

**Yoga Therapy
Whole Person
Healing**

**Student
Prospectus**

**600 Hour
Diploma
in Yoga Therapy**

**2 Year
Training**



Student Prospectus

Yoga Therapy Whole Person Healing

2-year Training, 600 hours



Welcome to Yoga Therapy Whole Person Healing

Yoga Therapy Whole Person Healing offers you a 2-year training that not only gives you a recognised qualification in yoga therapy but will fully equip you with the skills and experience required to work as a yoga therapist.

We base our teaching on the wisdom that the yoga texts, the Upaniṣads and Ayurveda hold for health and healing and combine this age-old knowledge with an understanding of Western medical perspectives. We will investigate groups of health conditions from these vantage points and elaborate the facets of a working relationship between therapist and care-seeker. Health, and illness, are both processes – and these processes are unique to each and every individual. Deeply understanding this and how we can influence this process in an individual to guide them back towards a whole, integrated being is paramount in yoga therapy work.

Knowledge, many years of experience and an openness to continue learning are the guides for delivering our training. All tutors involved have a deep understanding of yoga, of the many tools it offers and their application for the benefit of diverse individuals in ever-changing circumstances.

Training to work therapeutically inevitably requires us to understand and grow within ourselves first. We need to experience yoga therapy first before providing it to another. Hence, we have carefully integrated six 1-to-1 yoga therapy sessions for each individual participant on this course, to guide and support your personal progress and bring yoga therapy alive for you.

If you are inspired to work with yoga in a therapeutic context you are most welcome to contact us with any questions you may have, or to discuss the training in the light of your personal situation. Becoming a yoga therapist is a rewarding journey, and like any journey it starts with the first step. We are here to advise and guide you, if you wish.

With warmth,

The Yoga Therapy Whole Person Healing Team

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



What is Yoga Therapy?

Yoga therapy is an empowering and supported self-care approach to establishing and maintaining health and wellbeing.

In yoga therapy, each person is seen as a whole; an integrated being comprising body, breath, mind, emotions and deeper aspects of spiritual self within the wider environment which one lives in. Appropriate yoga practice seeks to establish harmonious balance across these dimensions which allows an awareness and connection to self to arise.

When imbalance manifests as ill-health, yoga therapy offers tools that can have a significant impact on all the different aspects of a person to encourage reintegration and restoration of health. The yoga therapist and care-seeker work collaboratively to skilfully tailor practices that move the client towards health, and healing, and the reduction of suffering.

This course comprises 600 hours of study in the knowledge, application and skills of yoga therapy and will be accredited by the British Council of Yoga Therapy. It builds on existing yoga teacher knowledge, adding the understanding and application of yoga in a therapeutic context. You are then equipped to work either with individuals or in small therapy groups. Significant time is spent on practical training, developing and honing the skills relevant to working effectively and compassionately with care-seekers.

This 2-year training facilitates a personal experience of the process of yoga therapy and involves experiential practice of the tools of yoga applied as therapy. Regular individual tutored sessions are an important part of the course, to underpin the practical experience of yoga therapy work, to have space for one's own personal development and to be supported through the training.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Yoga Therapy is a growing area of work. The effectiveness of yoga therapy is becoming recognised both by the general public and by mainstream conventional medicine. NICE recommends yoga as a first stage intervention for chronic non-specific low back pain. This is provided most effectively through yoga therapy and helps people to recover from back pain for the long term.

Research into the benefits of yoga applied therapeutically are increasing and help to bring confidence to health professionals in bringing yoga into healthcare situations, notably community-based healthcare.

This is a very exciting time for yoga therapy as conventional medical approaches begin to recognise the profound connection of mind and body and the interaction of both as they affect health and healing. Health promotion, prevention and treatment is provided at a primary care and community levels and it is here that yoga therapy can play a significant role.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Course Outline

The course is designed to comply with and exceed the standards set by the British Council for Yoga Therapy's (BCYT) Core Curriculum. BCYT are the UK's only accreditation body for yoga therapy.

BCYT accredited yoga therapy training courses require study to first year degree level covering knowledge, demonstration of understanding, application of knowledge and practical skills in yoga therapy. This involves attending the taught sessions, submitting assignments, developing case study work and background reading over the 2-year period. There are interactive taught sessions, yoga practices to experience the teaching points and group work to develop the skills needed in yoga therapy.

You are encouraged to bring your existing skills and diverse experience and expertise into your study and the learning community of the course. Being on a long course is a shared group endeavour, bringing with it the benefits of study in a group, exchanging ideas and developing understanding through interaction with tutors and others in the group. Learning together provides a supportive structure and tutors provide individual support throughout the course.

The course is taught in-person and online, primarily on weekend days. In-person teaching days are held over long weekends to maximise teaching time and minimise travel.

Course work is on-going with home study, practical and written assignments, peer group work and reading.

Home study includes practice time, assignments, observation of therapy work, and reading. It is recommended that 6-8 hours per week are available for home study.

Assessment is via set assignments, observed practice and written case studies. Case studies start in the second year of the course, when students work with care-seekers under tutor supervision. These are written up in full as part of the course assessment and provide real-life experience in yoga therapy work.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Accreditation

Accreditation by BCYT provides assurance that the course offers a high-quality training with a strong teaching methodology and structure balancing theory and practice.

This is a newly offered course and the BCYT will carry out its thorough accreditation alongside the delivery of the course. The training will be assessed by an independent BCYT Assessor.

Barbara Dancer is a BCYT Accreditation Assessor in her own right and has used her expertise to set up the learning framework of our course to meet the BCYT requirements and will guide the course through its accreditation process.

Graduates from accredited yoga therapy training courses have a UK recognised yoga therapy qualification and can apply to register with the Complementary and Natural Healthcare Council (CNHC). The CNHC is a voluntary regulatory body holding an accredited register for complementary therapists. Following General Medical Council guidance, doctors are able to refer patients to practitioners on Accredited Registers – which includes everyone registered with CNHC.



Therapeutic Models Within the Yoga Tradition

Vyuham Model (Yoga Sūtra): the cycle of suffering and the release of suffering

Pañcamāya model (Taittirīya Upaniṣad) the five dimensions of our being and how they affect our health

Ayurveda: prakṛti and vikṛti (constitution), doṣa (constitutional elements); disease progression – dhatu, agni and ama; ayurvedic tools to restore imbalances

Supportive Texts

Sāṃkhya; the guṇa (the three fundamental energies in the material world) and their impact on our well-being.

Further Concepts from the Yoga Sūtra: aṣṭāṅga yoga, kriyā yoga, the kleśa, abhyāsa, vairāgya, antarāya, mindfulness and meditation

Haṭha Yoga Pradīpikā: prāṇa, nāḍīs, cakras, mudrās

Bhagavad Gītā

Applied Anatomy & Physiology

This section of the course is taught by David Wilkinson, a Viniyoga teacher, A&P trainer with additional training in somatics and bodywork. His strength is to bring A&P to life.

The course will cover fundamental aspects of A&P and through many practical exercises illustrate how we can use A&P effectively within the yoga therapy context.

The course will also include 2 advanced aspects of A&P applicable to yoga therapists:

Advanced A&P: flexibility and biomechanics, skin, fascia and biotensegrity

A&P in Practice: assessment of care-seekers through posture and movement analysis, looking at breath centred movement.

Students will receive course notes and workbooks



Western Therapeutic Models
Biopsychosocial approach
Polyvagal Theory and Social Engagement System
Integrated Approaches
MBCT Mindfulness based cognitive therapy, MBSR Mindfulness based stress reduction
Physiotherapy
Drug treatment
Nutrition
Psychotherapy and Counselling
Yoga Therapy research overview

Health Conditions
Structural conditions: Hips and replacements, knees and shoulders, back pain and sciatica Bone related conditions: osteoarthritis, osteoporosis
Auto-immune conditions: including Multiple Sclerosis, rheumatoid arthritis Digestive conditions: including Irritable Bowel Syndrome Fatigue conditions: including ME, Chronic Fatigue Syndrome, Long Covid Cancer
Mental Health: anxiety, depression, trauma, PTSD, psychosis, schizophrenia, energetic or spiritual experiences
Pain and pain responses
Women's Health: hormonal and gynaecological conditions, puberty, pregnancy, menopause
End of life therapy



Practical Skills

Case history: note taking, observational skills and application of therapeutic models within yoga

Vinyāsa krama: sequencing of āsana, prāṇayama and meditation; structure and practice planning, sequential progression

Modifications

Integration of bhāvana, mantra, nyāsa into practice planning

Practice notation

Consultation methods

Case studies

Therapeutic relationship: ethics, confidentiality and professional boundaries, effective communication, relationship dynamics based on yogic principles, empowerment of care-seeker, empathy and encouragement

Practice Management: data management, GDPR, environment and safety, scope of practice, referral and team-working, business skills, regulatory frameworks

Practical Course Content

Developing your skills through observation and practice with feedback are valuable ways of learning and give you the opportunity to put the theory into action.

In a therapeutic approach that puts the individual at its centre, compiling a detailed case history is of utmost importance. Understanding the structured vinyāsa model enables you to creatively use all the tools of yoga and orchestrate them into deeply meaningful practices. The practices are then given to the careseeker in a user-friendly form for home practice.

Observing yoga therapy provided by an experienced yoga therapist allows you to see good practice in action. This enables you to progress from a proficient yoga teacher to a skilful and empathetic yoga therapist, confident in providing safe and effective yoga therapy to care-seekers.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Case Studies

Case studies are a major part honing your skills and hence part of the course assessment.

3 supervised case studies, with 5 sessions each are required. You will have peer and tutor support for these case studies, with guidance on working with, developing and delivering the plan of therapeutic practices for your care-seeker. These case studies will give you the experience of working as a yoga therapist, in real life situations, whilst being guided through the process.

Support Structure of the Course

Community is a big part of our well-being. The continuity of learning together as one group throughout the course, serves this purpose.

Being on an intensive course is a group endeavour, bringing with it the benefits of shared study, exchange of ideas and developing understanding through interaction with tutors and other students. Over time, this interaction grows a mutually supportive environment which can hold space for challenges or difficulties that may arise.

Each participant has one of the tutors as a point of contact for general course-related matters. They will be guided through their personal 1:1 yoga therapy sessions by the same tutor.

The course is supported by extensive handouts, workbooks, recorded sessions and home study assignments.

Peer support groups provide additional shared learning time and maximise experience related to case studies. These will be led by the tutors but provide a route to continued peer support after the end of the course.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Course Tutors



Sabine Dahn combines her work as a yoga teacher and therapist with teaching ceramics and creating her own artwork. She has a particular awareness of yoga's positive impact on mental health. She has collaborated with MIND, developed her own Mental Health Yoga Programme and delivered several training days on Mental Health for the BWY and Association for Yoga Studies. She is BWY CPD tutor and together with Barbara runs a BWY Module on Yoga Therapy.

Sabine has worked as a yoga therapist on the haematology, gynae-oncology and children's oncology wards at the Royal Sussex Hospital. She recently drew up a set of tiered courses for Yoga within the Learning for Health & Wellbeing section of Aspire Sussex Adult Education.

She is passionate about nature and accepting its gifts to care for our health whilst also protecting and sustaining our planet. This finds expression in her work as Wellbeing Advisor with the anthroposophical company Weleda.



Barbara Dancer has run a yoga therapy practice since 2007, is on the committee for the British Council for Yoga Therapy (BCYT) and is a Course Assessor for BCYT Accreditation.

She was Chair of BCYT between 2013-2016, working on the Core Curriculum as the basis for accreditation of UK yoga therapy training. She has taught yoga therapy privately, within the charity sector, in complementary health settings and within a publicly funded project.

She runs a BWY Module on Yoga Therapy (with Sabine Dahn) and one of her specialisms is Yoga for Healthy Lower Backs.

"I enjoy working with people, providing tailored support and empowering them to improved health. It's fascinating and extremely rewarding work. On a larger scale, I would like to see yoga therapy "coming of age" and being part of community-based healthcare offering the important approaches of person-centred care and more involvement in one's own health.

Barbara studied and was employed in environmental science and acoustics before working in yoga full-time. She still has a strong interest in all things environmental and loves getting outdoors and walking in her local area of the Chilterns.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



David Wilkinson is teaching the Anatomy and Physiology content.

David has been teaching Anatomy and Physiology for 20 years, initially to Massage Therapists and Fitness Instructors. He taught in these sectors training many students in formal qualifications in Body, Sports and Remedial Massage, including A&P, both within his own training company and in FE college. He started to specialise in A&P and Kinesiology for yoga teacher training courses and tailored his material to that audience some 13 years ago.

He has a wealth of experience in his field through teaching on BWY Diploma and Viniyoga teacher training courses.

He is a Yoga Teacher and Therapist in the Viniyoga tradition and so brings direct and practical experience of yoga teaching to his A&P training. He is also trained in Somatics which bring a further depth of experience into his work. His teaching draws on other inspiration including work with teachers such as John Stirk, Peter Blackaby and Lisa Peterson.

As well as his training work, David runs the White Horse Yoga Centre in Devizes, Wiltshire offering classes and yoga therapy.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Course Schedule

Course September 2023 – July 2025

- 8 extended weekends in-person teaching
1 in 2023, 4 in 2024, 3 in 2025
- 10 online days
- 4 online half days

2023

Month	Sept 24th	Oct 13-15th	Nov 19th	Dec 3rd
	Half day online	Weekend	Full day online	Half day online

2024

Month	Jan 19-21st	Feb 11th	March 1-3rd	April 21st
	Weekend	Full day online	Weekend	Full day online
Month	May 4-6th	June 16th	July 7th	August
	Weekend	Full day online	Full day online	
Month	Sept 22nd	Oct 4-6th	Nov 10th	Dec 1st
	Half day online	Weekend	Full day online	Half day online

2025

Month	Jan 24-26th	Feb 9th	March 7-9th	April 6th
	Weekend	Full day online	Weekend	Full day online
Month	May 11th	June 8th	July 4-6th	August
	Full day online	Full day online	Weekend	

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Weekend Schedule: Friday 9.30-6pm, Saturday 9.30-6pm, Sunday 9.30-2.30pm

Online Day Schedule: 9.30am to 5pm

Tea breaks and an hour for lunch included.

Venue



For the residential weekends we will meet at the Redfield Centre, an eco-friendly educational centre in Winslow, Buckinghamshire (12 miles north of Aylesbury on the A413; 12 miles south-west of Milton Keynes).



It provides a peaceful atmosphere to study in, with countryside surrounding the venue.

We will be able to enjoy our sessions in a lovely, spacious purpose-built yoga studio.

For the times in between sessions we have a comfortable lounge available as well as plenty of outdoor spaces to share time with others or to be on your own.



The Redfield Centre offers accommodation, which is used only by the Yoga Therapy Whole Person Healing participants on the training weekends. It provides simple, comfortable rooms, ample space for shared meals and cooking facilities.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Cost

- **Cost includes:**
- All teaching sessions for the Professional Diploma in Yoga Therapy with BCYT accreditation when awarded at the end of the course. These are interactive taught sessions online or in-person.
- Course study materials on each topic
- Refreshments on in-person weekends
- Mentoring sessions with your personal tutor through the course which cover case studies mentoring and personal mentoring during the course
- Guidance in finding observational practice settings

- **The cost of the course is £4,950**
- A deposit of £390 is payable on booking.
- Followed by a monthly payment plan of £190 each month starting in September 2023 and ending August 2025

- **Early Bird booking – overall cost of £4,500**
- A deposit of £420 is payable on booking.
- Followed by a monthly payment plan of £170 each month in September 2023 and ending August 2025

- **Not included:**
- There is a limited number of required books and other optional course books.
- Observation of yoga therapy in line with BCYT requirements, totalling 5 hours. Costs can vary.
- Personal 1:1 yoga therapy sessions with your course tutor – 6 sessions are required over the 2 year period. (£45 per one hour session)
- Accommodation at Redfield Educational Centre: currently £30 per night. Self-catering facilities are available and inexpensive meals can be bought in the nearby village.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Entry Requirements

This training is for experienced yoga teachers who would like to build on existing skills to expand into the area of yoga therapy.

- Completion of a recognised yoga teacher training course with a minimum 200-hour teaching content.
- At least 2 years or 150 hours of yoga teaching after completion of teacher training
- A minimum of 3 years personal yoga practice

The training requires significant time, motivation and cost commitment and we encourage applicants to assess that their own personal circumstances allow them to commit to the two years of training.

Applying

You are invited to contact Barbara or Sabine to ask about the course before applying, at

info@yogatherapywholepersonhealing.com

You can start your application by completing the online application form at

<https://forms.gle/wQB78rv2Nhp77vhYA>

This link is also on the website

After submitting your form, one of the Yoga Therapy Whole Person Healing Team will contact you to talk about the training and to make sure it's right for you. On mutual agreement, you are enrolled onto the course and payment of the deposit confirms your place.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Terms & Conditions

The following Terms & Conditions apply to training organised by
Yoga Therapy Whole Person Healing

COURSES

Payment of your deposit confirms your place on the course.

There is a requirement for you to already hold a yoga teaching qualification and you will be asked to provide confirmation of this qualification via a copy of your certificate.

Before Course Start: If you are unable to honour your commitment to the course, please notify Yoga Therapy Whole Person Healing by email to info@yogatherapywholepersonhealing.com

8 weeks before the start date your deposit can be refunded minus an administration charge of £30.

Less than 8 weeks before the start date, your deposit is non-refundable.

The course can be paid for in full up front or via the payment plan outlined in the prospectus. Eligibility to complete the course is forfeited by not adhering to the payment plan.

Whilst On The Course: If you are unable to attend, please contact Yoga Therapy Whole Person Healing as soon as possible by email to info@yogatherapywholepersonhealing.com

If you are not able to continue or complete the course, no previous payments are refundable.

LIABILITY

You are participating at your own risk and must take a judgement on the suitability of any practice for you and your health to avoid personal injury.

You are responsible for informing the course tutors of any injuries or health conditions, including pregnancy, possible pregnancy, or recent birth. You should follow the tutors cautions in relation to your health and practice.

Yoga Therapy Whole Person Healing have no liability for any failure or disconnection with the internet (for online training) or difficulty with software which may limit your participation.

Student Prospectus

Yoga Therapy Whole Person Healing 2-year Training, 600 hours



Yoga Therapy Whole Person Healing are not responsible or liable for any issue resulting from use of a third-party platform or software used on the course.

Yoga Therapy Whole Person Healing are not responsible for the safekeeping of your personal belongings during the in-person meetings.

TRAINING MATERIAL & COPYRIGHT

Training material provided on the course is for your use, learning and understanding. Copying of material without prior agreement is prohibited.

For any further questions, please contact us by email at

info@yogatherapywholepersonhealing.com

Student Prospectus

Yoga Therapy Whole Person Healing
2-year Training, 600 hours



Yoga Therapy Whole Person Healing

Diploma in Yoga Therapy



Course information at
www.yogatherapywholepersonhealing.com

