



# SCHYS

*Surya Chandra Healing Yoga School*

Training students to become teachers and teachers to become students.

## Step 2 Yoga Therapy Certificate Program

# Step 2 Program Overview

## Honoring the teachings of in the tradition of T. Krishnamacharya and TKV Desikachar

The Surya Chandra Healing Yoga School Yoga Therapy Certificate Program is based on and honors the teachings in the lineage of Krishnamacharya and Mr. TKV Desikachar. This program is built on the standards set by the International Association of Yoga Therapists and upholds those set by the Yoga Alliance for 500-Hour Registered Yoga Teachers.

This program advances the concepts and tools of Yoga Therapy learned in the 300-Hour Advanced Yoga Teacher Training program - focusing on the use of Yoga therapy to treat structural issues. Students begin to work with individual clients (under close supervision of their Faculty-Mentor), using the tools and knowledge learned thus far. Graduates are considered Apprentice Yoga Therapists.

## Pre-Requisites

This program is for students who have completed a 200-Hour training program; at least 80% of the Step 1 Yoga Therapy Certificate Program; 200 teaching hours; and 2 years of teaching.

## Location

This training is available at several locations around the US. Check the SCHYS website for information on current program locations!

## Faculty

Find a complete Faculty list online!

## Program Modules

Current program dates are available online

Module	General Topics
2.1	Anatomy & Physiology, and Philosophy
2.2	Structural Issues - Part 1
2.3	Business & Bandhas
2.4	Ayurveda
2.5	Application of Upayam
2.6	Mental & Psychological Health
2.7	Meditation & Mantra for Calm Mind
2.8	Structural Issues - Part 2
2.9	Yoga Therapy
2.10	Application of Teaching Methods

Each SCHYS location runs the same curriculum for this program. The general schedule for each location is:

Day AM/PM	Time	Hours
Fri PM	5:30p - 8:45p	3.25
Sat AM	9:30a - 12:30p	3
Sat PM	1:30p - 5:30p	3.75
Sun AM	9:30a - 12:30p	3
Sun PM	1:30p - 5:30p	3.75

Individual locations may adjust the schedule as needed for traffic or other concerns, as long as the required module hours are met over the course of the weekend.

# Step 2 Program Requirements

## Pre-Requisites

This program is designed for teachers who have a RYT-200 from the Yoga Alliance (or equivalent) and logged 100 teaching hours (or 1 year of teaching).

## Program Modules: 165 Hours

Students are required to attend 11 modules. At least one faculty member will be present for all modules, with 2 faculty present for at least 4 of the modules. *Program Modules are included with tuition.*

## Online Classes: 28 Hours

Students are required to take online classes as a way of enhancing the learning experience to better prepare you for the final exam. You can take these classes at your own pace - starting at any point throughout the program. We recommend that you begin this classes right away and complete at least one hour per week to ensure that complete them all by the end of the program. All online classes must be completed before requesting the final exam. *Online Classes are included with tuition.*

## Retreat: 20 Hours

You must attend one retreat sponsored by SCHYS or approved by the Director.

Retreat fees are not included with tuition. *Approximate retreat cost is \$1,200* but varies depending on the retreat selected and travel expenses required.

## Books and Course Materials

Books and other course materials are not included with tuition. *Estimated costs \$200-\$300* depending on where the materials are purchased and quality (used, new) of the materials.

## Faculty Mentorship: 4 Hours

Students are required to schedule at least 4 one-hour private sessions with their faculty mentor.

Faculty Mentorship hours are not included with tuition. *Minimum cost is \$75/hour* but may vary depending on your Faculty-Mentor.

## Client Case Review: 10 Hours

Students are required to review client cases with their Faculty-Mentor for at least 10 hours.

Client Case Review hours are not included with tuition. *Minimum cost is \$37.50/hour* but may vary depending on your Faculty-Mentor.

## Faculty Observations: 25 Hours

Students are required to observe and/or assist their faculty-mentor clients.

Faculty Observations are not included with tuition. *Minimum cost is \$200 for 25 hours* but may vary depending on your Faculty-Mentor.

## Off-Site Practicum: 48 Hours

In Step 2, students are required to begin conducting one-on-one private sessions with friends, family, or colleagues in mock client-therapist sessions. SCHYS recommends that you conduct at least 20 hours at no charge to the client; you can then begin charging a minimal amount (suggested \$30). As you progress through the training you can charge more (suggested \$45). By Step 3 you can begin charging \$60 or more. By graduation you can charge a general rate (approximate to a licensed massage therapist in your region).

## Additional Responsibilities

In addition to the classroom hours and commitment of study time, students are expected to complete

- Homework assignments;
- Study Guide;
- Research paper (5-7 pages); and
- Final exam (open book)

# Step 2 Application & Fees

## Application

Applications are available online or by request. To apply, fill out the application and include contact information for four references (two personal and two yoga references). The non-refundable Application Fee of \$50 should be included with your application.

Once you have submitted your application, a SCHYS staff member will review and notify you if you have been accepted into the program. Once accepted you will receive an Enrollment Agreement - sign and return with a \$100 deposit (deducted from your first payment).

## Program Fees: \$3,600

The cost of this program includes all schedule program hours and online classes.

**SCHYS accepts checks, major credit cards, and PayPal!**

## Payment Options

### Option A: \$3,300

If paid no later than one month before program start date.

### Option B: \$3,600

Three (3) payments of \$1,200 paid within the first 4 months of the program start date.

### Option C: \$3,780

Six (6) payments of \$630 each paid within the first 6 months of the program start date.

### Option D: \$3,840

Eight (8) payments of \$480 each - paid within the first 8 months of the program's start date.

Other options and/or Scholarships may be available. Contact JJ at SCHYS for more information!

## Final Exam Fee: \$150

Due before the Final Exam. If you withdraw from the program before graduation you are not responsible for the final exam fee.



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