skills to deal with the *rajasic* states (stress and anxiety)
   a. Body skills: mindful and safe embodiment, slow movement etc.
   b. Breathing skills: slow breathing, exhale focus etc.
   c. Cognitive frameworks
6. Mantra meditation
   a. Yogasutra perspective
   b. Practical and modern barriers to mantra meditation
   c. Keys to effective mantra meditation: skills and questions
7. Trauma and PTSD
   a. Overview of modern clinical perspective
   b. Principles of management and evidence base
   c. Language and class setup for trauma safety
8. Positive emotion practices
   a. Acceptance
   b. Compassion
   c. Gratitude
9. Role of meaning/connection and *isvara-pranidhana* in psychological transformation. Introduction to devotion related practices.
10. Managing the teacher-student, therapist-client relationship. Scope of practice for the yoga teacher/therapist. Networking and support requirements for safety and effectiveness.
11. Perspective of ayurveda and useful ayurvedic herbs as relevant.

COMPLEX DISORDERS, HOLISTIC APPROACH, INTEGRATION (M7)

Module 7 is the completion module for the 300-hour training. It is open only to those who have attended at least two other modules.

In this module we will cover disorders that involve skills spanning the body-mind and lifestyle spectrum, such as cancer, end of life, diabetes etc.

We will also look at case studies as appropriate and discuss the integration and holistic approach to using all the skills of yoga.

This is also an opportunity for participants to gain broader perspective on some of the skills from other modules as well as have their questions taken up (as relevant to the group).