



# REAL YOGA POST-GRADUATE YOGA THERAPY TRAINING COURSE

## Syllabus and Learning Outcomes 2021

The student will build on their yoga experience and learn how to use yoga practices therapeutically. This course has a holistic approach to Yoga Therapy, using in depth knowledge of the subtle energy system, chakras, vayus, koshas, gunas ; to offer the client a spread of practices for their whole health and wellbeing.

In one to one work it is essential to build a trusting relationship with your client, and to this end we include counselling skills alongside a practical application of Patanjali's Sutras, and study of the yoga causes of Disease. Inevitably this means examining oneself, as personal practice is essential to your understanding of others.

The course is designed to meet the National Occupational Standard for Yoga Therapy and the core curriculum set by the British Council for Yoga Therapy, and is accredited with BCYT. Full details of these documents can be sent on request. The course is recognised by the Complementary and Natural Healthcare Council (CNHC) so that graduates may register as Yoga Therapists.

## Syllabus

Areas of study include:

### Diagnostic Models

- Yoga models of holistic health, Pancha Kosha, Vayu and Gunas
- Chakra diagnosis, chakra tools for healing, planning a therapy program using chakras
- An introduction to Ayurveda and Tri-dosha
- Body reading and mobility assessment
- Assessment of Breath and pranic energy

### Relating to your client

- Counselling skills, communication and observation
- Patanjali and the causes of suffering
- Taking a case history
- Developing a healing relationship

### Yoga Therapy Tools

- Anatomy, physiology and pathology of common ailments
- Pathology of common problems and current research regarding the benefits of yoga practice
- Practices for back problems – a holistic approach, the impact of bandhas
- Energetic and emotional issues in relation to back problems
- A&P for common problems
- Women's health, including pregnancy and the menopause
- The aging process and working with the elderly
- Stress: health implications and Yoga Therapy solutions
- Supported postures and adaptations for those with limitations
- Restorative yoga
- Yoga and nervous system health through the chakras
- Yoga and the endocrine system and their impact on health
- Yoga for pain relief
- Post cancer care

### **Practice Management**

- Yoga Therapy and the Law
- Record Keeping and promoting your business
- Health and Safety
- Fitness to Practice and professional responsibility

### **Mental and Emotional Support for the client includes**

- Bhavana, Sankalpa and psychoneuroimmunology
- The therapeutic use of meditation and mindfulness
- An in-depth study of relaxation techniques

Clinic days during the course give the student opportunity to work with clients in a real situation. Contra indications for all health issues are embedded into the theory and practice.

### **Learning Outcomes**

Learning Outcomes for the course are those set by the British Council for Yoga Therapy core curriculum.

#### **The student will be able to meet the criteria laid out in the CHNOS for Yoga Therapy**

1. Explore and establish the client's needs for Yoga Therapy
2. Develop and agree plans for Yoga Therapy with clients
14. Provide Yoga Therapy to clients

#### **The successful candidate will show/demonstrate**

- how to interact with the client in a professional way
- take a case history,
- keep records of the sessions,
- assess the clients' needs and progress and set goals
- plan a programme of yoga for the individual
- make a contract with the client, setting professional boundaries
- understand the current laws involved in therapy work, follow the CNHC code of practice
- how to run a Yoga Therapy practice

#### **The student will be able to demonstrate and apply knowledge and understanding of the following as a means of diagnosis and therapeutic application:**

The koshas, vayus, chakras, pathology of common ailments, mobility assessment  
Asana, pranayama, pratyahara, etc. (detailed in CHNOS 14)

#### **The student will demonstrate a variety of skills for working one to one, including:**

- Energy awareness
- Visualisation and affirmations
- Mindfulness and meditation
- Various approaches to relaxation
- Guiding asana practice with minimum intervention, and the ability to modify asanas appropriately and understand the contraindications
- The therapeutic application of chakra work
- General counselling skills (listening, reflecting, summarising)

## **Assessment Methods**

There is ongoing assessment throughout the course for all the practical aspects of the training, with both oral and written feedback.

### **Assignments**

Assignments are set for each part of the course. Currently there are 9. These are linked to learning outcomes based on the Core curriculum.

### **Practical Assessment**

The student will work with a client with the assessor present and will demonstrate:

- How to take a case history
- Rapport with the client
- Contracting
- The basic counselling skills of listening, reflecting, summarising, and setting goals
- Delivering a yoga therapy programme

### **Case Studies**

The student will demonstrate their ability to deliver yoga therapy through submission of 6 cases studies of 6 hourly yoga therapy sessions (36 hours total) with a written account of each session (can be in note form). This could include working with a small group.

The case history to include:

- The planned yoga programme, and the rationale for the programme
- Home practice, handouts/notes given and any other advice offered
- An assessment of the client's progress and benefits of the yoga practice
- A reflective overview of the therapy given
- A signed statement from the client

### **Practice Journal**

This will show the student's understanding and personal experience of some of the therapeutic practices. This will include some practices set by the tutor.

### **Yoga Therapy Sessions**

The student is expected to receive at least 3 sessions of Yoga Therapy with an approved therapist and will keep a log of these sessions and other relevant experience during the course.

### **Yoga Therapy Observations**

Students are required to observe a minimum of five yoga therapy sessions delivered by a qualified practitioner. Some opportunities will be provided as part of the course.

### **Practical Therapeutic Work**

Practical yoga therapy is part of the training. The student will have opportunities during course weekends, as part of assignments and for their case work.

## **Dates**

The next Egham training will start in April 2019. There will be 12 training weekends held over the course of two years. Please note that dates may be subject to change

### **2021 Dates below - 2022 dates TBC**

Weekend 1 - 17 18 April

Weekend 2 – 5 6 June

Weekend 3 - 17 18 July

Weekend 4 - 4 5 September

Weekend 5 – 6 7 October

Weekend 6 – 4 5 December

A further 6 months is then required to complete case studies with supervision. (More time can be negotiated if required)

## **Costs**

Course fees - £3950 (including a non-refundable deposit of £550)

Plus - assessment fees – practical £100 portfolio assessment £250

## **Payment**

The full balance of the course may be paid:

Option 1 - Reduced price for payment in full on acceptance of a course offer £3800 (4% reduction)

Or

Option 2 – Deposit of £550 and balance by 20 instalments of £170, first instalment to be paid on 1 March 2021

## **Other Additional Costs Include**

Accommodation (if required)

Food (drinks will be provided)

3 Yoga Therapy sessions

A copy of Ross and Wilson Anatomy and Physiology 2018 Edition

A copy of Patanjali's sutras (we will use the Mukunda Styles version)

## **Cancellation Terms**

Once your place is confirmed you will be able to cancel your booking up to 60 days before the course start date. (However, your deposit is not refundable). After this time, you will be liable for the full cost.

Should you have to discontinue your studies due to personal circumstances during the course, every effort will be made for you to continue your studies at a later date either at Ledbury or Egham, but this will have to be negotiated on a case by case basis and cannot be guaranteed.

## **Missed Sessions**

Days or weekends that are missed for any reason will still be charged to cover materials and additional tutorial time.

## **Booking**

If you would like to apply to join the course, please fill in the application form and email or post it to the return address and we will arrange for a telephone interview. When your application is accepted we will ask for the non-returnable deposit of £550 to secure your place.

## **Location**

This course will be a blend of live online training delivered via zoom and in person. Our Egham **Venue is Synergy Physio**, First Floor, 60 - 63 High St, Egham TW20 9EX NB (However this will depend on Covid restrictions in place next April. Other venues are available nearby). Egham has many eating places and facilities. Bed and breakfast accommodation are plentiful.

## **Getting there**

Egham is easily accessible by the M25 and with a good train service from Waterloo is only five minutes to walk from the venue. Full details including parking and access will be provided once course dates and bookings are confirmed.

## **Tutors**

### **Patricia Cronin**

Is a Senior Tutor for Real Yoga delivering the training courses that are based in Egham Surrey. She is a member of the International Association of Yoga Therapists and is registered with the Complementary and Natural Health Care Council. She runs a thriving yoga therapy practice for private clients from her home and provides yoga therapy in the Eating Disorders Unit of a NHS Trust and in a busy private Psychiatric Clinic, both in Berkshire. In addition, she has many years of experience of working with; chronic fatigue and related conditions, yoga for healthy backs in conjunction with a local osteopath practice, and teaching meditation courses. She has a professional background in training and developing people and an Award in Education and Training. She has been practicing yoga and meditation for over 40 years and has loved every moment, but she considers training yoga therapists to be her passion.

### **Jean Danford**

Is the founder and principle of Real Yoga and has 42 years of experience of teaching yoga, teaching in adult education, schools and hospitals. She has been training yoga teachers for over 25 years, firstly for FRYOG and in 2006 when the new National Occupational Standards were developed she began training others in Yoga Therapy establishing Real Yoga as a training school in its own right. In 2016 Jean's first book Yoga Therapy for Parkinson's Disease and Multiple Sclerosis was published, and she was invited to present her work at the International Association of Yoga Therapists conference in 2017.

Jean is a CNHC registered and IAYT Certified Yoga Therapist, a trained and qualified healer and counsellor. In 1985, she trained and qualified in deep tissue bodywork as a postural integrator, and is a senior tutor for the College of Healing and assessor for FRYOG (Friends of Yoga).

She is an active member of The British Council for Yoga Therapy serving on the accreditation panel.

### **Jackie Hayfield**

Is a teaching assistant for Real Yoga and has been teaching yoga for nearly 20 years. She qualified as a yoga therapist with Real Yoga in 2016, and is registered with the Complementary and Natural Health Care Council. She runs a variety of classes including therapeutic, chair yoga, and assisted yoga for disabled people with MS. She runs a yoga therapy practice from her home studio in Ringwood, on the edge of the New Forest, where she offers small group courses as well as 1to1 yoga therapy. She currently serves as the Secretary for the British Council for Yoga Therapy (BCYT).

## **Additional Tutors**

We also invite specialist tutors to share their expertise E.G. Physiotherapists, Ayurvedic Practitioners and other subject matter experts.