

Module-1

Foundation and Integration-300 hrs.

Foundation and Integration is a unique, intense course where students will learn the essential foundations required for yoga therapy from which they can build their Yoga Therapy Diploma hours even further. These 300 hours are part of the yoga therapy Diploma 2000 hrs, and it is an essential part of the course and its mandatory for all applicants. It will help all the students to have equally strong foundation. And it can also be a bridge course for medical professionals and various other Therapists. Bridging the ancient and modern, philosophical and scientific understanding.

Objectives –Students understand Fundamental principles of Yoga, Difference between yoga and yoga therapy, Yoga Therapy and applications, Difference between various School of yoga, Foundation of healing practice,

1. Foundation and Integration

1.1 Yoga teachings and philosophy

1.1.1 Familiarity with the development of the teachings and philosophy of the yoga tradition.

1.2 Yoga and the mind

1.2.1 Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind

1.2.2 Knowledge of yoga perspectives expressed in yoga texts on distracted/disturbed states of the mind

1.3 Framework for health and disease

1.3.1 Knowledge of basic perspectives on health and disease from yoga and Ayurveda.

1.3.2 Knowledge of the categorization of disease.

1. The topics covered in this module will help them to easily develop their Yoga Therapy diploma lessons easily.

2. It bridges the information gap between students who have taken the Yoga TTC at different Schools have completed.

3. It will provide uniformity in the training pattern Prerequisites for this module -.

Pre– Requisites Completed Yoga Alliance TTC 200 hours with 2 years of professional experience.