

COURSES FOR THE 300-HOUR SVASTHA YOGA THERAPY FOUNDATIONS TRAINING

This table lists the recommended core courses and electives for the 300-hour Svastha Yoga Therapy Foundations training.

	COURSE	HRS
Recommended Core Courses (236 Hours)		
1	Foundations of Wellbeing & Yoga Therapy: Patterns & Holistic Change	10
2	Art & Science of Awareness: Meditation & Mindfulness	30
3	Rest, Rejuvenate & Be Positive	30
4	Move Well: Master Course on Yoga Therapy for Locomotor Issues	60
5	Breathe Well: Master Course for Wellbeing & Yoga Therapy	36
6	Foundations of Ayurveda, Nutrition & Digestion, Lifestyle & Senses	30
	Ongoing Mentoring & Integration	40
Electives: Skills & Knowledge (Select Courses to Complete 300+ Hours)		
1	Yogic Path to Better Relationships	10
2	Yoga Sutra & Samkhya: Yoga Psychology & Philosophy	30
3	Power of Mantra & Surya Namaskara	20
4	Yoga & Devotion	10
5	Manage Your Emotions: Anger, Fear, Desire, Ego, Grief	30
6	Art of Adaptation: Asana for Everybody	16
7	Pranayamas of Classical Yoga	18
8	Keys of Hatha Yoga	30
9	Yoga of Speech: Words, Thoughts, Intention & Instruction	16
	Personal Mentoring	10
Electives: Disorder-Based Yoga Therapy (Select Courses to Complete 300+ Hours)		
1	Teaching Skills: Yoga Classes for Therapeutic Needs	14
2	Yoga For Anxiety, Trauma, Depression, Addictions & Stress	30
3	Chronic Pain, Pain Syndromes, Fibromyalgia	8
4	Respiratory And Cardiovascular Disorders	16
5	Women's Health, Menstrual Disorders, Menopause, Pregnancy	6
6	Aging, Osteoporosis	10
7	Neurological Disorders: Stroke, Parkinson's Disease, Dementia	6
8	Immune System, Inflammation, Autoimmune Diseases, Hormones, Endocrine Disorders	12
9	Diabetes Mellitus & Metabolic Syndromes	6
10	Journey of Cancer	6