

Multidimensional Yoga Therapy 500 Level Professional Certification

Program Highlights

- Yoga Chikitsa Darshana—
Advanced Theory and Practices
- Yogic Understanding of dis-ease
- Understanding Structural Imbalances, The Root Cause and the Yogic Approach to Healing
 - Therapeutic Anatomy & Physiology
 - Hands-On Anatomy
 - Thai Yoga Bodywork Certificate Option
 - Special Topics: Practical Applications
- Integrative Course Study & Flexible Course Format

Program Schedule

The 500 level Program spans 10 Intensive Weekends and one Thai Massage week.

Approximate Weekend hours :

Friday evening 6:30pm—9:30 pm Saturdays 9 am-9:30 pm & Sundays 10 am— 8pm.

5/30-6/1, 6/20-29 Thai Week, 7/18-20, 8/1-3 or 22-24 TBA, 9/5-7, 9/26-28, 10/17-19, 11/21-23, 12/13-15, 1/2-4

An additional approximately 25 hrs of observing and assisting Public Therapeutic classes is required to total 270 contact hours. Those choosing to opt out of the Thai Massage Week or missing hours will be required to fulfill the missed hours through professional development trainings and specialized workshops at additional cost.

The Process

Multidimensional Yoga Therapy integrates the philosophy of yoga with an extensive knowledge of physiology, asana and yogic techniques to give you a keen understanding for client assessment and the tools to lead them to a state of health. The traditional Kosha Model addresses Wholeness on 5 levels.

- Physical– Muscular System: develop your “eye” for postural habit assessment and Structural Balance “know-how.”
- Energetic– Energy Management and Balance with Pranayama, Chakra & Ayurveda
- Psycho-Emotional– Mind-Body Complex Health and Wellness with Asana, Mudra, Yoga Nidra and Mantra.
- Higher Awareness — We study to learn, we assimilate to understand. Understanding the higher consciousness takes place through the practice of Meditation.
- Whole Person Integration happens when balance is achieved.

Topics Covered:

Meditation
Philosophy
Physiology/ Theory
Technique Development
Applied Topics— Project Presentations
Student Clinic
Take-Away Points & Study Assignments

Multidimensional Yoga Therapy offers deep understanding of the human body through the western physiology and yogic viewpoints for client assessment, the application of yoga asana, pranayama, mantra, mudra and bhavana and the hands-on tools of Thai Yoga Massage to create Wellness on all levels.

**multidimensional
YOGA THERAPY**

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