



200 & 500 Hours YA Registered School

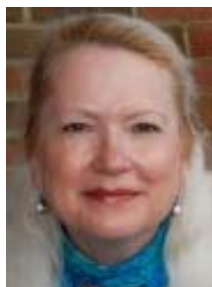
Recognized by IAYT -International Association of Yoga Therapists

# 300 Hours Yoga Therapy Training

500 Hours Certification for RYT200's  
Portion of training provides 40 hours towards Anusara certification.

Winter Program ▪ Summer Intensive ▪ Summer-Autumn Program

Our esteemed faculty and curriculum is among the top in the world! Meet fellow participants and kindred spirits from all over the world!



Joy Bennett,  
E-RYT 500



Jnani Chapman  
RN, BSN, CMT



Karen Claffey,  
Founder, CAYT,  
CYT, E-RYT 500



Neil Pearson,  
MSc, BScPT, BA-  
BPHE, CYT, RYT 500



Nitin Shaw,  
MD, (Ayu.)



Kaoverii Weber  
MA, E-RYT 500



Amy Weintraub,  
MFA, E-RYT 500

"It has taken me most of this year to realize just how much I learned and grew from the training last summer. Thank you for that most awesome experience. One of the surprising things that has resulted is that I now have a flourishing small Yoga Therapy business...when I did the practicum as part of my homework, one person recommended another. And so on. I have been involved with different clients on a continuous basis ever since, and I find it incredibly rewarding. Thank you." - Ella Ferland 2011

"I wanted to say thank you again for your incredible teaching and the incredible teaching of the Neil and Jnani and Kaoverii too. I feel so blessed to have been able to participate in such great learning!!!! - Beth Ratty, 2011

"I love Yoga Therapy. I am thrilled at how effective it is in helping all kinds of conditions. A client I saw for anxiety and depression says he slept well for the first time- yeah! Physical, mental, emotional conditions- yoga therapy is such a gift!" - Tianne Banerd, 2009

"The course exceeded my expectations! Absolutely great presentations, highly specific and complete information. Karen's knowledge of structural yoga therapy is broad and refined. This course was so completely useful, well designed and covered so many related modalities; I think it's a suburb model for yoga therapy training."- Daniel Clement, 2009

## Curriculum at a glance...

- Yoga Therapy for Cancer, Grief & Chronic Illness
- Yoga Cosmology, Psychology & the Chakras
- The Healing Dynamics of Breath
- Anatomy & Physiology for Yoga Therapists
- Yoga Therapy & Pathophysiology for Chronic Pain
- Yoga Therapy for Arthritis, Osteoporosis, Fibromyalgia
- Yoga Therapy for Depression & Anxiety
- Yoga Therapy for Special Conditions: cancer, heart disease, addictions, immune system issues, insomnia, digestive issues, weight and metabolism.
- Ayurvedic & Macrobiotic Medicine
- Structural Alignment Therapy
- Restorative Yoga & Yoga Nidra

## About Our Program

**Our 300-Hour Yoga Therapist Training** is streamlined so that the module 1's are the same\* and the modules 2's are the same, which repeat in the winter, summer and/or summer-autumn. Therefore, you may take the modules in any order\*\* at your convenience.

*If your schedule prohibits you from attending the modules as a whole, you may complete the certification at your convenience within two years and attend the individual events that make up the full program of 27 days. Tuition Fees page 7.*

Program:	Module 1 Dates:	Module 2 Dates:
Winter	Jan 12-25, 2013	Mar 9-21, 2013
Summer Intensive	Jul 5-18, 2013	Jul 21-Aug 2, 2013
<i>Early Bird Discount deadline Summer Intensive Module 1 May 5<sup>th</sup>; for Module 2 May 21<sup>st</sup></i>		
Summer-Autumn	Jul 5-18, 2013	Nov 12-24, 2013
<i>Early Bird Discount deadline Summer-Autumn Module 1 May 5<sup>th</sup>; for Module 2 Sept 12<sup>th</sup></i>		
Winter 2014	Jan 10-23, 2014	Mar 6-18, 2014
<i>Early Bird Discount deadline Winter Module 1 Jan 10<sup>th</sup>; for Module 2 Jan 6<sup>th</sup></i>		

\* January/July faculty differences: Yoga Therapy for Anxiety & Depression will be taught by Joy Bennett in January; and taught by Amy Weintraub in July.

## Daily Schedule

6:30-7:30 AM Meditation, Pranayama & Restorative  
 7:30-9:00 AM Therapeutic Asana Practice  
 9:00-9:45 AM Breakfast  
 9:45 AM-1:30 PM Morning Session  
 1:30-2:45 PM Lunch  
 2:45-5:30 PM Afternoon Session  
 5:30-6:30 PM Extended Session/Karma Yoga/Educational  
 Viewing and/or Study Time

*Note: Time slots and content may be subject to change to accommodate course material and/or teaching hours of specific teachers.*

Complete attendance is required for certification.

## Course/Teacher Schedule

Winter 2013 Program (Module 1 completed Jan 12-25) Module 2 Mar 21, 2013

	Date	# Days	Event
M O D U L E 2	Mar 9-13	5	Structural Alignment Therapy
	Mar 14-15	2	Ayurvedic Medicine
	Mar 16	1	Macrobiotic Medicine & CC
	Mar 17	1	Therapeutic & Thai Massage
	Mar 18-19	2	YT for Cancer & Specific Conditions
	Mar 20	1	Yoga Nidra
	Mar 21	1	Professional Practices, Review, Presentations

Summer Intensive 2013 July 5-August 2

	Date	# Days	Event
M O D U L E 1	Jul 5	1	Yoga Therapy Overview & Ethics
	Jul 6-7	2	YT for Cancer, Grief & Chronic Illness
	Jul 8-11	4	Yoga Cosmology, Psychology & Chakras
	Jul 12-13	2	Anatomy & Physiology
	Jul 14-16	3	YT & Pathophysiology for Chronic Pain
	Jul 17-18	2	Yoga For Depression & Anxiety
M O D U L E 2	Jul 21-25	5	Structural Alignment Therapy
	Jul 26-27	2	Ayurvedic Medicine
	Jul 28	1	Macrobiotic Medicine for YT's
	Jul 29	1	Thai Yoga Massage for YT's
	Jul 30-31	2	YT for Cancer & Specific Conditions
	Aug 1	1	Restorative Yoga & Yoga Nidra
	Aug 2	1	Professional Practices, Review, Presentations

Summer-Autumn 2013 July 5-November 24

	Date	# Days	Event
M O D U L E 2	Nov 12-16	5	Structural Alignment Therapy
	Nov 17-18	2	Ayurvedic Medicine
	Nov 19	1	Macrobiotic Medicine for YT's
	Nov 20	1	Thai Yoga Massage for YT's
	Nov 21-22	2	YT for Cancer & Specific Conditions
	Nov 23	1	Restorative Yoga & Yoga Nidra
	Nov 24	1	Professional Practices, Review, Presentations

Winter Program 2014 Jan 11-Mar 21

	Date	# Days	Event
M O D U L E 1	Jan 11-12	2	YT for Cancer, Grief & Chronic Illness
	Jan 13-14	2	Anatomy & Physiology
	Jan 15-17	3	YT & Pathophysiology for Chronic Pain
	Jan 18-21	4	Yoga Cosmology, Psychology & Chakras
	Jan 22-23	2	Yoga For Depression & Anxiety
	Jan 24	1	Professional Practices, Review, Presentations
M O D U L E 2	Mar 9-13	5	Structural Alignment Therapy
	Mar 14-15	2	Ayurvedic Medicine
	Mar 16	1	Macrobiotic Medicine & CC
	Mar 17	1	Therapeutic & Thai Massage
	Mar 18-19	2	YT for Cancer & Specific Conditions
	Mar 20	1	Restorative Yoga & Yoga Nidra
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## Course Descriptions (alphabetical order)



### ANATOMY & PHYSIOLOGY FOR YT'S 2 DAYS

**Neil Pearson**

This course is designed to build the yoga therapist's knowledge of basic concepts in anatomy and physiology, and to introduce how this knowledge can help in working with all populations and individuals with medical conditions.

Participants will learn specific structures and functions of the body, with a special focus on the cardio-respiratory and nervous systems. How all of the systems interact with each other, and how each system is affected by nutrition, sleep, environmental stressors, illness and exercise, will also be discussed. Registration Code: NP-APYT



### AYURVEDIC MEDICINE 2 DAYS

**Nitin Shaw**

In these two days Nitin will cover Ayurvedic medicine including: agni, ojas and ama, the 5 elements, diet, lifestyle; including how asanas, pranayama techniques affect the doshas -Vata, Pita, Kapha. Learn how to determine and balance constitution (Prakriti) and condition (Vrikriti); and discover pulse and tongue diagnostic techniques. Reg Code: NS-AM

### MACROBIOTIC MEDICINE & COOKING CLASS 1 DAY

**Karen Heaven Claffey**

In this one day workshop Karen will expose the fascinating art of Macrobiotic medicine. Topics include Yin & Yang, The 5 Elements Theory of Oriental Medicine, the seasons and their corresponding organ systems and emotions. We will explore the optimal macrobiotic diet and lifestyle according to the above philosophies for prevention and healing illness, as well as for maintaining optimal health. To fully enjoy and experience this philosophy we will end the day with a macrobiotic cooking class and sample tastings.

Registration Code: KC-MMCC



### PATHOPHYSIOLOGY FOR CHRONIC PAIN 3 DAYS

**Neil Pearson**

Providing individualized yoga therapy and ensuring the safety of your students requires a strong foundation in the pathophysiology of common disease processes and tissue healing. Equally important is a clear understanding of neurophysiology of the single most common complaint of your students - pain. Over three days, explore common injuries, diseases and pain from a biopsychosocial perspective. Integrate this with the wisdom of yoga, to enhance your perspective of yoga as a preventative and rehabilitative modality. Topics include acute pain, chronic pain, common injuries/pathologies of the low back, pelvis, hips, knees, neck and shoulders, and common disease processes such as rheumatoid arthritis, osteoarthritis, multiple sclerosis, fibromyalgia and osteoporosis. For each topic, basic tissue anatomy, physiology and pathophysiology will be provided, and the practical application of various aspects of Yoga will be discussed for each topic/condition. Reg Code: NP-PFCCP



## STRUCTURAL ALIGNMENT THERAPY - 5 DAYS

Based on and evolved from Anusara Yoga Therapeutics

### Karen Heaven Claffey

Day 1 we establish essential principles for Structural Alignment Therapy that will serve as a basis of understanding for the following days. You will learn about the Universal Principles of Alignment, optimal blueprint, rubber band effect, effective therapeutic touch techniques for manual adjustments, and how to conduct client interviews. For each segment of the body we will cover diagnostics, biomechanics, hands-on adjustments, healing respective injuries and pain, postures to strengthen, stabilize, and increase mobility, as well as self-maintenance programs for your clients.



**Lower Body:** Feet, ankles, knees. We will cover therapy for: bunions, heel spurs, ankle sprains, pain on the tops of the feet, Achilles tendon sprain, shin splints, ligament and/or meniscus damage, popliteus sprain, hyper-extension, knock-knees, bow-legs.

**Pelvis, Spine & Core:** Thighs, pelvis, lower back and spine. We will discuss therapy for: piriformis syndrome; sciatica, psoas/groin strain; hip subluxation, leg-length discrepancies, hip issues, back pain, scoliosis, sacroiliac subluxation, spinal subluxation, muscular spasms.

**Upper Body:** Hands, wrists, elbows, shoulders, neck, head. We will explore therapy for: CT, repetitive stress syndrome, shoulder, elbow, wrist issues, TMJ, headaches, tennis elbow, bursitis, tendonitis, rotator cuff injury; bursitis, cervical subluxation, headaches, vertigo, TMJ, pain and disjunction; whiplash, rotator cuff injury. We will also discuss chronic fatigue, fibromyalgia, therapeutics and modifications in a wide range of yoga asanas. Registration Code: KC-SAT



## THAI YOGA MASSAGE FOR YOGA THERAPISTS I DAY

### Karen Heaven Claffey

In this workshop you will learn several important sequences that support and expand on Structural Alignment Therapy techniques. Massage is an essential component in private yoga therapy sessions with your clients. This workshop will give you the confidence and comfort to provide effective hands-on-therapy.



## YOGA COSMOLOGY, PSYCHOLOGY & CHAKRAS 4 DAYS

### Kaoverii Weber

In this four day intensive workshop you will delve into the chakras from the perspective of the ancient Tantrics. This workshop offers a history of chakra theory and gives an in-depth look at the system as interpreted by Carl Jung, Joseph Campbell and other innovative thinkers.

You will gain a deep understanding of yogic macro and micro cosmology - of how the innate order of the universe reflects in our psychology and subtle anatomy. Asanas and other hatha tantric yoga practices were originally developed to

balance the chakra system. You will learn yoga postures and practices to bring the inner world into its natural harmony and balance it with the external order of things. And you will acquire tools, crafted through the timeless technology of yoga and tantra, to balance your own chakra system and to help others balance theirs. Why Balance the Chakras? Because the chakras control all aspects of our being. When you work to balance your chakra system through yoga, you are creating balance in your mind, body and spirit. Reg-Code: KW-CPTC



## YOGA FOR DEPRESSION & ANXIETY JANUARY 2 DAYS

With Joy Bennett

## JULY 2 DAYS

With Amy Weintraub

LifeForce Yoga® interweaves the power of an ancient discipline with current scientific findings to help you release what's no longer serving you—without a story attached! We'll explore this timeless wisdom with attention to current research, learning evidence-based aspects of Yoga appropriate for home practice, yoga classes, yoga therapy and clinical mental health and medical settings. In this inspiring workshop, you will learn and practice breathing exercises, easy postures, guided meditations, and other experiential yogic tools for managing your mood.

*You will leave feeling refreshed, renewed, and excited about your at-home or teaching practice with new tools to bring balance to the emotional and physical body. Yoga and health professionals will learn techniques not regularly taught in yoga classes to help their clients focus, relax, and have greater access to their feelings.*

Reg Code: AW-YTDA

## RESTORATIVE YOGA & YOGA NIDRA 1 DAY

Karen Heaven Claffey

Restorative Yoga and Yoga Nidra are evidence-based therapies effective in various applications, including to: reduce stress, overcome insomnia, solve personal problems, and resolve trauma, and overcome fear, anger and depression. This one day workshop will provide the background and knowledge of Restorative Yoga and Yoga Nidra techniques and prepare you to work with clients. *Feel free to bring your own bolster, pillows and eye bags for added comfort. Blankets, straps and blocks are supplied at our studio.*

Registration Code: KC-RYYN



## YOGA FOR CANCER, GRIEF, CHRONIC ILLNESS 2 DAYS

Jnani Chapman

Effective modifications in yoga practice become evident through an understanding of the underlying physiology in cancer and cancer treatments. We will delve into cancer, treatments, side effects and symptoms; review the body's organs and systems; focus on specific therapeutic aspects of Yoga practice, adapting those practices to meet students' needs. Jnani will provide an overview of the pathophysiology of cancer and the impact of cancer treatments and side effects. Topics will include: types of cancer, cancer staging and grading, metastases, treatments such as surgery, psychosocial issues, chemotherapy, radiation, immunotherapy, hormonal and targeted therapies, common side effects including fatigue, pain, sleep disturbances, menopause and bone loss, lymphedema, altered body image, altered sexuality, death and dying and end of life issues (including grief) and works through a typical class for chronic conditions. Adaptive yoga topics include: modifications in postures, breathing practices, relaxation techniques, imagery, meditation, chanting, Yoga philosophy, and developing therapeutic and professional relationships. Registration Code: JC-YTCI

## YOGA THERAPY FOR CANCER & SPECIFIC CONDITIONS

### 2 DAYS

#### Karen Heaven Claffey

Learn to apply yoga therapy tools to heal and restore balance on all levels — physical, energetic, emotional, mental, and spiritual. Topics include therapeutic application of asanas, pranayama, meditation, restorative yoga, yoga psychology, conscious communication and ethics, diet and lifestyle for specific conditions: cancer, heart disease, addictions, immunity, stress management, insomnia, digestive issues, weight and metabolism. Registration Code: KC-YTSC

## YT PROFESSIONAL PRACTICES / REVIEW & PRESENTATIONS

### 1 DAY

#### Karen Heaven Claffey

Topics include the application of therapeutic models including The 5 Koshas model, and professional practices to support your repertoire as a yoga therapist. There will be a review of the material covered during the module, and student presentations of their practice client-therapist sessions.



## Teachers' Bios (alphabetical last name)

#### Joy Bennett, E-RYT 500, LifeForce Yoga Educator

Joy is a certified Kripalu Yoga Instructor, and certified LifeForce Yoga Practitioner, Levels I & II. She qualified as a LifeForce Yoga Educator and travels to teach LifeForce Yoga workshops throughout the USA. She has been offering LifeForce Yoga classes for adults and children throughout Massachusetts and Rhode Island for the past seven years. Joy specializes in offering private instruction at her Providence studio *Joyful Breath Yoga Therapy*. In her studio in Swansea, MA she offers yoga therapy in a group setting for a variety of conditions, including LifeForce Yoga for Depression & Anxiety. She is a 500-hour certified Integrative Yoga Therapist, and has done advanced training with Drs. Richard Brown and Patricia Gerbarg for traumatized populations and is certified by the Justice Resource Institute to teach Trauma-Sensitive Yoga. Joy's site: joyfulbreath.com

Joy has been an active mentor, on the faculty for, and a regular assistant to Amy Weintraub's LifeForce Yoga Programs since 2007. Her personal recovery from depression and anxiety through yoga has resulted in a thorough commitment and compassion for her work as a LifeForce Yoga facilitator and presenter. Joy's site: joyfulbreath.com

#### Jnani Chapman, RN, BSN, CMT



Jnani is a yoga therapist, massage therapist, practitioner of acupressure and oriental medicine and a nurse educator. Jnani is a 23-year staff member of the Commonweal Cancer Help Program (featured in Bill Moyers' PBS special on health and healing) and was a founding clinical specialist for the Osher Center for Integrative Medicine at UCSF. Jnani has taught adaptive yoga for the UCSF Cancer Resource Center since 1997 and was a specialist in Dr. Dean

Ornish's program for Reversing Heart Disease from 1986-1999 as well as a former executive director of the International Association of Yoga Therapists. Jnani trains experienced yoga teachers and other health professionals to work safely with people with cancer at any stage of treatment or illness. In 1998 she founded YCaTT Adaptive Yoga Therapy Training which provides a research and evidence-based curriculum for adapting the practices of yoga for people dealing with cancer and chronic illnesses. Jnani's site:

#### Karen Heaven Claffey, CYT, E-RYT 500



Founder of Heaven On Earth Yoga Institute, Karen is a certified Anusara yoga teacher, yoga teacher trainer, yoga therapist, and massage therapist. She specializes in *Structural Alignment Therapy* and treating clients with specific conditions. Karen has studied extensively with John Friend, Todd Norian, Ann Greene and many inspiring teachers including spiritual teacher/author and macrobiotic world leader Michio Kushi, and honors them for much of her knowledge and efficacy as a teacher, healer and therapist. She is also an Ayurvedic and Macrobiotic cooking teacher, vegan cookbook author and was host-creator of her Montreal cable TV cooking show, *Karen's Kitchen* (1994-95). Karen co-hosted Josée Lavigne's yoga video *Initiation au Yoga* (2003). She has a DVD series based on her 2004 Montreal cable TV series, *Yoga with Karen*.

#### Neil Pearson, MSc, BScPT, BA-BPHE, CYT, RYT 500



Neil Pearson is a registered physical therapist (since 1985), a certified yoga therapist ((Phoenix Rising / since 2003), and a yoga teacher RYT 500. He has focused his clinical practice on people with complex chronic pain over the past ten years. Along with providing yoga therapy and physical therapy for people with chronic pain, Neil is a clinical assistant professor at the University of British Columbia and chair of the Canadian

Physiotherapy Pain Science Division. He teaches pain science and management courses to health care providers, yoga teachers and to the public. Neil lives in Penticton, British Columbia where he teaches therapeutic yoga classes for people with severe depression and people with chronic pain. Neil's site: www.lifeisnow.ca



## Nitin Shaw, MD, (Ayu.)



Nitin Shah is registered with the Association of Ayurvedic Professionals of North America, the Alliance of Professional Naturopaths and Naturotherapists, is a professional member of the Ontario Herbalist Association, and has received his accreditation as Doctor of Natural Medicine. Vaidya Shah, a native of India, has been a practitioner, philosopher and teacher of Ayurveda and Yoga for more than 20 years. He is one of very few Postgraduate Ayurvedic Doctors residing in

North America. Currently he lives in the Toronto area. Visit his web site: [www.goodlifeayurveda.com](http://www.goodlifeayurveda.com)

## Kaoverii Weber, M.A, E-RYT 500



**Kristine Kaoverii Weber**, took her first yoga course from her hippy social studies teacher in Pennsylvania in 6th grade and has been hooked ever since. She began teaching 1995 and training yoga teachers in 2003. She teaches locally in Asheville, regionally and internationally. Kaoverii has a BA/MA in English Literature from Georgetown University; then moved to California to

work and pursue her love of yoga and Chinese medicine; and lived, traveled and studied in Japan, Southeast Asia and India for 4 years. She has trained in Ananda Marga yoga, Vini yoga, Anusara yoga, Kripalu yoga, Vinyasa yoga and Iyengar yoga, and Chinese medicine and Shiatsu since 1990. She has an extensive understanding of both physical and energetic alignment, including the chakras. She has been trained in Therapeutic Yoga for Seniors at Duke University's Integrative Medicine and works with the elderly/wheelchair bound.

Kaoverii's is author of, *Healing Self Massage*, Sterling (2005). She has published articles for the International Association of Yoga Therapist's journal, *Yoga Therapy in Practice*, *Redbook*, *BodySense*, *Women's World*, and *Natural Health* magazine and Lifetime TV's on-line magazine. She is a regular writer for *Elephant Journal*.

Kaoverii's site: [www.subtleyoga.com](http://www.subtleyoga.com)

## Amy Weintraub, MFA, E-RYT 500



Founding director of the LifeForce Yoga Healing Institute and author of the bestselling *Yoga for Depression* (Broadway Books, 2004) and the groundbreaking *Yoga Skills for Therapists: Effective Practices for Mood Management* (W.W. Norton, 2012), has been a pioneer in the field of yoga and mental health for over 20 years. She trains health and yoga professionals at notable international venues and offers

workshops for every day practitioners. The LifeForce Yoga protocol is being used in residential treatment centers, hospitals and by health care providers around the world. She is involved in ongoing research on the effects of yoga on mood, and has produced an award-winning library of evidence-based yoga and meditation CDs and DVDs for mood management. She edits a newsletter that includes current research, news and media reviews on Yoga and mental health archived on [www.yogafordepression.com](http://www.yogafordepression.com) (Amy is in the July program only.)

## Tuition Fees + HST

Tuition fees are subject to 13% HST:

### Early Bird Payment for Full Program: \$3500.00

- Registration-Deposit \$800.00
- Balance due before or by 60 days prior to 1<sup>st</sup> day of program: \$2700.00

### Regular Payment for Full Program: \$3700.00

- Registration-Deposit \$800.00
- Balance due before or by first day of program: \$2900.00

### Payment by Module: \$1900.00

- Registration-Deposit \$800.00
- Balance due before for by first day of each module: \$1100.00

### Payment-by-Course:

- 1 Day \$168.00                      2 Days \$336.00
- 3 Days \$504.00                    4 Days \$672.00
- 5 Days \$840.00

*Details regarding Registration, Methods of Payment, Accommodations & Meals On-Site are provided on the Application-Registration form. Visit our YTT web page to download PDF or contact us.*