

# Svastha Yoga Therapy Program

Professional Training

Holistic, In-Depth,  
Authentic & Scientific

Lifelong Wellbeing  
and Healing from Illness

## Courses & Contents



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**Svastha Yoga Therapy Program  
Courses and Contents**

## TABLE OF COURSES & HOURS

This table lists the key courses of the 800-hour Svastha Yoga Therapy Program including hours and classification. More electives will continue to be added. The rest of this document offers description of the contents of each course.

No.	PROGRAM	HRS	DOMAIN
<b>Domain-Based &amp; Skill-Based Learning, including Traditional Frameworks &amp; Science</b>			
1	Foundations of Wellbeing & Yoga Therapy: Patterns & Holistic Change	10	Habit & Change
2	Art & Science of Awareness: Meditation & Mindfulness	30	Awareness
3	Rest, Rejuvenate & Be Positive	30	Feeling
4	Manage Your Emotions: Anger, Fear, Desire, Ego, Grief	30	Feeling
5	Yoga of Speech: Words, Thoughts, Intention & Instruction	16	Words & Thoughts
6	Move Well: Master Course on Yoga Therapy for Locomotor Issues	60	Movement
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8	Breathe Well: Master Course for Wellbeing & Yoga Therapy	36	Breathing
9	Pranayamas of Classical Yoga	18	Breathing
10	Keys of Hatha Yoga	30	Breathing
11	Foundations of Ayurveda, Nutrition & Digestion, Lifestyle & Senses	30	Nutrition, Lifestyle
12	Yogic Path to Better Relationships	10	Relationship
13	Yoga Sutra & Samkhya: Yoga Psychology & Philosophy	30	Life Path
14	Power of Mantra & Surya Namaskara	20	Life Path
15	Yoga & Devotion	10	Life Path
<b>Mentoring &amp; Integration</b>			
	Ongoing Mentoring & Integration Stream	120	
	Personal Mentoring	30	
<b>Disorder-Based Yoga Therapy</b>			
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	

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## FOUNDATIONS OF WELLBEING & YOGA THERAPY: PATTERNS & HOLISTIC CHANGE

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Duration: 10 Hours

This course lays the foundation for understanding the traditional approach of yoga and ayurveda toward wellbeing. Building on that, we then explore the practical ways to create sustainable positive transformation. The contents of this course are at the heart of all work as a yoga student, yoga facilitator and teacher of wellbeing, and as a yoga therapist.

### In this course, you will:

1. Appreciate the holistic view of yoga and ayurveda.
2. Explore wellbeing as the balance of functions in all levels of yourself.
3. Use the full-spectrum Svastha map of wellbeing to look at the skills of wellbeing.
4. Receive an introduction to assessing imbalance.
5. Work with the ways to create, support, and sustain positive change.
6. Understand conscious vs. unconscious in the yoga view: patterns and shifts.
7. Appreciate the importance of the principle of adaptation—use it or lose it.
8. Explore willpower, energy, resistance, effort as parameters that influence change.
9. Differentiate stress vs. challenge. Cultivate safety, resilience. Understand coping and allostasis.
10. Use curiosity, exploration, play, and the new vs familiar.
11. Cognize the role of environment in change: supports for new patterns, triggers for old patterns.
12. Choose steps in the journey of change: small steps and large steps.
13. Adjust degree of challenge: less vs more in time and complexity.
14. Manage lapses, trying again vs trying differently.
15. Work with motivation: values, conviction, insight, changing vs. growing.
16. Explore the personal meaning of change, value system, intrinsic and extrinsic rewards, changing vs. growing.
17. Cultivating acceptance, balancing engagement and letting go.

### Traditional frameworks

1. vṛtti-samskāra cycle.
2. hetu, phala, āśraya, ālambana.
3. śraddhā, vīrya, prajñā.
4. tapas, svādhyāya, īśvara-praṇidhāna.
5. vrata/vow/commitment.

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## ART & SCIENCE OF AWARENESS: MINDFULNESS & MEDITATION

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30 Hours

Awareness is the basis of conscious choice. Empowerment in self-care and wellbeing begins with noticing our patterns. Starting from there, classical yoga presents the practices of mindfulness, absorption, and contemplation expansively and in depth. In this master course you will understand, practice, and learn to teach these experiences of awareness to others—comprehensively, from yogic, modern, and practical perspectives.

### **In this course, you will:**

1. Understanding the key types of awareness practices.
2. Examine the ancient yoga frameworks that structure and explain awareness practices.
3. Explore how we can use different types of awareness practices optimally on our journey of wellbeing.
4. Classify objects of awareness, what we can practice mindfulness or meditation on, based on practical samkhya and yoga frameworks.
5. Practice yogic mindfulness extensively and in-depth.
6. Experience absorption practices in sight, mantra, breath and body, positive emotions and more.
7. Practice composite visualizations of sensations, images, and more.
8. Explore the neuroscience of consciousness and attention.
9. Understand the connections between yoga and modern positive psychology and neurobiology on the topic of meditation and mindfulness.

### **Topics covered include:**

What and why of awareness practices

1. The categories of directed attention: mindfulness, absorption, contemplation. What are their key features and the differences between them?
2. The stages of progressive absorption in meditation practices.
3. dhāraṇā, dhyāna, samādhi, samyama in traditional yoga.
4. Ways that awareness practices play an important role in supporting holistic wellbeing and self-transformation: monitoring, focus, insight, goal-setting.
5. Experiencing holistic states of change (bhāva).
6. Recalling one's attention (smṛti-sādhana).
7. The arising and role of insight (prajñā) in transformation.
8. What to meditate on? Objects or experiences of focus: body, breath, senses, emotions, abstractions, I-sense (grahītā, grahaṇā, grāhya).
9. Contemplation and abstractions in meditation pathways: vikalpa, vitarka, vicāra.
10. Awareness and the three guṇas of yoga as an underlying framework.

### How of awareness practices

1. Balancing effort and relaxation in attention practices, walking the line between energy and dullness.
2. Growing the qualities of steadiness and entrainment.
3. Understanding and practicing focused vs. expansive awareness states.
4. Managing the emotional background of mindfulness and absorptive states.
5. Cultivating a stable meditation pathway over time.
6. Finding salience or importance in objects of absorption.

### Yogic mindfulness: cultivating sattvic presence

1. Understanding the cautions, challenges, recommendations in mindfulness practices.
2. Developing and deepening sattvic mindfulness of breath, body, senses, thoughts and emotions.

### Yogic absorption: foundations of mantra, imagery and more

Understand the principles of, and practice absorption in:

1. sound, mantra, speech.
2. light, images.
3. breath and body sensation.
4. positive emotions.
5. peace, stillness.

### Science of consciousness and attention

Understand the neuroscience of the self, including:

1. emergence and purpose of self-construct.
2. nerve signaling, neural circuits.
3. theories of consciousness.
4. top-down monitoring and feedback systems.

Explore the neurobiology of:

1. mindfulness, absorption.
2. flow states, default mode network.
3. mystic and alternative consciousness states.

### Traditional yoga frameworks

1. bhāva
2. dhāraṇā, dhyāna, samādhi, smṛti-sādhana
3. prajñā
4. vikalpa, vitarka, vicāra
5. grahītā, grahaṇā, grāhya

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## REST, REJUVENATE & FEEL POSITIVE

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### 30 Hours

Many of us are overwhelmed in modern life. We struggle to manage our energy, find rest, and bring positive feelings to our mind and body. This program will give you the knowledge, practice, and skills to balance your energy levels, find deep rest and restoration, and cultivate positive emotions and sensations of compassion, joy, gratitude, and more. You will learn ancient wisdom underpinning these topics in yoga, explore modern and practical applications, and develop your teaching skills.

### In summary, in this course, you will:

- Learn to balance your energy levels from being low or high to a neutral and functional state.
- Understand and practice rest, deep rest, and restoration.
- Cultivate positive emotions and sensations in mind and body including compassion, love, joy, and gratitude.
- Develop teaching skills for all the above.

### Topics include:

#### Balancing energy

1. Understanding emotion, valence, energy, and the connection to the yogic frameworks of guna-s and klesa-s.
2. Winding down from high energy: using your body, breath, senses to recover balance. How to meet high energy level where it is and chart multimodal stepdown.
3. Activating from low energy: using your body, breath, senses to recover. How to meet low energy level where it is and chart multimodal step up.

#### Cultivating deep rest and recovery

##### Working with:

1. safety and letting go.
2. support and release.
3. mobilization and ease.
4. visualization for relaxation.
5. surrendering effort.

...and more techniques of deep rest.

#### Cultivating positive emotions

1. Exploring the role and importance of positive emotions in wellbeing.
2. Understanding the traditional presentation of positive emotions in yoga.
3. Growing compassion, joy, love, gratitude and more.
4. Understanding the challenges in cultivating positive emotions.
5. Working with therapeutic applications of positive emotion practices.

### Traditional Frameworks

3 guṇa-s, bhāva, mairī, karuṇā, mudita, upekṣā, santoṣa.

### Modern Science

Understanding the stress response and its role in activation, regulation, and shut down:

1. sympathetic nervous system, activation, mobilization responses.
2. parasympathetic nervous system, relaxation, immobilization responses
3. polyvagal theory, heart rate variability
4. window of tolerance, resilience

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## **MANAGE YOUR EMOTIONS: ANGER, FEAR, DESIRE, EGO, GRIEF**

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### **30 Hours**

This is an on-demand course available on Svastha Yoga Online.

Please click here for course details:

<https://online.svastha.net/bundles/yoga-and-emotions>

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## **YOGA OF SPEECH: WORDS, THOUGHTS, INTENTION, & INSTRUCTION**

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### **15 Hours**

Words create our story. Our inner narrative shapes our responses to life events. If we can change our inner dialogue toward ourselves and others, and the speech that arises from that inner dialogue, we will have great power to rewrite our choices.

How can we understand the role that our inner story plays in our lives? How do we rewrite that inner story? How do we manage our negative thoughts and create positive ones? Can we change our speech? We will explore, practice, and teach all this and more in this course.

### **In summary, in this course, you will:**

1. Understand inner cognition through words and appreciate the difference between thoughts and reality.
2. Learn to manage negative thoughts and cultivate positive intentions and thoughts.
3. Experience how speech arises from thoughts and practice mindful speech.
4. Develop skills of listening and learn how to use supportive dialogue.
5. Understand and apply the basics of cognitive therapy, motivational interviewing, and trauma sensitive language.

### **Topics include:**

Understanding cognition through words

1. Appreciating the role of our inner story and how it frames our life events.
2. Understanding the necessity of concepts and abstractions.



3. Exploring the difference between inner reality vs. outer reality.

#### Managing negative thoughts

1. Learning to observe negative thoughts with mindfulness.
2. Challenging and reframing negative thoughts skillfully.
3. Exploring the basic concepts and frameworks of cognitive therapy.
4. Reflecting on traditional yogic approach to cognitive framing.

#### Cultivating positive intentions and thoughts

1. Learning to frame positive intentions skillfully.
2. Developing a stepwise pathway to increasing positive thoughts.
3. Understanding the limits of positive thinking and the problems of toxic positivity.

#### Managing speech and dialogue

1. Experiencing how speech arises from thoughts, from intention to expression.
2. Developing skills of active listening and holding the space for others to express themselves.
3. Offering non-judgmental and supportive dialogue.
4. Understanding the keys of motivational interviewing.
5. Learning the basics of safety in dialogue through trauma sensitive language.

#### Traditional Frameworks

1. pramāṇa, viparyaya, vikalpa, smṛti
2. parā, paśyantī, madhyamā, vaikarī
3. mantra as words

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## MOVE WELL: MASTER COURSE ON YOGA THERAPY FOR LOCOMOTOR ISSUES

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### **60 Hours**

This course will take you through all the important skills of movement for each region of the body, the major disorders that arise in those regions, and the yoga therapy approach to managing them. These same skills are also what keep your locomotor system healthy and help you move well, lifelong.

### **In summary, in this course, you will:**

1. Learn the locomotor skills needed to move well.
2. Receive guided exercises, observation and assessment, and teaching practice for those skills.
3. Understand the necessary functional anatomy of key body regions.
4. Learn decision pathways to work with imbalances of these body regions.
5. Appreciate the implication of major locomotor system disorders and diagnoses and learn how to approach them.

6. Understand safety and contraindications along with each skill and disorder-based management.

**Topics include:**

1. Understanding, practicing, and teaching the skills of moving well:
  - a. pain-management as needed
  - b. awareness & exploration
  - c. relaxation, release
  - d. mobilization, easing movement
  - e. stability, control
  - f. strength, endurance
  - g. range of movement, stretching
  - h. alignment for safe and effective force transmission and loading
  - i. balance, gait
  - j. agility, speed and responsiveness
  - k. coordination, increasing complexity
  - l. positive emotion and supportive dialogue toward the body
  - m. breathing to support moving well
  - n. play, exploration, intrinsic reward
2. Learning and teaching guided exercises for each of these regions to develop important movement skills, with a holistic focus:
  - a. low back
  - b. mid & upper back
  - c. neck
  - d. shoulder
  - e. elbow, wrist & hand
  - f. sacrum
  - g. hip
  - h. knee
  - i. ankle & foot
3. Learning and teaching guided practices combining multiple movement skills for a region and across regions.
4. Appreciating safety and contraindications in teaching and practice.
5. Observing a student, assessing locomotor imbalances, and working with decision pathways or protocols for managing those imbalances.
6. Working with major locomotor disorders such as:
  - a. lumbar spine (chronic low back pain, disc herniation, sciatica, facet joint dysfunction, hyperlordosis, spondylolisthesis)
  - b. thoracic spine (hyperkyphosis, stiffness, facet joint dysfunction)
  - c. cervical spine (head forward alignment, disc herniation, nerve compression)
  - d. scoliosis

- e. shoulder (impingement, rotator cuff tears, instability)
  - f. elbow, hand (epicondylitis, carpal tunnel syndrome)
  - g. sacroiliac pain and dysfunction
  - h. hip (fracture, alignment, soft tissue imbalances)
  - i. knee (IT band, meniscal tears, ligament strains)
  - j. dropped arches, hallux valgus
7. Understanding the tissues of the locomotor system: fascia, cartilage, bones, muscles, ligaments, joints, nerves.
  8. Appreciating the global organization of movement: tension, compression, tensegrity and integration; prediction, feedback, neural control; development of movement.
  9. Understanding the science of key locomotor skills.

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## **BREATHE WELL: MASTER COURSE FOR WELLBEING & YOGA THERAPY**

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### **40 Hours**

This master course covers the keys of breathing well: skills, practices, wisdom, insights, and science.

### **In summary, in this course, you will:**

1. Learn the skills needed to breathe well, lifelong.
2. Receive guided exercises, observation and assessment, and teaching practice for those skills.
3. Understand the necessary functional anatomy of breathing techniques.
4. Learn decision pathways to work with imbalances of the breath.
5. Understand safety and contraindications of different breathing skills.

### **Topics include:**

1. Charting the parameters of breathing.
2. Observing the breath as it is.
3. Finding comfort with the natural breath and understanding its uses.
4. Regulating the cycle of breathing skillfully.
5. Managing the effort of breathing: decreasing the effort of breathing with ease, increasing the effort with arousal.
6. Working with deep breathing and shallow breathing.
7. Understanding the anatomy, principles, and practice of physical patterns of breathing and their uses, including abdominal breathing, lower rib breathing, upper chest breathing, and breathing into the back.
8. Appreciating the connection between breath and body movement and its practical uses.
9. Lengthening the breath with care and comfort.
10. Safely using fast breathing.

11. Cultivating the inhalation: including using movement, position, touch, visualization, sound, and sequencing.
12. Cultivating the exhalation: including using movement, position, touch, visualization, sound, and sequencing.
13. Developing breath suspension, safety, contraindications, benefits, sequencing and more.
14. Using breathing ratios and stepped breathing in asana and pranayama.
15. Using ujjāyī breathing in asana.
16. Working with sound to enhance breathing.

#### Traditional Frameworks

1. prāṇa, deśa, kāla, saṁkhyā, dīrgha, sūkṣma
2. sama-vṛtti, viśama-vṛtti, vairambha

#### Modern Science

1. Functional anatomy of the respiratory system.
2. Functional anatomy of breathing cycle.
3. Physiology of respiration, including:
  - a. control of breathing
  - b. gas exchange and transport
  - c. energy generation
  - d. metabolic impact, acid-base balance
  - e. hyperventilation and hypoventilation
4. Introduction to visceral regulation and breathing:
  - a. interoception, homeostasis
  - b. vagal tone, heart rate variability, regulation through breath
  - c. connections based on polyvagal theory

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## PRANAYAMAS OF CLASSICAL YOGA

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### 18 Hours

This is an on-demand course available on Svastha Yoga Online.

Please click here for course details:

<https://online.svastha.net/bundles/pranayamas-of-classical-yoga>

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## KEYS OF HATHA YOGA

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### 30 Hours

This course takes you on a profound journey into the knowledge, frameworks, insights, and practices of ancient haṭha-yoga. It offers you a different and deeply insightful pathway to understand body, breath, and life energy, and how they related to your mind and senses.

This course will clarify and elucidate complex areas of classical hatha yoga such as prāṇa, nāḍī, cakra, mudra, bandha, agni and more. You will also explore the teachings of Krishnamacharya on these areas, including his approach to asana. You will also be guided in practices using body, breath, rituals, visualizations, and more, to connect with the experiences behind these concepts.

### **Topics include:**

1. Understanding various aspects of prāṇa from the ancient texts.
2. Examining the theory of the traditional pathways of yoga: rāja, haṭha, laya, nāda.
3. Exploring and connecting with the subtle body through the practice of inner touch with the breath.
4. Learning and practicing the key prāṇa-bhāvana-s (visualizations or inner experiences with prāṇa).
5. Examining the system of nāḍī-s from classical teachings and their relevance in practice.
6. Analyzing the pathway of the cakra systems from classical teachings, and the ways they may be used (physical, conceptual, meditational, devotional).
7. Explore sensible practices based on the cakra-s.
8. Understanding the theory of the bandha-s and mudra-s in haṭha-yoga.
9. Systematically practicing the bandha-s with preparation, balancing, and safety. Applying the practice of the bandha-s and mudras for various purposes: physical, therapeutic, absorptive.
10. Understanding the concept and role of multiple agni-s in yoga (as compared to ayurveda), and how to use them in physical practice, meditation, and spiritual transformation.
11. Learning the traditional frameworks of asana, sequencing, balancing, and more in the teachings of Krishnamacharya: krama-s, vinyāsa, pratikriyā, āsana-jaya and more.

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## **FOUNDATIONS OF AYURVEDA, NUTRITION & DIGESTION, LIFESTYLE & SENSES**

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### **30 Hours**

This course gives you a solid foundation in the traditional approach of ayurveda, as relevant to wellbeing maintenance, nutrition, and yoga therapy. We will explore the skills of healthful eating and developing a nourishing relationship to food. We will also go into the topics of lifestyle management, sleep management, and taking care of the senses. Further, we also cover digestive disorders and the yoga and ayurveda approach to managing them.

### **In summary, in this course, you will:**

1. Learn the foundations of ayurveda for health maintenance and wellbeing direct from the ancient traditional sources, and made accessible and clear.
2. Understand the importance of nutrition and be guided in developing strategies for optimizing relationship to food and diet.
3. Examine and implement lifestyle management of sleep, energy, daily activity, fasting, exercise, and sensory management for greater wellbeing from a traditional and modern scientific perspective.

## Topics include:

1. Exploring the roots and key frameworks of ayurveda from the traditional sources, clearly and effectively, including:
  - a. guṇa and kriya: qualities and functions of body and mind.
  - b. three doṣa-s (vāta pitta kapha) and their divisions.
  - c. seven dhātu-s.
  - d. agni and āma.
2. Understanding and assessing ayurvedic constitution (prakṛti) and observing individual balance and imbalance (vikṛti).
3. Learning common patterns of imbalance of the functions of the doṣa-s and measures to balance them.
4. Exploring the impact of daily life routine (dinacarya) and adaption to the seasons or environment (ṛtucarya) from the traditional ayurvedic perspective.
5. Following the models of kāla, artha, karma, hīna-, atī-, and mithyā-yoga, and prajñāparādha, to analyze imbalances of senses and actions and bring them back to wellbeing.
6. Developing daily routine and rituals and personalizing lifestyle. Balancing work, play, rest.
7. Reflecting on and developing pathways for adapting to stages of life.
8. Taking care of the eyes and ears and managing what we see and hear.
9. Appreciating the importance of sleep, the science behind it, and developing better quality and duration of sleep holistically.
10. Examining the physiology of the digestive system as relevant to holistic wellbeing and yoga therapy.
11. Exploring the complexity of the science of nutrition, the microbiome, and common approaches to diets in the modern era.
12. Charting diet and eating patterns.
13. Understanding relationship to food and hunger (nourishment, sensation, craving, coping).
14. Cultivating beneficial relationships to food, before, during, and after eating.
15. Investigating the importance of fasting, its relevance, safety, and strategies to practice it effectively.
16. Understanding major digestive disorders from a modern medical perspective, as well as taking an ayurvedic and yogic approach to managing them.

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## YOGIC PATH TO BETTER RELATIONSHIPS

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### 10 hours

Relationships are a key ingredient of good life quality. Humans are not meant to live in isolation. We depend on relationships from birth until our passing to provide us with support, connection, stability, positive emotions, meaning, and much more. In this course, we will explore the yogic frameworks, reflections, and practices that can help us nurture supportive, safe, and beneficial relationships in our lives.

**In this course, you will:**

1. Appreciate the role of connection in wellbeing.
2. Learn to take a holistic approach to navigating relationships.
3. Understand common archetypes from the ancient perspectives in a modern context: parent-child, spouse, friend, teacher-student, therapist-client etc.
4. Explore how ethics and boundaries are key to safe and stable relationships.
5. Appreciate how positive intentions and emotions are a foundation for rewarding connection.
6. Examine real-life case studies of relationships problems and strategies to manage them.
7. Be guided through reflections, practices, and teaching skills on all the above topics.

**Traditional Frameworks**

Types of sambandha, adhyāsa, yama-s and niyama-s.

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## **YOGA SUTRA & SAMKHYA: YOGA PSYCHOLOGY & PHILOSOPHY**

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**30 Hours**

This flagship course presents the core psychological and philosophical theory, frameworks, and insights of Samkhya and Yoga. Presented by the Mohans, with impeccable authenticity, exceptional depth, and precise clarity, this course encapsulates the teachings of Patanjali, the esteemed commentator Vyasa and the key yogis from thereon.

Samkhya and yoga philosophy and psychology are grouped and organized by concepts and frameworks in this offering. The entire wisdom of these ancient texts is made accessible in a structure that students can follow in modern times, without compromising their integrity.

**In this course, you will:**

1. Learn all the important frameworks of Samkhya and Yoga.
2. Understand these ancient systems by concepts and frameworks, so you see their relationships clearly and concisely.
3. Be connected directly to the classical sources, so that you are completely confident in what you are learning.
4. Explore how these teachings are related to wellbeing.

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## **POWER OF MANTRA & SURYA NAMASKARA**

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**20 Hours**

The classical practice of mantra is used extensively in Vedic traditions and plays a key role in yoga too. Mantra has profound transformative and therapeutic power when used wisely. The connection to the sun, and the ancient meditation, mantra, and visualization practices associated with that fall under the heading of surya-namaskara. This course will help you understand the theory, wisdom, and insights of these deep and often confusing topics with clarity and effectiveness. You will also be guided in practices that help you experience the value of mantra and surya-namaskara for wellbeing and yoga therapy.

### **In this course, you will:**

1. Dive into the theory and knowledge of mantra meditation: what is mantra, why do need it, how do we use it?
2. Learn traditional mantras from Veda, tantra, and yoga frameworks.
3. Practice mantra meditation with carefully selected useful mantras: gayatri, bija mantras, om, soham etc.
4. Work with traditional surya-namaskāra—practices connecting with light through ritualized mantras, asana, and pranayama.
5. Explore the gayatri mantra and the universal framework of psychological and spiritual transformation that underlies it.

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## **YOGA & DEVOTION**

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### **10 Hours**

This is an on-demand course available on Svastha Yoga Online.

Please click here for course details:

<https://online.svastha.net/courses/yoga-and-devotion>

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## **DISORDER-BASED COURSES**

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These are extensible elective courses that form part of the 800-hour Svastha Yoga Therapy Program. More electives from recognized Svastha teachers and other approved courses will be added to this list. The number of hours allotted to these topics may increase depending on the choice of course.

These will be covered in all disorder-based courses:

1. Mapping presentations based on diagnoses to self-care and wellbeing domains and skills.
2. Taking a comprehensive, holistic approach.
3. Safety, scope of practice, and need for referral.
4. Connecting with traditional frameworks.

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## **TEACHING SKILLS: YOGA CLASSES FOR THERAPEUTIC NEEDS**

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### **14 hours**

Yoga therapy rests on a foundation of personalization. As a yoga teacher or therapist, considering each individual client's requirements with a holistic map, we can devise practices that are beneficial to them in the short term and long term. With timely reassessment, we can modify the skills we teach them and support their journey to greater wellbeing.

Apart from personal practice, group classes can play an important role too. The support of the group, the economics of lower cost, and potentially for increased points of engagement with the teacher are all benefits for the student.



As a teacher, group classes allow you to reach more students regularly. This is beneficial not only for business viability, but also as a service for those who need support, as a method of engaging the community, and to stay in touch with students more regularly.

Therefore, both individual and group yoga classes are an important part of your repertoire as a yoga therapy teacher.

Teaching yoga classes for therapeutic purposes requires cultivating specific skills that go beyond just teaching yoga.

### **Topics include:**

1. Establishing a safe and accessible teaching space.
  2. Devising intake requirements and considering a minimum baseline of capacities.
  3. Setting intention and tone for the class, individually and as a series.
  4. Class planning and sequencing.
  5. Tailoring instructions to reach multiple participants most effectively.
  6. Holding room for students to progress at a varying pace and managing different expectations.
  7. Modifying breathing, movements, meditation and other practices to accommodate multiple students.
  8. Cultivating presentation skills to ensure students follow the teachings clearly and effectively.
  9. Checking if therapeutic goals are being met and making changes as the classes continue.
- This course will explore these skills and more, practically and in-depth.

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## **YOGA FOR ANXIETY, TRAUMA, DEPRESSION, ADDICTIONS & STRESS**

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### **30 Hours**

Mental health is a neglected priority in modern life. Anxiety, depression, and addictions have been on the rise for decades around the world. The basal role of stress and anxiety in a wide range of mental health problems is increasingly clear.

Anxiety, depression, and addictions are not only in our mind. They are also in our body, senses, and related to our environment and upbringing. Modern science too acknowledges these connections. The traditional perspective of yoga and ayurveda has always viewed mental health holistically.

This course will cover the neurobiology, medical perspectives, diagnostic labeling, and a comprehensive approach to anxiety, trauma, depression, and addiction, using the Svastha yoga therapy map and skills.

We will also dive into teaching skills for these conditions, including language for trauma, safety guidelines, strategies and protocols, case studies and more.

### **In this course, you will:**

1. Understand the modern psychology diagnostic view of anxiety, depression, trauma, and addictions.
2. Explore the stress response in detail from neurobiology including polyvagal theory to behavior.
3. Examine the current science behind depression, addictions, trauma, and anxiety.
4. Understand the scientific rationale for a holistic, yoga-based approach.
5. Map these disorders to imbalances of skills and functions using the holistic Svastha yoga map.
6. Use a comprehensive Svastha yoga approach to create short-term strategies and long-term plans to help people with anxiety, trauma, depression, and addictions.
7. Learn teaching skills for working with mental health, including trauma sensitive language, safety guidelines, cueing and presentation, small group management, referral and support and more.
8. Understand the traditional yoga and ayurveda approach to these imbalances.

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## **CHRONIC PAIN, PAIN SYNDROMES, FIBROMYALGIA**

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Chronic pain is one of the most prevalent, debilitating, and expensive problems in the modern world. This course will explain pain science (biology, pathways, etiology, classifications) and the practical ways through which we can help manage, mitigate, and resolve chronic pain with yoga therapy.

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## **RESPIRATORY AND CARDIOVASCULAR DISORDERS**

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Learn to use yoga therapy to help people with asthma, allergies, sinusitis, COPD, high blood pressure, atherosclerosis, ischemic heart disease, heart failure, arrhythmias, deep vein thrombosis and more.

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## **WOMEN'S HEALTH, MENSTRUAL DISORDERS, MENOPAUSE, PREGNANCY**

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Yoga and ayurveda have a lot to offer for women's health. Work life balance and the changes in the last century have increased opportunities, but also placed an increasing burden on women to take on multiple roles. The journey through pregnancy and menstrual changes is complex and requires support. This course will explore how the lenses and practices of yoga therapy can provide holistic wellbeing throughout these life changes for women of all ages.

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## **AGING, OSTEOPOROSIS**

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In countries around the world today, the problems of aging are a critical issue. Healthful aging is a vital need. Osteoporosis, decreased mobility, loss of confidence, social isolation, digestive problems, diminished hearing and vision, and other issues are common. This course will explore how we can use yoga therapy to help balance these changes.

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## **NEUROLOGICAL DISORDERS: STROKE, PARKINSON'S DISEASE, DEMENTIA**

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The debilitating effect of neurological disorders is substantial. Multimodal therapy is required to facilitate recovery. Yoga therapy and a holistic approach can contribute to prevention, recovery, and decreasing suffering in several ways.

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## **IMMUNE SYSTEM, INFLAMMATION, AUTOIMMUNE DISEASES, HORMONES, ENDOCRINE DISORDERS**

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Immunity and hormones are important systems that regulate the whole organism. Immunity and inflammation play a background role in a wide range of disorders. When the immune system attacks our own tissues, we call it an autoimmune disease (rheumatoid arthritis, Crohn's disease, Hashimoto's disease, psoriasis, lupus etc.) Endocrine disorders form a complex spectrum ranging from pituitary and thyroid to adrenal and renal problems. Yoga therapy can help with managing the background of inflammation and provide support in other ways to the patient.

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## **DIABETES MELLITUS AND METABOLIC SYNDROMES**

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Diabetes is one the most prevalent major diseases in the world now. It has been on the rise for years and the burden of its complications is unfortunate and traumatic.

Diabetes is not merely a disease of insulin and glucose—that is only part of a more complex metabolic dysfunction. Yoga and ayurveda, through a holistic approach to nutrition, movement, lifestyle change, and stress management, can have a substantial impact on managing diabetes.

This course will explain the yoga therapy approach to helping those with diabetes.

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## **YOGA THERAPY FOR CANCER**

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Cancer may be the leading cause of death, ahead of heart disease, in several countries in the decade ahead. As cancer diagnoses and treatment grow increasingly common, the importance of comprehensive support for cancer sufferers rises.

Yoga therapy can help the person at all phases in the journey of cancer: from screening, to diagnosis, staging, treatment, and continued monitoring. This course will help you understand that journey and how yoga therapy can be integrated into these phases.

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## **AND MORE DISORDERS**

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Electives will be added on topics such as eating disorders, schizophrenia and other serious mental health problems, autism, chronic kidney disease etc.