

# Yoga

2014

TEACHER TRAINING  
THERAPY TRAINING



*SUN YANTRA*  
by Pieter Weltevrede  
[www.sanatansociety.com](http://www.sanatansociety.com)

SURYA CHANDRA HEALING YOGA SCHOOL



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# School Organization & Overview of Programs

**Surya Chandra Healing Yoga School** is known for its approach which welcomes students to be happy where they are, yet gives permission to move to a different place.

Students are guided through a caring and well-thought out, balanced course with an emphasis on calming the mind.

Movement with the breath is key to integrating the body with a calm mind helping to sooth the emotions and lift the spirit.

Surya Chandra Healing Yoga School trains yoga students of all levels and abilities. We understand that yoga is not just about the movements or postures called asanas. We believe that if you can breathe, you can do yoga. We realize that yoga is about calming the mind, which happens when the body is in ease and we know that there is evidence-based studies that show that yoga can help reduce stress.

## Organization

Surya Chandra Healing Yoga School is organized as an umbrella organization

with many different Yoga Centers feeding into the organization. The organization is much like a public school system with a School Board overseeing many different schools, each with their own principle. JJ Gormley-Etchells is the founder of this vision and the owner of SCHYS.

The Yoga Centers that feed into this organization, each run by a well-trained and long-time student of yoga and trained under JJ offer some parts of these trainings at their individual locations.

## Advisory Board

An advisory board is made up of these individual yoga center owners. As well, the Board of Directors of the non-profit organization: Surya Chandra Yoga Sanga helps to advise the School.

## Ethics Review Board

An Ethics Review Board has also been established and is made up of yoga teachers and students, and legal and medical professionals. Anyone

wishing to lodge a complaint against the school may do so and expect a fair outcome.

Members of both the Advisory Board and Ethics Review Board change yearly or bi-yearly. Students enrolled in any of SCHYS's programs are entitled to know the current members at any time.

## Overview of Programs

These teacher training programs are for those interested in an opportunity to learn and experience yoga in-depth.

The intention is to offer an integrated curriculum that provides comprehensive programs for students to teach yoga or simply be an avenue for greater study of yoga. The focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga.

Students may join a training program at any time and may take up to five years to complete their program. They may take workshops at any time according to their schedule

and the current offerings. Many classes are available as online or pre-recorded classes.

The 200-hr Program is offered in its entirety at a yoga center that is a member/affiliated school. The 300-hr, 700-hr and 1000-hr Programs and the associated Specialty Certificates are run at various member schools and yoga centers throughout the country. Many classes are offered distance learning via online classes.



**JJ Gormley-Etchells**  
**E-RYT500**



# Yoga Studies 200-Hour & 300-Hour Programs



*Training at Blacktail Ranch, Montana*

## Yoga Teacher Trainings

These programs are for students of yoga who realize that yoga is a deeply intimate event for the body-mind-spirit and that its beauty lies in how differently it is expressed from person-to-person.

Joining SCHYS can help keep your home practice going as you continue learning and deepening your knowledge of yoga.

The aim of these training programs is to aid the emerging teacher in finding his or her own unique voice and style of teaching. The transformation from student to teacher and from ordinary teacher to the extraordinary is a challenging and exciting process. This program helps the trainee emerge as an extraordinary teacher in a supportive

environment where the pace is set by the trainee and there is flexibility to pursue areas of special interest.

Become a part of the yoga community, enjoying friendships with like-minded individuals. Enter into a study group to enhance your learning experience, deepen your understanding of yoga, get help with your poses and more.

200-Hour and 300-Hr Programs are run on location.

Please consult the website to find the schedule of trainings.

## Pre-Requisites

### 200-Hour Program

The 200-Hour Program pre-requisites include having a strong background in yoga, including a daily practice. And at least one year of yoga experience. In addition, it is highly recommended that at least some of the books on the required reading list have been read.

### 300-Hour Program

The 300-Hour Program pre-requisites include having a strong background in yoga, including a daily practice, currently holding a 200-hr RYT certificate and have been teaching yoga for at least one year.

## Length of the Programs

These programs are designed to take place in approximately one year to 18-months when completed on location. Students have up to five years to complete all requirements and must stay actively taking classes during the five years. Most students complete the programs within 24-months.

# 200-Hour Requirements

## Modules: 160 hours (Minimum of 8 modules required, 5 with JJ)

1. Anatomy of Bones, Muscles
2. Alignment for Yoga
3. Teaching Methodology
4. Women & Inner Anatomy
5. Yoga Therapy, 1
6. Chakras & Practice Teaching
7. Bandhas & Practice Teaching
8. Yoga Therapy, 2
9. Sanskrit (guest teacher)
10. Practice Teaching

## Online Classes: 40 hours

These classes are available as a recording accompanied by handouts and are meant to supplement the learning process.

1. Course Planning -8-hrs
2. Pranayama Part 1 - 8-hrs
3. Philosophy, Pt 1 -8-hrs
4. Professional Development 4-hrs
5. Philosophy, Pt 2 - 8-hrs
6. Teaching Methods - 4 hrs

## Retreat / Residential Training with JJ: 32 Hours

In ancient times, yoga students studied and lived with their teacher for many years before being eligible to become a yoga teacher. This is not possible in today's times, but a retreat is the next best thing. Consult the retreat options online and sign up for a retreat. One retreat is part of the requirement for contact hours with JJ.

## Student's Responsibilities

In addition to the above hours and commitment of study time, student's are required to complete the following on their own (at no cost) which will enhance their learning and ability to be a yoga teacher:

1. Observing and/or Assist a Faculty Member (approx 20-hours recommended). Students should obtain prior approval before beginning their observation hours with Faculty.
2. Write a research paper on approved topic. The Research Paper may be completed at any time during the training. A topic must be chosen by the student and approved by JJ or Faculty. Any topic (yoga-related) that is of interest to the student may be appropriate. Submit topic idea to Faculty and/or JJ for feedback, guidance and/or approval. Research Paper should be 5-7 pages (12pt text Times New Roman, 1" margins and include bibliography.)
3. Teaching in the classroom (to be completed after all teaching methodology as been completed). Substitute teaching may begin when the student has completed Module 6 and/or the Faculty deems the student ready.
4. Complete the exam (take home/open book). The exam is take-home and open book (not open internet). The books that are open are those from the Required Reading List (see website). The comprehensive exam

covers all topics in the training. Students should complete their Study Guide before requesting the final exam. (Students may take up to 45-days to complete the exam.

## Sample Schedule

The modules are usually scheduled over the course of one year. Depending on the location and Faculty for each training, the schedule may omit a summer month(s), or December.

Each hands-on module is scheduled over a weekend. The schedule will be set at each location as appropriate for the Faculty, the Yoga Center, and/or the student body.

A typical 16-hour weekend:

- 3 hrs Fri. night (6-9pm)
- 3.5 hrs Sat. a.m. (9am-12:30pm)
- 3.5 hrs Sat. p.m. (2:30pm-6pm)
- 3.5 hrs Sun. a.m. (9am-12:30pm)
- 2.5 hrs Sun. p.m. (2pm-4:30pm)

## Contact Hours

Total minimum required contact hours with JJ: 120

Contact Hours with Other Faculty: 80



# 300-Hour Program Requirements

## Prerequisites

This program is designed for teachers currently holding a RYT-200 from the Yoga Alliance or equivalent. As well, students need to have been teaching for one year prior to acceptance in this program, and complete one additional year of teaching before completion of this program. Therefore, this is a **300-hour** requirement above the 200 hours already earned for a total of 500-Hours. Students completing this program may apply with both their 200-hr and their 300-hr certificates to the Yoga Alliance for RYT500.

## Modules: 160 hours (Minimum of 8 modules required, 5 with JJ)

1. Chakra Alignment
2. Yoga Therapy, 2
3. Teaching Methodology
4. Women, Inner Anatomy
5. Yoga Therapy, 1
6. Chakras & Mayas
7. Bandhas & Pranayama
8. Doshas, Nadi Pariksa, Vayus
9. Sanskrit, Pt 2 (guest teacher)
10. Yoga Therapy & Practice Teaching

## Online Classes: 56 hours

These classes are available as a recording accompanied by handouts and are meant to supplement the learning process.

1. Course Planning - 8-hrs
2. Philosophy, Pt 2 - 8-hrs
3. Ayurveda - 4-hours)
4. Professional Develop. -4-hrs
5. Philosophy, Pt 3 - 8-hrs
6. Pranayama Part 2 - 8-hrs

## Retreat w/JJ: 32 Hours

In ancient times, yoga students studied and lived with their teacher for many years before being eligible to become a yoga teacher. This is not possible in today's times, but a retreat is the next best thing. Consult the retreat options online and sign up for a retreat. One retreat is part of the requirement for contact hours with JJ.

## Student's Responsibilities

In addition to the above hours and commitment of study time, student's are required to complete the following:

1. Elective Hours: 68 or hours needed to fulfill 300-hour requirement. These hours should be well-documented and be spread across the categories. Prior approval is necessary.
2. One year of teaching is required at the start of this program (as a pre-requisite), as well as a second year of teaching before completing this program.

3. Write a research paper on approved topic. The Research Paper may be completed at any time during the training. A topic must be chosen by the student and approved by JJ or Faculty. Any topic (yoga-related) that is of interest to the student may be appropriate. Submit topic idea to Faculty and/or JJ for feedback, guidance and/or approval. Research Paper should be 5-7 pages (12pt text Times New Roman, 1" margins and include bibliography.)

4. Complete the exam (take home/open book). The exam is take-home and open book (not open internet).

The books that are open are those from the Required Reading List (see website). The comprehensive exam covers all topics in the training. Students should complete their Study Guide before requesting the final exam. (Students may take up to 45-days to complete the exam.)

## Sample Schedule

See the website for the current schedule of modules. Each hands-on module is scheduled over a weekend.

A typical 16-hour weekend:

- 3 hrs Fri. night (6-9:00pm)
- 3.5 hrs Sat. a.m. (9am-12:30pm)
- 3.5 hrs Sat. p.m. (2:30pm-6pm)
- 3.5 hrs Sun. a.m. (9am-12:30pm)
- 2.5 hrs Sun. p.m. (2pm-4:30pm)

## Contact Hours

Total minimum contact hours required with JJ Gormley: 180



# Yoga Teacher & Yoga Therapist

## Yoga Teacher

To become a yoga teacher requires the student's devotion to and love of yoga and the desire to share with others. Training programs in the US vary widely in the scope of material that is covered. Many programs graduate yoga teachers in 200-hours or less.

SCHYS has three programs for training students to become Yoga Teachers. The first is the 200-hour program which is for all students who show a love of yoga and wish to learn more, some have the intention of teaching, many do not and only take the courses for self-improvement and greater knowledge and understanding of yoga.

The next program: The 300-hr program gives the student an overall 500-hrs of study. Those taking the 300-hr program are adding these hours to an existing 200-hr program obtained from either SCHYS or a non-SCHYS program. The student may then show both certificates to the Yoga Alliance and be on their Registry at the 500-hr level.

## Yoga Therapist

Yoga Therapists require a different skill set. Much more knowledge is required in the many fields that encompass all that yoga is and include knowledge in western medical model and mental health models. As well, knowledge of the many models of yoga are required. Such models help to round out the Yoga Therapists education enabling a much more holistic and multi-dimensional look at an individual.

The Yoga Therapist has the unique ability to play the role of a listener, an educator, a coach and a guide toward self empowering the individual to take charge of their healing process and/or transformation toward a calmer mind.

To become a yoga therapist requires a minimum of 1000 hours of study. SCHYS has broken up this program in two steps: first the student enters the 700-hour Program with an existing 500-hr RYT. After successful

completion of the 700-hr Program, the student may enter the 1000-hr Program. An overall 600 contact hours must be met before graduating as a Yoga Therapist. Students coming in to SCHYS from a non-SCHYS 500-hr certificate must complete the Integration Courses listed on the website and on the next page as part of this additional 100-hrs needed to reach the minimum contact hours.

These Teacher Training Programs have been Registered Yoga Schools (RYS) with the Yoga Alliance (YA) since 1999.

SCHYS is also a member school of the IAYT. We support IAYT's educational standards for yoga therapy and intend to apply for IAYT accreditation following implementation of the new process. The 1000-hour Yoga Therapy program complies with their standards. We have submitted an application to IAYT for accreditation of our yoga therapy program, and will be able to provide information on our status after IAYT completes its review process.

SCHYS is also a SECO School. Our programs qualify for Military Spouses financial support through MyCAANewSchools and SECO.

# 700-Hour Program

## Prerequisite

This program is designed for teachers currently holding a 500-Hr RYT. Therefore, this is a **200-hour** requirement above the 500 hours already earned for a total of 700-Hours. Students need to have been teaching a minimum of 3-years before acceptance in the Program.

The 700-hr program is provided as a stepping stone along the way toward your 1000-hr Yoga Therapy Certificate. At the end of this program both the student and the school evaluate the student's ability and interest in becoming a yoga therapist.

## Modules: 90 hours (Minimum of 5 with JJ Required)

1. Mudras & Bandhas
2. Anatomy of Depression
3. Cit-Citta, The Mind
4. Bandhas & Pranayama-2
5. Marmas-Nadi Pariksha

## Online Classes: 56 hours

These classes are available as a recording accompanied by handouts and are meant to supplement the learning process.

1. Fund. of Yoga Therapy, Pt 1 - 8-hrs
2. Models - Yoga Therapy, Pt 1 - 8-hrs
3. Ayurveda Pt 2 - 4-hrs
4. Professional Develop. -4-hrs
5. Fund. of Yoga Therapy Pt 2 - 8 hrs
6. Models -Yoga Thapy, Pt 2 - 8-hrs
7. Case Studies - 1 - 8-hrs
8. Case Studies - 2 - 8-hrs

## Retreat w/JJ: 32 Hours

In ancient times, yoga students studied and lived with their teacher for

many years before being eligible to become a yoga teacher. This is not possible in today's times, but a retreat is the next best thing. Consult the retreat options online and sign up for a retreat. One retreat is part of the requirement for contact hours with JJ.

## Student's Responsibilities

In addition to the above hours and commitment of study time, student's are required to complete the following:

1. Elective Hours: 38 or hours needed to fulfill 300-hour requirement. These hours should be well-documented and be spread across the categories. Prior approval is necessary. Teaching 20 one-on-one privates as part of these hours is required.

2. Write a research paper on approved topic. The Research Paper may be completed at any time during the training. A topic must be chosen by the student and approved by JJ or Faculty.

3. Complete the exam (take home/ open book). The exam is take-home and open book (not open internet). The books that are open are those from the Required Reading List (see website). The comprehensive exam covers all topics in the training. Students should complete their Study Guide before requesting the final exam. (Students may take up to 45-days to complete the exam.

## Sample Schedule

See the website for the current schedule of modules. Each hands-on module is scheduled over a weekend.

A typical 18-hour weekend:

- 3 hrs Fri. night (6-9:00pm)
- 4 hrs Sat. a.m. (8:30am-12:30pm)
- 4 hrs Sat. p.m. (2pm-6pm)
- 4 hrs Sun. a.m. (8:30am-12:30pm)
- 3 hrs Sun. p.m. (2pm-5pm)

## Contact Hours

Total minimum contact hours required with JJ Gormley: 120

## Integration Hours (100-hrs)

Students joining the 700-hr program with an RYT-500 from a school other than SCHYS will need to complete the following Integration Classes which are available via recording accompanied by handouts.

## Online Classes (72-hrs):

- Course Planning -8hrs
- Teaching Methodology-4hrs
- Professional Development -4hrs
- Philosophy Pt 1 -8hrs
- Philosophy Pt 2 -8hrs
- Philosophy Pt 3 -8hrs
- Pranayama Pt 1-8hrs
- Pranayama Pt 2-8hrs
- Fundamentals, Pt 1--8hrs
- Models-Pt 1--8hrs

Remaining hours can be obtained from attending a retreat of 30-hrs or more taught by JJ Gormley.

An assessment may be given as a way to check the applicant's knowledge so that a particular pathway toward completing the certificate can be set.



# 1000-Hour Program

## Prerequisite

This program is designed for teachers currently holding the 700-Hour SCHYS Certificate. Therefore, this is a **300-hour** requirement above the 700 hours already earned for a total of 1000-Hours.

Individuals coming in from programs outside SCHYS must acquire the 700-hr Certificate before applying to this program.

An assessment may be given as a way to check the applicant's knowledge so that a particular pathway toward completing the certificate can be set.

## Modules: 127 hours (Minimum of 5 Specialty Cert. with JJ Required)

1. Specialty Certificate 1 -18hrs
2. Specialty Certificate 2 - 18hrs
3. Specialty Certificate 3 - 18hrs
4. Specialty Certificate 4 -18hrs
5. Specialty Certificate 5 -18hrs
6. Hands-on Module -16hrs
7. Hands-on Module-18hrs

## Online Classes: 56 hours

These classes are available as a recording accompanied by handouts and are meant to supplement the learning process.

1. Case Studies - 1 - 8-hrs
2. Case Studies - 2 - 8-hrs
3. Case Studies - 3 - 8-hrs
4. Case Studies - 4 - 8-hrs
5. Case Studies - 5 - 8-hrs
6. Online class for Spec.Cert - 8hrs
7. Online class for Spec. Cert- 8hrs

## Retreat w/JJ: 32 Hours

In ancient times, yoga students studied and lived with their teacher for many years before being eligible to become a yoga teacher. This is not possible in today's times, but a retreat is the next best thing. Consult the retreat options online and sign up for a retreat. One retreat is part of the requirement for contact hours with JJ.

## Student's Responsibilities

In addition to the above hours and commitment of study time, student's are required to complete the following:

1. Elective Hours: 85 or hours needed to fulfill 300-hour requirement. These hours should be well-documented and be spread across the categories. Prior approval is necessary. Teaching 60 one-on-one privates as part of these hours is required.

2. Write a research paper on approved topic. The Research Paper may be completed at any time during the training. A topic must be chosen by the student and approved by JJ or Faculty.

3. Complete the exam (take home/ open book). The exam is take-home and open book (not open internet). The books that are open are those from the Required Reading List (see website). The comprehensive exam covers all topics in the training. Students should complete their Study Guide before requesting the final exam. (Students may take up to 45-days to complete the exam.

## Additional Requirements

Many of the Specialty Certificate Programs require outside homework as part of the program; 56 of those hours may be applied toward this certificate program.

## Contact Hours with JJ

For each 100-hours of study, 60 hours must be contact hours with JJ. Therefore, before graduating the the 1000-hour Program, 600 hours must be contact hours with JJ. Students who began with SCHYS from the beginning (200-hr Program) will have 600-contact hours. Those who enter SCHYS from another avenue, must take additional courses with JJ toward obtaining the 600-contact hours.



*Teacher Training Class,  
Helena, Montana*

# About JJ Gormley-Etchells, E-RYT 500

JJ is the founder of Surya Chandra Healing Yoga. She has been studying yoga since 1979 and has studied from many traditions of yoga including: Anusara, Ashtanga, Bikram, Integral, Iyengar, Kripalu, Kundalini, Sivananda, and most recently the teachings of TKV & Kausthub Desikachar in the Krishnamacharya tradition commonly called Viniyoga.

She began teaching yoga in 1989 and teaching teachers in 1994. She has been developing and running this teacher training program to produce the most highly qualified and sought-after teachers. These program were run in Virginia from 1994-2006 when she was the owner and Director of Sun & Moon Yoga Studio's Yoga Teacher Trainings. Since 2006, she has been running the trainings via online class and at various yoga centers which have become part of the umbrella network of Surya Chandra Healing Yoga School. These highly respected training programs incorporate in her knowledge of yoga from many different types and styles and traditions of yoga as she continues to be a student herself.

She loves to travel and teach and study yoga. Her travels internationally include such wonderful places as India, Mexico, Bali, Peru, Cambodia, Laos and Vietnam.

JJ is known for her ability to create a supportive environment where she leads participants toward their strengths, helps them make decisions about current habits and teaches them to make changes for the better. Therein lies the most simplest of yoga

principles: making changes for self-betterment.

JJ teaches from her heart taking what she loves from each tradition she has studied and continues to study and learn under the tutelage of her current teachers focusing on therapeutics.

JJ has produced numerous DVDs, a chanting CD and has written countless articles and manuals for teachers and has been featured in many magazines including, *"The Washingtonian,"* and *"Prevention Magazine."*

She is also the founder of Surya Chandra Yoga Sanga, a non-profit organization dedicated to bringing yoga to the underserved and underprivileged.

She is an E-RYT-500 (Experienced-Registered Yoga Teacher at the 500-hour level with the Yoga Alliance), a long-time member of the International Association of Yoga Therapists, a graduate of the KHYF Teacher Training (2011), Anusara Yoga Training (2000) and White Lotus Teacher Training (1990). She travels to India frequently to study at a clinic where thousands have been helped using only yoga.



# Pre-requisites, Application and Fees

## Pre-requisites

Each program has specific pre-requisites, please see the details for each program.

## Length of the Program

These programs generally take between one to three years to finish. Students may take up to five years to finish requirements for each program, but must be active each year throughout the program (attending hands-on modules or online classes).

## Application

Applications can be downloaded off the website. Submit completed applications to SCHYS via an attachment in an email: [yoginijj@yahoo.com](mailto:yoginijj@yahoo.com), or mail to SCHYS, PO Box 296, Ladysmith, VA 22501. References may be sent separately, but should be submitted within 2-weeks of receipt of the application. Application fee should be made at the time the application is submitted. Application Fee: \$50

## Reading List

Reading list can be downloaded off the website. Students are encouraged to begin reading *The Heart of Yoga* by T.K.V. Desikachar. After that, the books may be read in any order, however, the philosophy texts are best read after the associated workshop.

## Fees

**Application fee:** \$50 due with application. This fee is non-refundable.

**Enrollment Fee:** \$350. Due upon acceptance.

**Graduation Fee:** \$350 due before final exam.

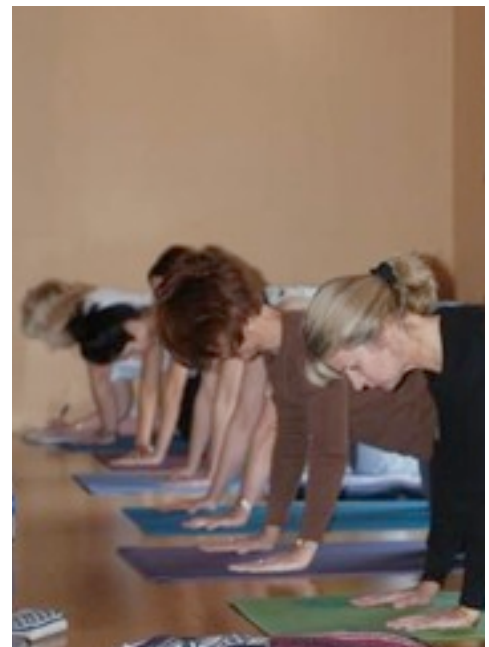
Fees are payable to:

Surya Chandra Healing Yoga School  
PO Box 296, Ladysmith, VA 22501

Checks, Credit Cards and Paypal accepted

Fees are non-refundable.

**Individual workshop/retreat/class fees** are paid as you go as you fulfill your requirements. On-location programs may have a payment schedule set-up.



*Teacher Training Class at Dragonfly Yoga Studies, Fort Walton Beach, Florida*

# Course Selections

## 200-hr Modules

1. Anatomy & Alignment-1
  - a. General Anatomy
  - b. Bones - Muscles
  - c. Anat of Chakras
2. Anatomy & Alignment-2
  - a. Upper Body
  - b. Lower Body
3. Teaching Methods
  - a. Counter Poses
  - b. Language
  - c. Touch
  - d. Demos
  - e. Students
4. Women & Inner Anatomy
  - a. Prenatal
  - b. Menstruation
  - c. Menopause
  - d. Glands-Organs
  - e. Nadis & Kundalini
  - f. Seeing/Adjusting
  - g. Lesson Planning
5. Yoga Therapy - 1
  - a. Scoliosis
  - b. Back Care
  - c. Vinyasa Krama
  - d. Upayam
  - e. Practice Teaching
6. Chakras
  - a. Energy Anatomy
  - b. Alignment w/chakras
  - c. Ayurveda 101
  - d. Practice Teaching
7. Bandhas & Pranayama, Pt 1
  - a. Jalandhara
  - b. Mula
  - c. Uddiyana
  - d. Tadaka Mudra
  - e. Pranayama
8. Yoga Therapy, Part 2
  - a. Low-back
  - b. Upper back, neck
  - c. Hips-Knees
  - d. Shoulders
  - e. Practice Teaching
9. Sanskrit, Part 1
  - a. Sanskrit-devanagari
  - b. Practice Teaching
10. Practice Teaching

## 300-hr Modules

11. Chakras & 5 Mayas
12. Bandhas & Pranayama, Pt 1
13. Doshas, Nadi Pariksha, Vayus
14. Sanskrit, Pt 2
  - a. Sanskrit
  - b. Practice Teaching
15. Yoga Therapy & Practice Teaching

## 700-hr Modules

16. Mudras-Bandhas-PY
17. Anat of Depression
18. Cit-Citta & The Mind
19. Bandhas & Pranayama, Pt 2
20. Marmas-Nadi-Pariksha, Pt2

## 1000-hr Modules (see Specialty Certificate Programs)

21. Trauma Healing
22. Metabolic Syndrome X
23. OA/OP
24. Seniors
25. MS & PD
26. Auto-Immune, Pt 1
27. Auto-Immune, Pt 2
28. Substance Abuse & Addictions
29. Prenatal, Pt 1
30. Prenatal, Pt 2
31. Yoga for Kids, Pt 1
32. Yoga for Kids, Pt 2
33. Yoga for Cancer, Pt 1
34. Yoga for Cancer, Pt 2
35. Yoga for COPD/Asthma
36. Yoga for Structural Issues
37. Diet & Nutrition
38. Yoga for Insomnia & Sleep Disorders
39. Yoga for Women's Issues (From Infertility to Menopause)
40. Yoga for Thyroid-Adrenal & Other Endocrine Issues

## Retreats

See Schedule on website for retreats and yoga vacations such as Feathered Pipe Ranch, Gray Bear Retreat Center, Jamaica, Peru, Mexico, Vietnam, etc.



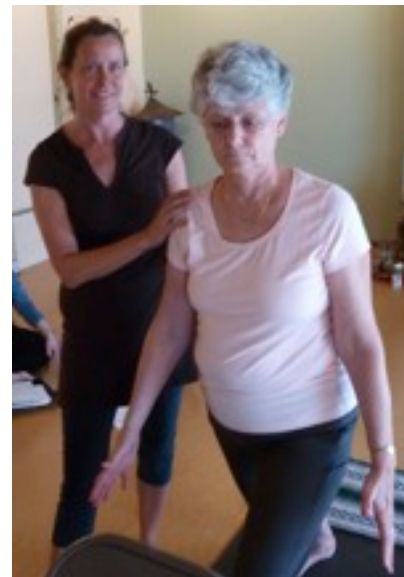
## Online Classes

Those attending the online classes “live” may count hours as contact hours.

- 1.Course Planning -8
- 2.Pranayama Pt 1 -8
- 3.Philosophy Pt 1 -8
- 4.Prof. Development, Pt 1 -4
- 5.Philosophy Pt 2 -8
- 6.Teaching Methods -4
- 7.Ayurveda Intro -2
- 8.Ayurveda, Pt 2 -4
- 9.Prof. Development, Pt 2 -4
- 10.Philosophy Pt 3 -8
- 11.Pranayama Pt 2 -8
- 12.Yoga Sutras In-depth -ongoing
- 13.Bhagavad Gita in-depth -ongoing
- 14.Fundamentals Y-Th Pt 1 - 8
- 15.Fundamentals Y-Th Pt 2 -8
- 16.Models Y-Th Pt 1-8
- 17.Models Y-Th Pt 2-8
- 18.Case Studies Pt 1-Chakras-8
- 19.Case Studies Pt 2-5Mayas -8
- 20.Case Studies Pt 3-Models1 -8
- 21.Case Studies Pt 4-Models2 -8
- 22.Case Studies Pt 5-Multi -8
- 18.Trauma Healing Pt 1
- 19.Trauma Healing Pt 2
- 20.Metabolic Syndrome X Pt 1
- 21.Metabolic Syndrome X Pt 2
22. OA/OP
- 23.Seniors
- 24.MS & PD
- 25.Auto-Immune, Pt 1
- 26.Auto-Immune, Pt 2
- 27.Auto-Immune, Pt 3
- 28.Substance Abuse, Pt 1
- 29.Substance Abuse, Pt 2
- 30.Prenatal, Pt 1
- 31.Prenatal, Pt 2
- 32.Prenatal, Pt 3
- 33.Yoga for Kids, Pt 1
- 34.Yoga for Kids, Pt 2
- 35.Yoga for Kids, Pt 3
- 36.Yoga for Cancer, Pt 1
- 37.Yoga for Cancer, Pt 2
- 38.Yoga for COPD/Asthma
- 39.Yoga for Structural Issues
- 40.Diet & Nutrition-Pt 1
- 41.Diet & Nutrition-Pt 2
- 42.Yoga for Insomnia and Sleep Issues
- 43.Yoga for Women’s Issues
- 44.Yoga for Thyroid & Adrenal Cortex Issues

Classes are often added, please join the email list from the website or consult the website schedule to stay abreast of new classes.

Generally, classes are offered in 8-week sessions and meet once per week for 1-hour.



***JJ with a Volunteer Client at a Hands-on Module***