



# Study Guide

## Yoga Therapy Training 2020-2021

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## 1. Preface

Welcome at Yoga Vidya Rotterdam as a participant of the Yoga Therapy Training.

In this study guide you will find all relevant practical information regarding your Training. This study guide will be updated regularly and you can find the most recent version on our website [www.yoga-vidya.nl](http://www.yoga-vidya.nl).

We wish you a beautiful journey during the Yoga Therapy Training.

May you experience learning, personal growth and (inner) joy!

Namasté!

Your team Yoga Vidya

## 2. The tradition

The Yoga Vidya association is Europe's leading Training Institute for Yoga Teachers. In 1992 the first Yoga Vidya center was founded in Frankfurt (Germany) by Sukaddev Bretz. This resulted in the largest Yoga Movement in Europe. Sukaddev was a direct disciple and personal assistant of Swami Vishnu-Devananda, a world famous master in Hatha and Raja Yoga. As a direct disciple of Swami Sivananda, one of the greatest yoga masters of the 20th century, Swami Vishnu-Devananda brought Yoga to the West.

Yoga Vidya is recognized as a non-profit organization with the goal of spreading the wisdom (Vidya), exercises and techniques of classical holistic Yoga. All course contributions support the work of the association. Yoga Vidya has four big seminar houses with accommodation facilities (also called Ashrams) in Germany. There are Yoga Vidya Centers in more than 90 cities in Germany, Switzerland, Austria and The Netherlands. In numerous courses and seminars we teach the various aspects of yoga. The Seminar House Yoga Vidya Bad Meinberg is the largest Yoga Teacher education center of Europe.



### 3. Our mission

We contribute to the world by passing on the knowledge of holistic Yoga.

The teachings of Yoga create healthier and happier communities because people connect to themselves again. Teaching yoga in a modern, non-dogmatic but authentic way is our mission!

### 4. Content and subjects

This Yoga Therapy Training is a unique, intensive course where you will learn the essential foundations of Yoga Therapy from international teachers, according to the system of the renowned SVYASA Institute in Karnataka (South India). This famous Yoga Therapy institute has been conducting yoga and yoga therapy studies for 25 years. Thanks to its structure, the course is suitable for students from all over the country and international students.

Yoga can be used to stay healthy, happy and balanced. When the balance shifts, yoga also has a proven therapeutic effect. Research shows that yoga can play an important role in the treatment of various diseases related to trauma, stress and addiction. If you are a Yoga Teacher and if you would like to help people with ailments competently and purposefully, in private or group sessions, then this training is for you!

You will learn the basic concept of Yoga Therapy with the following main content:

- Model of the Panchakosha Tattwa, the 5 sheaths from the Taittiriya Upanishad
- Aadhi - Stress and its management
- Aadhija vyadhi (psychosomatic complaints)
- Vedic Psychology (structure of the mind & the relationship between mind and body)
- The application of yoga therapy as described in the Yoga Vashishita, a classic scripture of yoga.
- Pathology from the Yogic point of view



- Therapy techniques: Yoga-physiotherapy, respiratory movements, Asanas, Pranayamas, Shat kriyas, cyclical relaxation, the technique of directing Prana (Energy), counseling, meditation techniques etc.
- Exercises and techniques of Yoga Therapy that can successfully be used for: psychosomatic complaints, asthma, allergies, back pain, knee pain, headache, migraine, arthritis, anxiety, depression, muscular dystrophy
- You will learn to perform a consultation purposefully and which exercises you should use for specific cases. You will learn how to teach the exercise to the participant/patient and how to give her/him valuable advice on prevention as well as dealing with the disease and tips for improvement of the condition.

The aim is to enable the patient to practice these exercises regularly at home. Thereafter, once the ailment is under control, the patient can again practice regular yoga to improve the quality of life and maintain good health.

### **5. Target group & level, Requirements**

The Yoga Therapy Training course is suitable for certified Yoga Teachers of all ages, who would like to deepen their understanding of healthy living and holistic healing, through techniques of Yoga Therapy, with the possibility of consulting and helping others.

There has to be already a good understanding of the basic Yoga philosophy and basics of Ayurveda and the desire to further develop one's personality and spirituality. An open mindset and the willingness to learn, share and grow are required. The willingness to honestly choose a healthy lifestyle is required. During the Training modules and the intensive week it is necessary to abstain from alcohol, tobacco, drugs, meat & fish.

Preferably this lifestyle is lived during the whole length of the training.

Each day you will have to set aside 30-90 minutes for your personal practice to integrate what you have learned.

Kriyas (cleansing exercises) are practiced - therefore, this training is not suitable for people with serious ailments nor for pregnant women.



If you have a serious ailment and you are not sure if the training is right for you, please contact us on [contact@yoga-vidya.nl](mailto:contact@yoga-vidya.nl). You may also contact Harilal directly on [arhsayoga.hari@gmail.com](mailto:arhsayoga.hari@gmail.com) in case you have doubts if the training is suitable for you.

In order to sign up for the Yoga Therapy Training you need:

1. A Yoga Teacher Training certificate of minimum 200 hours.
2. A long lasting personal Yoga practice
3. Yoga teaching experience

## 6. Goal

Personal growth, development of a spiritual and healthy lifestyle as well as becoming a knowledgeable, confident and competent Yoga Therapist and counsellor.

During the 15 months of the Yoga Therapy Training all topics will be first studied in theory, then practiced and taught practically, then transmitted to others in a setting of a consultation. The following structure will be approximately followed.

1. Basics of yoga philosophy, Indian scriptures and Philosophy systems. Basics of teaching Yoga Therapy.
2. Practical learning and teaching of diverse techniques for different problems and diseases. The intensive Yoga Therapy Training includes an in-depth studying and understanding of the following techniques: respiratory motion, specific Yoga Therapy techniques, Asanas, Pranayamas, Kriyas (yogic purification techniques), Cyclic relaxation, PCT = Prana Channalizing technique, Prana directing techniques, various meditation techniques and much more.
3. You will practice what you have learned by practicing consultations, diagnosing and coaching on each other, practicing treatments in couples or small groups.

The lessons are based on the traditional Indian Gurukula system and the traditional Vedic scriptures with a focus on transmitting the holistic yoga wisdom.



## Benefits of a 15 month Yoga Therapy Training

The benefit of following a longer training is that you will get in contact with the Teachings, your Teachers and fellow students on a regular basis. Therefore you will get the opportunity to learn and grow in your own pace and integrate the teachings into your daily life.

## 7. Costs

We offer 4 different prices depending on the choice of accommodation during the intensive week in Germany. The dormitory counts 6-12 beds. The single room has its own bathroom. You may pay the total amount or in three instalments.

- **Option 1:**

**Payment of total amount at the end of May 2020**

€ 2.376 | dormitory or tent

€ 2.496 | 4-bedroom

€ 2.616 | 2-bedroom

€ 2.748 | single room

- **Option 2:**

**Payment in 3 installments at the end of May 2020 / Oct 2020 / March 2021.**

**Regular price +3%.**

€ 816 | dormitory or tent

€ 857 | 4-bedroom

€ 898 | 2-bedroom

€ 943 | single room



### **The fee includes:**

- All Yoga Therapy Training course lessons
- Extensive Yoga Therapy Training Manual
- Accommodation and organic, vegetarian/vegan meals during the intensive week in Germany
- Practical and theoretical exam
- Certificate when completed the training

\*The course fees are tax deductible in the Netherlands. You can declare the full study costs including the extra costs of books at the the tax authority. For more information on the requirements contact the Belastingdienst or Tax authority of your country.

### **Additional costs:**

- Travel expenses to Germany, Bad Meinberg, approximately €50,-
- Accommodation in Rotterdam is NOT included in the training fee. We can assist you in finding an affordable place.

### **Registration fee:**

- €75 | Early Bird before 1st of Februari 2020
- €175 | before 1st of May 2020

Including a personal intake conversation at Yoga Vidya Rotterdam or by (skype) call.

## **8. Course material**

You will receive a comprehensive Yoga Therapy manual, which will be of your own belonging.

## **9. Exemption policy**

The training has to be followed in its complete form with its complete content.

Other courses or classes have no effect on this training.



## 10. Study load

- You will have 305 study units of 45 minutes spread over 15 months.
- Additional personal practice and study of 30 – 90 minutes daily.

## 11. Certificate / Exam

The association Yoga Vidya e.V. is the largest European training institute for Yoga Teachers. The Yoga Therapy Training course content refers to the guidelines of the German Association for Yoga and Ayurveda Therapist (BYAT). After passing the exam and completing the attendance, you will receive the "Yoga Therapist / BYAT" certificate.

### Exam

The will association Yoga Vidya e.V. will coordinate the examinations.

The practical and theoretical exam will take place in Bad Meinberg (Germany) during the intensive week.

### Second chance possibilities

#### Practical exam:

You will receive the result on the same day. In case of a negative result, you may do your practical exam again one year later. This involves additional expenses.

#### Theoretical exam:

In case you do not succeed in the written exam, you might be tested orally the same day. If the result is still insufficient, you can redo the written exam one year later. This involves additional expenses.

## 12. Catch up regulations

Prerequisite for admission to the exam is a presence of all 25 training days and full attendance of the intensive week.



## Training days in Rotterdam

- Catching up on classes is only possible with the main Training Teacher's agreement. Always stay in open communication with Yoga Vidya Rotterdam and your Teachers.
- You may catch up on classes by following suitable Yoga workshops at Yoga Vidya Rotterdam or at our Yoga Vidya partner Ashrams in Germany.
- We highly advise you to keep all Training days free of other appointments. In case something unforeseen happens (f.i. a disease), we will try to find a solution together.
- Additional to catching up on the hours, when missed classes, you will need to do home study on the covered topic. Please contact and ask your fellow students.
- If too much content is missed, the Yoga Therapist certificate cannot be guaranteed.

## Intensive week in Germany

- To arrive later or to depart earlier is not possible. You will have to be present in Germany during the whole week. Strive for being present during all classes in order to undergo the full experience of the intensive practice.
- Please take the date in account and make sure that you are fully present during the intensive week.

The dates of the Training days and intensive week can be found on our website and will be announced in the welcome e-mail which you will receive once you have signed up for the Yoga Therapy Training.

## 13. Teachers

### Head training teachers

- Harilal Karanath & Meera Karanath

Most classes will be provided by Harilal & Meera Karanath. In case of longer disease or inability to teach, a teacher with similar qualifications will be scheduled.



### **Additional teachers**

- During the intensive week in Germany there will be additional experienced Teachers teaching Yoga classes, Satsangs and lectures. Harilal & Meera will remain your main teachers there as well.
- Linda Hartenberg will be teaching the module on Anatomy during the Yoga Therapy Training.

### **14. Requirements & Conditions**

- Certified Yoga Teachers with a Yoga Teacher Training of a minimum of 200 hours may apply for this Yoga Therapy Training.
- A long lasting personal Yoga practice is required.
- Yoga teaching experience is required.
- Kriyas are practiced - therefore, this training is not suitable for people with serious ailments nor for pregnant women.
- Regular participation in the training lessons and the desire to develop yourself are assumed.
- During the training modules and the intensive week, you have to abstain from using drugs, alcohol, tobacco, meat and fish. Also during the rest of the training we advise you to keep up a pure Yogic lifestyle.
- The training will be given entirely in English and the literature is in English too. It is therefore necessary that you are familiar with the English language.
- Prerequisite for admission to the exam is a full attendance of the 25 training days and the intensive week.

Find our full terms and conditions on

[www.yoga-vidya.nl/algemene-voorwaarden/](http://www.yoga-vidya.nl/algemene-voorwaarden/)