



## **YOGA THERAPY STUDENT INFORMATION MATERIALS AND HANDBOOK 2026**

### **Introduction**

**This document is your copy of the Yoga Therapy 2026 Student Information Materials and Handbook. As updates and changes are made, new pages will be provided. Please keep this handbook for future reference and consult it as needed.**



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\*Please complete the following pages by signing and dating: 30, 31, 32, 34, 55, & 56



## 2026 Yoga Therapy Student Informational Materials

### Section I: Admissions Requirements and Procedures

Our Student Information Materials and Handbook provide a comprehensive overview of the philosophical foundations of our non-profit program, the expected classroom conduct, and all the essential details for participating in our Foundation, Bridge, and Clinical Practicum programs. This document includes important information on scheduling, tuition, enrollment and graduation requirements, faculty qualifications, the Board of Directors, liability, media release, and the opportunity to engage with individuals seeking yoga therapy guidance both nationally and internationally.

#### General Requirements: Prior Coursework/Training

1. Applicants must provide proof of a 200-hour yoga teacher certification from a Yoga Alliance–approved school. Bridge Program applicants must provide proof of a 300-hour yoga teacher certification from a Yoga Alliance–approved school. For further details, please contact the Director.
2. Healthcare workers are required to submit a resume, academic transcripts, and a copy of their professional license.
3. Applicants must have at least one year of teaching experience.
4. Applicants must have at least one year of personal yoga practice.
5. Applicants must complete and sign a program application. The completed application must include a copy of a GED, or the highest degree diploma obtained, as well as proof of 200-hour or 300-hour yoga teacher training, or an equivalent qualification.

#### Transfer Credit and Advanced Standing Policies

The AUM hOMe Shala Yoga Therapy Program accepts up to 220 transfer hours from courses that align directly with the curriculum's competency profile. Course transferability is determined at the discretion of the school.

A maximum of 220 credit hours may be applied to meet competencies in the following areas:

1. Yoga Foundations (excluding Yoga Practices)
  2. Biomedical and Psychological Foundations
  3. Professional Practices
- Transfer hours may be distributed between instructional hours and mentorship during the student's practicum clinical hours. Distance learning hours will be accepted for courses that directly relate to the curriculum. Course transferability is at the discretion of the school. Please refer to the AUM hOMe Shala Yoga Therapy Bridge Program Transfer Policy within this document for more details.



## Section II: Academic Calendar 2026

### ***Introduction to Yoga Therapy Part A*** (21 Residential Hours/34.5 Distance Hours)

- Orientation: The first class is a 3-hour Orientation, scheduled individually, remaining classes scheduled according to cohort availability.

### ***Introduction to Yoga Therapy Part B*** (18 Residential Hours/24.5 Distance Hours).

- Class Dates: Classes scheduled according to cohort availability.

### ***The Business of Yoga*** (18 Residential Hours/34.5 Distance Hours)

- Class Dates: Classes scheduled according to cohort availability.

### ***Pranayama for Health Conditions*** (21 Residential Hours/12 Distance Hours)

- Class Dates: **January, 30 & February 21-22, & March 1, 2026**
  - Friday, January 30; 6pm-9pm (Eastern Time);
  - Saturday & Sunday, February 21-22, 2026; 11am-7pm (Eastern Time)
  - Protocol Review Sunday, March 1, 10am-1pm (Eastern Time).
  - Note: 30-minute lunch break on February 21-22

### ***Yoga Therapy for the Respiratory System*** (21 Residential Hours/18 Distance Hours)

- Class Dates: **March 27, 28, 29, and April 12, 2026.**
  - Friday, March 27: 6pm-9pm (Eastern Time)
  - Saturday & Sunday, March 28-29; 11am-7pm (Eastern Time)
  - Protocol Review Sunday, April 12, 10am-12pm (Eastern Time)
  - Note: 30-minute lunch break each day.

### **Ayurvedic Foundations and Digestive Wellness: Integrating Yoga Therapy and Ancient Wisdom** (25 Residential Hours/35 Distance Hours)

- Class Dates: TBA

### ***Yoga Therapy for Spinal Health*** (18 Residential Hours/16.5 Distance Hours)

- Class Dates: **May 16-17, & 29, 2026**
  - Saturday & Sunday, May 16-17, 11am-7pm (Eastern Time);
  - Protocol Review: Friday, May 29, 5-8pm (Eastern Time)
  - 30-Minute Lunch Break



***Therapeutic Benefits of Yoga for the Heart*** (18 Residential Hours/13.5 Distance Hours)

- Class Dates: **August 7-9 & 16, 2026**
  - Friday, August 7: 6 pm-8 pm (Eastern Time)
  - Saturday & Sunday, August 8-9: 11 am-7 pm (Eastern Time)
  - Sunday, August 16: 10 am-12 pm (Eastern Time) – Protocol Review
  - Note: 1-hour lunch break each day.

***Therapeutic Benefits of Yoga for Parkinson's and Other Neuro-Motor Degenerative Diseases*** (21 Residential Hours/18 Distance Hours)

- Class Dates: **September -November 2026**
  - Friday evening classes, September 11, 18, 25, October 2, & 16. 2026; 6pm-9pm (Eastern Time);
    - Last Session: Protocol Review on October 16, 2026, 6:00-9:00pm
- **Clinic Group Sessions:** Between September and December 2026, students are required to attend and assist in a minimum of five 90-minute group sessions. This must include three Parkinson's Disease (PD) classes and two Neuroplasticity and/or Pranayama classes. Dates and times will be announced.

***Therapeutic Benefits of Yoga for Cancer and Chronic Illness*** (18 Residential Hours/25 Distance Hours)

- Class Dates: **September 29; October 10-11 & 20, 2026**
  - Tuesday, Sept. 29, 2026: 6-8pm (Eastern Time);
  - Saturday-Sunday, October 10-11, 2026: 11 am – 7 pm (Eastern Time)
  - Tuesday, October 20, 2026: 6-8 pm (Eastern Time)– Protocol Review
  - Note: 45-minute lunch break each day.

***Yoga Therapy for Autism Training*** (19 Residential Hours/12 Distance Hours)

- Class Dates: October 23-25 & 30, 2026
  - Friday, October 23, 2026: 6:00-9:00pm (EST)
  - Saturday-Sunday, October 24-25, 2026: 11:00am-7:00pm (EST)
  - Friday, October 30, 2026: 6:00-8:00pm (EST) Protocol Review
  - Note: 1-hour lunch break each day.

***Therapeutic Benefits of Yoga for Mental Health*** (18 Residential Hours/14 Distance Hours)

- Class Dates: TBA
  - Saturday-Sunday
  - Note: 1-hour lunch break each day.



***Guru Kula Presentations*** with AUM's Yoga Therapy Practicum Candidates (18 Residential Hours/23 Distance Hours)

- Class Dates: **November 21-22, 2026**
  - Saturday-Sunday, November 21-22, 2026: 9:00am-7:00pm (EST)
  - Note: 1-hour lunch break each day.

### **Section III: Tuition, Fees, Resources, and Refund Policies**

Tuition:

- Foundation Program: \$6,400.00 USD  
(267 Residential + 188.75 Synchronous + 165.25 Asynchronous hours)
- Bridge Program: \$5,800.00 USD  
(263 Residential + 188.75 Synchronous + 165.25 Asynchronous hours)
- Clinical Practicum: \$7,800 USD  
(336.5 Residential + 239.5 Synchronous + 34 Asynchronous hours)
- Bridge + Clinical Practicum Program Combined Discount: \$13,200.00 USD  
(599.5 Residential + 428.25 Synchronous + 199.25 Asynchronous hours)  
TOTAL Hours: 1227 Hours

*The Shala reserves the right to offer additional courses as needed to comply with accreditation standards. There will be no additional tuition costs for students if such courses are added to the training.*

Note: Tuition does not include the required 'Yoga Therapy Track' Mentoring Programs, which consist of an 11-Hour Mentoring Program for the Foundation Course and a 7-Hour Mentoring Program for the Bridge Program.<sup>1</sup>

#### **Yoga Therapy Mentor Program**

- 11 Hours/Foundation Course or 7 Hours/Bridge Program: \$100 per hour.
- Mentors must be selected from the faculty, and payment is made directly to the mentor.
- The student is responsible for completing the Mentorship Log and submitting it to the Director to receive credit.



## Approximate Cost of Resources and Learning Material Description

|   |                      |
|---|----------------------|
| Application Fee (one-time, non-refundable):                 | \$100.00             |
| Payment Plan Service Fees: See below in Payment Plan Option |                      |
| HIPPA test (if applicable):                                 | \$ 30.00             |
| Clinician Shala Lab Coat:                                   | \$50.00 <sup>1</sup> |
| Clinician Yoga Pants (or shorts) with Shala Logo            | \$35.00              |
| Shala Yoga T-Shirt with Shala Logo                          | \$35.00              |
| CEAL Blue Scrubs: Any style                                 | \$50.00 <sup>2</sup> |
| Stethoscope: (prices vary)                                  | \$25.00              |
| Blood Pressure Cuff (prices vary)                           | \$20.00              |
| Tummee Annual Subscription                                  | \$70.00              |
| Head-shot Photograph  | \$30.00 <sup>3</sup> |

### Required Reading for all Courses:

- *Yoga Sutras of Patanjali:* \$17.95
- *Bhagavad Gita:* \$18.00
- *Hatha Yoga Pradipika:* \$20.00
- *To Know Yourself:* \$15.00
- *Always Looking Up:* \$12.50

\*All students are required to have a laptop

<sup>1</sup> Style of scrubs is up to the student to choose so costs vary. The average cost including embroidery is approximately \$50.00.

<sup>2</sup> Includes top and bottom scrubs with Shala logo embroidered on the shirt pursuant to Shala instructions. Style of scrubs is up to the student to choose, so costs vary. Average cost including embroidery is approximately \$50.00.

<sup>4</sup> All students are required to have a professional head shot of them either in their Shala scrubs or their Clinical coat with designated yoga pants and top underneath. The head shots are used both as part of a Business Yoga Foundation course and to promote Clinical Practicum student group classes. Costs can vary greatly but the average cost at JC Penney is approximately \$30.00.



## Description of the learning and other physical resources:

- **Laptop Requirement:** All students are required to have a laptop, as our classes are conducted on Zoom, and our distance learning program is managed through our Learning Management System (LMS). A reliable laptop ensures students can fully participate in live online sessions, access course materials, submit assignments, and engage with instructors and peers. This essential resource supports a seamless learning experience, allowing students to effectively engage in both synchronous and asynchronous components of their yoga therapy education.
- The **Basic HIPAA Test Certification** demonstrates an individual's understanding of the Health Insurance Portability and Accountability Act (HIPAA) regulations, which safeguard patient privacy and protect sensitive health information. This certification ensures that practitioners, therapists, and healthcare providers are knowledgeable about maintaining confidentiality and handling patient data securely. It is an essential resource for professionals working in health and wellness fields, including yoga therapy, ensuring that they comply with legal standards for patient privacy and information protection in both clinical and non-clinical environments. Many of our students take the following course: <https://www.hipaatraining.com/hipaa-training-for-healthcare-providers>
- The **CEAL Blue Scrubs with Shala Logo** are high-quality, comfortable scrubs designed specifically for clinicians and practitioners working in healthcare and therapeutic settings. Featuring the Shala logo, these scrubs represent professionalism and alignment with AUM hOMe Shala's mission of promoting holistic wellness. Made from durable, breathable fabric, they are designed for ease of movement and long-lasting wear, offering practical pockets for essential tools and supplies. These scrubs provide a polished and cohesive appearance for staff, creating a sense of unity and professionalism within the clinical and therapeutic environment.
- The **Clinician Shala Lab Coat with Shala logo** is a professional garment designed for practitioners in clinical and therapeutic settings. This lab coat provides a polished and professional appearance, promoting a sense of trust and expertise while interacting with clients or students. Made from durable, comfortable fabric, it allows for ease of movement during sessions and offers practical features such as pockets for carrying tools like stethoscopes, notepads, or other essential equipment. The Clinician Shala Lab Coat is an important resource for maintaining a professional presence in healthcare and wellness environments, supporting both functionality and professionalism.



- The **Shala Yoga T-Shirt with Shala Logo** is a comfortable and versatile top designed for yoga practitioners, instructors, and students. Featuring the AUM hOMe Shala logo, it reflects a connection to the Shala's community and mission of promoting yoga's therapeutic benefits. Made from soft, breathable fabric, it's ideal for yoga practice, teaching, or everyday wear, providing flexibility and comfort throughout the day. This t-shirt is both practical and a symbol of belonging to the Shala's holistic wellness community.
- **Clinician Yoga Pants/Shorts with Shala Logo:** These clinician yoga pants or shorts, featuring the AUM hOMe Shala logo, are designed for comfort and flexibility during yoga therapy sessions. Made from soft, breathable fabric, they allow for easy movement, making them ideal for both practice and teaching. The Shala logo adds a professional touch, fostering a sense of unity among students and faculty.
- **Tummee Annual Subscription:** The Tummee Annual Subscription provides access to a comprehensive library of yoga resources designed for both students and instructors. With over 100,000 yoga sequences and pose illustrations, Tummee offers an extensive range of tools to enhance learning, teaching, and personal practice. This subscription includes customizable sequence-building features, detailed pose guides with alignment cues and benefits, and an expansive collection of anatomy-based resources. Whether you're looking to deepen your understanding of yoga or to create tailored classes, Tummee is a valuable resource that supports the development of yoga knowledge and teaching skills year-round.
- A **Stethoscope** is a vital medical instrument used for listening to the internal sounds of the body, such as the heartbeat and lung function. With its chest piece and earpieces, the stethoscope allows healthcare providers and practitioners to assess cardiovascular and respiratory health quickly and effectively. In yoga therapy and other wellness practices, it can be used to monitor vital signs, track health progress, and support holistic assessments. Durable and easy to use, the stethoscope is an indispensable resource for any practitioner focused on health and wellness. Hold off on purchasing until it's necessary.
- A **Blood Pressure Cuff** is an essential tool for monitoring and assessing cardiovascular health. It accurately measures blood pressure levels, helping to track and manage conditions such as hypertension. The device typically includes an inflatable cuff that wraps around the upper arm, along with a gauge to provide precise readings. Whether used in a clinical setting, at home, or as part of a yoga therapy practice to monitor health outcomes, a blood pressure cuff is a valuable



resource for ensuring heart health and overall well-being. Hold off on purchasing until it's necessary.

- **A Headshot Photograph** is a professional image typically used to represent an individual in formal settings, such as professional profiles, resumes, or promotional materials. In educational and therapeutic settings, a headshot serves as a visual introduction, allowing students, clients, and colleagues to connect a face to a name. It is an important resource for creating a polished and approachable presence, whether for instructors, therapists, or practitioners, and is often used in bios, directories, or course materials to foster a sense of familiarity and professionalism.
- ***Yoga Sutras of Patanjali***: Explore the timeless teachings of the Yoga Sutras of Patanjali through this illuminating translation and commentary by Swami Satchidananda. Although composed over 2,000 years ago, these sutras are presented with clarity and insight, making them accessible and applicable to modern practitioners. Swami Satchidananda offers a profound interpretation from a nondual perspective, skillfully addressing the dualistic elements within the text. This indispensable resource on Raja Yoga goes beyond philosophical theory, offering practical guidance for mastering the mind, fostering inner peace, and overcoming everyday challenges. Whether you are new to Yoga or well along your path, this book is an invaluable companion on your spiritual journey.
- ***Bhagavad Gita***: The Living Gita offers a deep, nondual interpretation of the Bhagavad Gita, transforming this ancient scripture into a practical guide for today's spiritual seekers. Through the perspective of unity and oneness, Swami Satchidananda brings to light the timeless wisdom of the Gita, illustrating the greatness of the classical branches of Yoga through the allegory of Krishna and Arjuna. Arjuna symbolizes the human soul in the chariot of the body, while Krishna represents the inner Spirit, the divine guide within. The Gita's message teaches us that only by transcending worldly struggles and awakening to the indwelling Spirit can we overcome human suffering. Whether you're encountering the Bhagavad Gita for the first time or revisiting it, The Living Gita offers clear and accessible insights to deepen your connection to your true Self.
- ***Hatha Yoga Pradipika***: The Hatha Yoga Pradipika (Light on Hatha Yoga) features the original Sanskrit text by Maharshi Swatmarama, accompanied by a comprehensive English translation and commentary by Swami Satyananda and Swami Muktibodhananda. This text provides a detailed exploration of the complete science of hatha yoga—including asana, pranayama, shatkarma, mudra, and bandha—demonstrating its purpose not only for physical health and fitness



but also for awakening the body's vital energies: prana, chakras, and kundalini shakti. It emphasizes that hatha yoga is more than just physical practice; it is a transformative process that refines the body from the gross to the subtle, ultimately leading to divine realization. Line drawings and diagrams are included to enhance understanding. Hatha yoga is presented as the foundation of all higher forms of yoga.

- ***To Know Yourself:*** When you come to know your true Self, you gain insight into everything and develop a deeper understanding of everyone. This journey isn't easy—it requires dedication and perseverance. However, even that effort can be filled with joy. Once this realization dawns, you will experience your true nature, which is inherently peaceful and happy. The yoga teachings in this book guide you on the path to self-discovery, helping you reconnect with your essence. Peace of mind and happiness are our birthright; we are all embodiments of joy, noble and beautiful souls with a unique purpose. The clear, accessible teachings in this book offer tools to free yourself from unhappiness and embrace your true self with all its inherent joy.
- ***Always Looking Up: In Always Looking Up,*** Michael J. Fox reveals another defining characteristic: Optimist. Through his hard-earned perspective, he shares how he has learned to see challenges as opportunities. Rather than isolating himself, Michael embraced a personal approach rooted in emotional, psychological, intellectual, and spiritual growth, a mindset that has guided him throughout his battle with Parkinson's disease. His departure from the demanding and public world of acting gave him the space and inspiration to explore new paths, with one leading him back to the heart of his family—his most cherished destination. In this book, Michael reflects on the last ten years of his life, beginning with the loss of his acting career after leaving *Spin City*. He grapples with the evolution of his public and private identity, from Mike the actor to Mike with Parkinson's. With his career consumed by the disease, he found himself rebuilding a new life while already content with the old one. *Always Looking Up* explores the key themes of Michael's journey: work, politics, faith, and family. With humor and wit, he shares how, by embracing the simple gifts of daily life, he became a happier and more fulfilled person, even in the face of adversity.

### **Payment Plan Options and Policy**

The Shala offers three payment plans to accommodate students' financial needs. As a student, you may choose from any of the following options. Payment plans are activated upon receipt of the initial down payment.



Two-Month Payment Plan: *(For Foundation + Bridge + Clinical Practicum)*

- 50% of tuition due at the start of the course.
- The second payment is due two months after the course begins.
- A service fee of \$200.00 applies.

Four-Month Payment Plan: *(For Bridge + Clinical Practicum Only)*

- 25% of tuition due at the start of the course.
- Subsequent payments are due on the 1st of the third, sixth, and ninth months after the course begins.
- A service fee of \$400.00 applies.

Six-Month Payment Plan: *(For Foundation + Bridge Program Only)*

- 1/6 of tuition due at the start of the course.
- Payments are due on the 1st of every other month following the course start.
- A service fee of \$600.00 applies.

### **Payment Due Dates and Late Fees**

Payments must be made on or before their due dates. Payments posted beyond a 24-hour period will incur a \$75 late fee. If a payment is more than two weeks late, the student's studies will be placed on "Pause" until all tuition obligations are met in full.

### **Refund Policy:**

A full refund is available to Foundation students before the first day of class. If you withdraw after the first three-hour session, a refund is available minus \$450. No refunds will be given after the second-class session, or once work has begun in the Bridge Program or Clinical Practicum.

### **Program Completion:**

- Foundation program: 12 months to complete.
- Foundation and Clinical Practicum: 24-30 months to complete both.
- Bridge program: 12 months to complete, or 16 months if combined with Clinical Practicum.

If more time is needed, an additional fee will be charged based on the tuition difference between the time of enrollment and the extension request.

### **Course Cancellation Policy**

In the event of under-enrollment, we reserve the right to cancel any of our programs and refund student tuition.

For the Yoga Therapy Certification Foundation and Bridge programs to proceed as scheduled, a minimum of five (5) participants is required. If the minimum enrollment of



five (5) students is not met, the Shala reserves the right to cancel the program and provide a full tuition refund to those who have enrolled, provided the course has not yet started. If the course has already begun and must be canceled due to a drop in the number of participants below the minimum, the remaining students are entitled to a partial refund. This refund will be calculated as the full tuition amount minus \$425 for each course already completed, up to a maximum of three (3) courses. Alternatively, students may choose to remain enrolled in the program until the course is re-offered.

### **How to Find Financial Aid Opportunities**

For information on available financial aid opportunities, please regularly check our website, follow our social media accounts, and subscribe to our monthly newsletter. Updates and announcements regarding financial aid options will be posted through these channels. Be sure to review eligibility criteria and application requirements, as applicable.

## **Section IV. Academic Performance and Program Completion Requirements:**

### **Program Completion Requirements**

To successfully complete the Yoga Therapy program, students must meet the following requirements:

- 1. Completion of All Required Coursework:**  
Students must complete all courses, assignments, and projects as outlined in the program curriculum. This includes meeting the required number of Residential, Synchronous, and Asynchronous hours specific to each course and program (Foundation, Bridge, and Clinical Practicum).
- 2. Passing Grades on All Assignments:**  
Students must achieve passing numerical grades on all assignments, assessments, and exams submitted through the Learning Management System (LMS). The grading criteria and minimum passing marks will be specified in each course syllabus.
- 3. Attendance and Participation:**  
Regular attendance and active participation in all scheduled classes, sessions, and activities are mandatory. Students must adhere to the attendance policy and make up any missed work as per the guidelines provided by the instructors.
- 4. Successful Completion of Practicum Requirements:**  
Students must complete the required practicum hours, including both individual and group sessions, as specified for the Clinical Practicum. This includes



developing and implementing yoga therapy protocols, maintaining accurate documentation, and fulfilling all supervision requirements.

5. **Submission of Final Projects:**  
Students must successfully complete and submit any final projects, including the Guru Kula presentations and case studies, as part of their program requirements. These projects must meet the standards set by the program faculty and be approved by the Director.
6. **Adherence to Code of Conduct:**  
Students must adhere to the Code of Conduct throughout their enrollment in the program. Any violations may impact the student's ability to complete the program.
7. **Completion Timeline:**  
All program requirements must be completed within the designated timeframe for each program. Extensions may be granted under special circumstances but must be approved by the Director.

## **Grading and Attendance Policies**

### **Grading Policy:**

All assignments submitted through our Learning Management System (LMS) will be awarded numerical grades. Each assignment is designed to assess the student's understanding and application of course material. The grading scale used will be clearly outlined within each course syllabus. Students are expected to meet all deadlines for assignments as outlined in the LMS. Late submissions may result in a grade reduction or, in some cases, may not be accepted.

### **Attendance Policy:**

Attendance is mandatory for all scheduled classes, sessions, and program activities. Students are required to sign in at the designated time for each class or session. Punctuality is essential, as it demonstrates professionalism and respect for both faculty and peers. Absences must be communicated in advance to the instructor, and arrangements for making up missed work should be discussed with the instructor or program director. Repeated absences or tardiness may negatively impact a student's overall grade and progress in the program.

### **300-Hour Yoga Alliance Designation Coursework:**

1. Complete a total of 280 Contact Hours and 20 Non-Contact Hours (excluding the 200-Hour Yoga Teacher Training).



2. Successfully complete and submit all project requirements for the Foundation course.
3. Take and pass all final multiple-choice test assessments for Foundation courses on the LMS platform.

#### **Yoga Therapy Foundation Course:**

1. Complete a minimum of 267 Residential Hours, 188.75 Synchronous Hours, and 165.25 Asynchronous Hours (excluding the 200-Hour Yoga Teacher Training).
2. Successfully complete and submit all project requirements for the Foundation course.

#### **Bridge Program:**

1. Complete a minimum of 263 Residential Hours, 188.75 Synchronous Hours, and 165.25 Asynchronous Hours (excluding the 200-Hour Yoga Teacher Training).
2. Successfully complete and submit all project requirements for the Bridge course.

#### **Clinical Practicum Course Completion Requirements:**

1. Hours Requirements:
  - Complete a minimum of 336.5 Residential Hours.
  - Complete 239.5 Synchronous Hours.
  - Complete 34 Asynchronous Hours.
2. Assessments:
  - Take and pass all final multiple-choice test assessments on the LMS platform.
3. Guru Kula Project:
  - Successfully complete and submit all final project requirements for the Guru Kula.
4. Clinical Group Classes:
  - Complete 6 clinical group classes in a 5-class series.
  - Conduct 2 group class series focused on Parkinson's Disease.
  - Conduct 2 group class series focused on Neuroplasticity.
5. Clinical Individual Protocols:
  - Complete 10 case studies with 9 visits each.
  - Successfully complete the Clinical Practicum and submit a final case study, ensuring all case study files are organized and submitted.
6. Final Study Review:
  - The final study must be reviewed and accepted by the Director, Associate Director, Mentors, and the Head of Clinic.

These requirements ensure that students are fully prepared and qualified to complete the Clinical Practicum and advance in their yoga therapy training.



## **Additional Program Completion Requirements**

### **Yoga Therapy Foundation Program**

Students must complete a total of 267 Residential hours, 188.75 Synchronous hours, and 165.25 Asynchronous hours to successfully complete the Shala's Yoga Therapy Foundation program. Students have up to 24 months from their start date to finish all coursework. Graduation from the program cannot occur in less than 24 months from the start date.

### **Bridge Program**

To successfully complete the Shala's Bridge Program, students must fulfill a total of 263 Residential hours, 188.75 Synchronous hours, and 165.25 Asynchronous hours. Students have up to 16 months from their start date to complete all coursework. For details on the Bridge Program transfer hour policy, please refer to page 35. If a student requires more than 16 months to complete the Practicum, a surcharge will be assessed to reflect the additional time needed.

### **Residential-ZOOM Hours:**

Foundation Course = 267 (minimum) Residential Hours

Bridge Program = 264 (minimum) Residential Hours

Clinical Practicum = 336.5 (minimum) Clinic Residential Hours

## **Section V. Rules for Student Conduct**

### **Code of Conduct**

The AUM hOMe Shala Yoga Therapy 2024-25 Code of Conduct establishes the behavioral standards and responsibilities required of all participants in our program, including students, faculty, and staff. This Code is an application of the ethical principles of our community, ensuring a professional and respectful environment for all.

### **1. Compliance and Accountability**

#### **Email Response Expectations**

All participants in the program are expected to comply with the Code of Conduct. Faculty, staff, and students are accountable for maintaining professional communication standards at all times. Because AUM hOMe Shala operates as a virtual school, timely responsiveness is essential to support effective collaboration and learning.

Foundation and Bridge students, as well as faculty, are expected to respond to emails **within 24 hours on weekdays**. Messages received over the weekend should be acknowledged or answered **as soon as possible, ideally within 24 hours, and no later than 48 hours**.



## **2. Attendance and Punctuality**

Attendance and punctuality are crucial. Students and faculty are expected to sign in to classes, sessions, or other program elements at the designated times. Consistent attendance is necessary, particularly when serving others in the community.

## **3. Competence and Productivity**

Students are expected to complete assignments by the established deadlines. All classes are conducted via Zoom, with distance learning components delivered through a Learning Management System (LMS). Assignments must be submitted by the due dates specified; late submissions will not be accepted by the LMS. Students must contact their supervisor if they anticipate any delays, but late assignments cause significant inconvenience and disrupt the overall process.

## **4. Lawful and Honest Conduct**

Participants must act with honesty and integrity at all times. This includes adhering to academic standards and maintaining integrity in all interactions.

## **5. Confidentiality and Privacy**

All participants must respect confidentiality and privacy in accordance with HIPAA guidelines. This applies to all interactions with clients, faculty, staff, and peers.

## **6. Care and Maintenance of Property**

Since all programs are offered online, participants are expected to ensure that their technological tools are in working order and to treat any shared virtual environments with respect.

## **7. Appropriate Behavior and Conduct**

Students and faculty are expected to exhibit appropriate behavior in all settings, including classes, clinics, and yoga therapy sessions. Respectful communication and professional conduct are mandatory.

## **8. Compliance with Laws**

Participants must comply with all applicable laws, including the Health and Safety Act and regulations concerning violence and harassment.

## **9. Non-Impairment**

Students and faculty must be sober and free of drugs and tobacco when attending classes, courses, workshops, and clinical practicum sessions. This is especially important when working with clients.

## **10. Conflict of Interest**

Participants must avoid conflicts of interest. Clinical Practicum students may work with up to three family members or friends for their clinical case studies. However, students are not allowed to recruit clients from their case study or group participant roster for private sessions or charge for their services during training.

## **11. Dress Code and Hygiene**

Students are expected to maintain a neat and professional appearance at all times. When leading protocols, students must have their hair tied back to ensure a polished and professional look. Shala scrubs or a Shala t-shirt paired with loose-fitting black yoga



pants are required when observing, shadowing, assisting, or working with grant-based classes, individual case studies, and group sessions. Shoes and socks are not permitted when assisting or working with case studies or group participants, as this aligns with our policy of preventing slips and falls among class participants who are also required to be barefoot for safety reasons.

### **12. Acceptable Use of Technology**

Since our program is conducted online via Zoom, students must ensure their cell phones are on silent mode during class. Cameras must be operational and turned on at all times, and students should be prepared to mute themselves upon the instructor's request.

### **13. Reporting Violations and Disciplinary Actions**

Violations of the Code of Conduct must be reported through the established grievance procedures. Students who feel they have been treated unfairly are encouraged to resolve the issue directly with the involved party. If unresolved, a written statement must be submitted to the Director, detailing the nature of the complaint and previous resolution attempts. The Director will review the case, speak with the involved parties, and communicate the resolution to the student.

## **Course Policies**

### **Class Attendance (Required for Certification)**

If you are unable to attend any portion of a weekend class, need to arrive late, or must leave early, please notify us at [info@aumhomeshala.org](mailto:info@aumhomeshala.org) before the class begins. You may make up the missed course free of charge if it is offered again in the following academic year, provided there is available space.

### **Class Notes**

AUM hOMe Shala does not provide class notes. If you miss a class, you are encouraged to reach out to your classmates for notes.

### **Audio & Video Recording**

Audio and video recording during class is strictly prohibited without prior written consent from the instructors.

### **Classroom Conduct & Participation**

Given the fast-paced nature of our courses, it's important to minimize personal conversations to ensure we cover all necessary material. To stay on topic and respect your fellow students, please refrain from asking excessive questions or sharing personal stories and issues with the group. Additionally, please avoid working on unrelated projects, using cell phones, texting, or accessing non-course-related websites during class. This will help maintain focus and ensure a productive learning environment for everyone.



## **Code of Conduct**

To ensure a professional training environment in all Yoga Therapy classes, a set of customary rules of courtesy and etiquette must be followed. All participants are expected to respect one another, treat each other with dignity, and contribute positively to the educational process. By doing so, we create a supportive and effective learning environment for everyone.

## **Classroom Courtesy**

Show respect and courtesy to your instructors and fellow classmates. Please refrain from interrupting others when they are speaking.

## **Classroom Ambience**

The classroom is a space dedicated to the exchange of knowledge. While interaction between teachers and students is encouraged, distractions can easily disrupt this process. Please focus your attention on the instruction and lecture during class. If you have any special requirements or need accommodations, please inform the instructor during the first session so that appropriate arrangements can be made. The instructor will make every effort to meet the needs of students with disabilities.

## **Lateness**

Students are expected to arrive on time for all classes and stay for the full duration. Repeated tardiness or failure to return after lunch may be considered as missed classes. Clinical Practicum students who cancel a scheduled protocol or group class less than 24 hours before the session will incur a \$50 cancellation fee to cover costs associated with last-minute changes.

## **Entering/Exiting Class**

Please arrive on time and remain for the entire class period until the next scheduled break. Late arrivals and early departures are disruptive to the learning environment. After breaks, promptly return to the classroom so the instructor can adhere to the weekend schedule. If you arrive late, quietly enter the room. If you must leave early, such as for a medical appointment, inform the instructor in advance and exit as unobtrusively as possible. If your schedule consistently prevents you from arriving on time or requires you to leave early, please notify us so we can understand your situation. If you miss the start of class, please consult with your fellow students to catch up on any important announcements. Clinical Practicum students are required to sign in for group classes and individual protocol sessions 15 minutes before the session begins and are expected to stay for at least 15 minutes after each session. **Additionally, SOAP notes must be submitted on the same day each session is taught.**



### **Distance Learning and Assignment Submission Guidelines**

All classes are conducted via ZOOM, with Distance Learning Components delivered through a Learning Management System (LMS). Students will receive a link to each course syllabus, along with Synchronous and Asynchronous assignments, at least two weeks prior to the course start date. Each assignment has a set due date, and the LMS does not accept late submissions. If you anticipate that your assignment may be late, you must contact your supervisor immediately. Please understand that late assignments cause significant inconvenience to instructors, as they delay the final grading for the entire group and disrupt the instructor's ability to manage their time effectively among their many responsibilities. Instructors can generally allow a few additional days for late assignments only if absolutely necessary. After that, the assignment will be considered incomplete.

Information about the distance learning platform, access details, and support services will be provided to ensure you are well-prepared to engage with the online components. If you require technical support, please contact the course instructor or the Director. Students will have access to previous course assignments on our LMS for up to three weeks following the final day of the course.

### **Feedback Mechanisms in Distance Learning**

- **Learning Management System (LMS):**  
Students can access course materials, submit assignments, and interact with faculty and peers through our dedicated LMS. This platform allows students to receive feedback on assignments, participate in discussions, and ask questions related to course content.
- **Virtual Office Hours:**  
Faculty members hold regular virtual office hours, offering students the opportunity to schedule one-on-one meetings for personalized feedback, clarification on course concepts, and progress discussions.
- **Peer Review:**  
Many courses incorporate peer review activities, where students provide and receive feedback on assignments and projects from their peers. This collaborative approach enriches learning by offering diverse perspectives.

### **Leave of Absence Policy**

Students have up to one year to make up missed courses. If a course is not available within that year, they may attend the next available offering after the year has passed. Clinical Practicum students have up to 16 months to complete all group and case study requirements.



### **Bridge Program Didactic Course Policy**

If a Bridge Program didactic course is missed due to low enrollment, the student may take the course free of charge when it is next offered. In such cases, missing the course will not delay the student's graduation, even if the course is not offered within the expected timeframe due to low attendance.

### **Student Disciplinary Procedures**

All students are expected to adhere to the Shala's rules and regulations. Any violations will be evaluated on a case-by-case basis and may result in disciplinary action. Students who do not meet the program's expectations will be required to meet with the Director and/or one or more instructors to review expectations and requirements. Disciplinary actions may include the following, depending on the severity of the infraction:

1. Verbal Warning: Issued for minor infractions.
2. Written Warning: Given for more serious infractions or for repeated minor violations.
3. Dismissal from the Program: For severe or ongoing infractions, the Director, in consultation with instructors, will make the final decision regarding a student's dismissal from the program.

### **Non-Discrimination Policy**

The Shala is dedicated to upholding both the spirit and the letter of non-discrimination laws across all its activities and operations. We strictly prohibit any form of discrimination based on race, color, creed, religious belief, sex, pregnancy, age, sexual orientation, national or ethnic origin, ancestry, disability, physical or mental handicap, marital status, veteran status, political belief or activity, or any other category protected under federal, state, or local law. The Shala complies fully with all applicable legal requirements and is committed to fostering an inclusive and welcoming environment for all members of our community, including administration, faculty, members, and students. We do not tolerate retaliation against anyone who raises concerns about discrimination. If a student believes they have been subjected to discrimination or retaliation, they are encouraged to report the matter to the Director.

### **Student Grievance Procedures**

Students who feel they have been treated unfairly are encouraged, but not required, to first attempt to resolve the issue directly with the individual(s) involved. If the student is unable to clarify or resolve the matter, they must submit a signed written statement of the grievance to the Director. The student will then have the opportunity to meet with the Director to discuss the issue.

The written statement should include the following: the name of the faculty member, administrator, student organization, or fellow student whose actions are in question (the respondent); the nature of the alleged discrimination or unfair treatment; a description of



the harm or injury alleged and the resolution being sought; and a summary of any prior discussions or attempts at resolution, including the time, place, and outcomes of those interactions, if applicable.

The Director will speak with the respondent and determine a resolution, which will be communicated to the student in an in-person meeting. The entire grievance process, including the written statement of the charge and the final disposition, will be documented and maintained in the student's file.

### **Section VI. Members of the Shala Administration**

Melinda Atkins, MEd, MSc., E-RYT 500, C-IAYT  
Director of AUM hOMe Shala Yoga Therapy

Oswaldo Perez, DPT, RYT  
Associate Director of Level I Musculoskeletal Training

Anthony Connell, E-RYT500, C-IAYT  
Assistant Director of Yoga Teacher Training and Clinical Practicum

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP  
Assistant Director of Mentor Program and Clinical Practicum

Grisell Gonzalez, B.A., C-IAYT, E-RYT500  
Assistant Director of Clinical Practicum

### **Professional Education and Qualifications of AUM Yoga Therapy Faculty**

#### **Melinda Atkins, M.Ed., MSc., C-IAYT, RPYT, RCYT, E-RYT 500**

Melinda Atkins is the founding director of AUM hOMe Shala, a 501(c)(3) non-profit and internationally accredited yoga therapy school offering Yoga Alliance–registered teacher trainings and a clinical yoga therapist certification accredited by the International Association of Yoga Therapists (IAYT). Established in 2005 and accredited since 2014, AUM hOMe Shala is recognized for its innovative programs that bring yoga therapy to hospitals, universities, schools, and community organizations.

Melinda earned her 500-hour certification at the Kripalu Center for Yoga & Health and completed her Yoga Therapy certification at Loyola Marymount University in Los Angeles. She holds master's degrees in Educational Administration (University of Florida) and Pharmacy (University of Maryland, summa cum laude), where she was inducted into the Phi Kappa Phi honor society. With over 40,000 hours of teaching experience, she is among the first in Florida certified by IAYT through its grandfathering process and serves as a member of the IAYT Accreditation Review Committee.

Melinda Atkins, M.ED., MSc., C-IAYT E-RYT500  
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[info@aumhomeshala.org](mailto:info@aumhomeshala.org) /Aumhomeshala.org



In addition to her clinical and academic work with adults, Melinda has designed and directed therapeutic yoga programs for children with autism, ADHD, and other developmental and behavioral challenges, helping young participants cultivate focus, confidence, and self-regulation through movement and breath. She is also a certified M.E.L.T. (Myofascial Energetic Length Technique) Instructor, integrating myofascial release techniques that support nervous system regulation, mobility, and pain reduction within her yoga therapy and teacher training programs.

In 2021, she contributed to *Yoga Therapy Foundations, Tools, and Practice: A Comprehensive Textbook* and continues to design and write grants for free community programs for Parkinson's and other neuro-motor conditions.

**Ghada Osman, PhD, LMFT, PYT, C-IAYT, E-RYT 500**, is a yoga teacher, yoga therapist, psychotherapist, and author of "Mental and Emotional Healing Through Yoga: A Guiding Framework for Therapists and their Clients". She has worked with a wide range of populations, from college students to hospice patients, and currently is full-time faculty, clinical supervisor, and lead of a large mental health counseling program in a community college district in San Diego County, California. In her private practice, her specialties include helping clients cope with a emotional health concerns including trauma, anxiety, depression, PTSD, eating disorders and substance abuse using yoga as a healing modality. Ghada earned her 500-hour yoga teacher certification at Kripalu Center for Yoga & Health and is also trained in Street Yoga (designed for underserved populations) and Phoenix Rising Yoga Therapy. She holds a doctorate degree in philosophy from Harvard University and a master's in psychology from Chapman University.

**Christian Atkins, PA-C, MPAS**, served in Iraq as a medic team leader and trauma specialist. He was also a health advisor/instructor for CIGNA in Miami, Florida, conducting bio-diagnostics to help facilitate healthy behaviors and promote the achievement of health-related goals. Christian holds a degree in health-care administration and Physician's Assistant and Medical Sciences (PA) studies.

**Oswaldo 'Ozzie' Perez, PT, DPT** received his Doctor of Physical Therapy degree from the prestigious Boston University Sargent College of Health and Rehabilitation Sciences. Dr. Perez began his career in 1991 at Jackson Memorial Hospital in Miami, Florida where he developed his skills while working in the Neuro-Rehabilitation, Spinal Cord, Ortho-Trauma, Burns, and Amputee units. He currently is the owner and clinic director at Active Sports Medicine center where he treats patients who have a variety of orthopedic related injuries from the neck, hand, shoulder, back and lower extremities. His emphasis on foot care has filled a void in South Florida area. Dr. Perez's interests go beyond the clinic setting extending into the academia. Currently, he is an Adjunct Professor at Florida International University where he teaches the orthopedic foot and ankle courses



to Doctor of Physical Therapy candidates. Additionally, he serves in the advisory committee for the school of Physical Therapy Assistants at Miami Dade College.

**Anthony Connell, C-IAYT, E-RYT 500, CYS**, graduated from Florida International University with a degree in psychology. He received his 500-Hour Yoga Teacher Training Certification and completed his Clinical Practicum in the Therapeutic Benefits of Yoga from AUM hOMe Shala in 2017. Tony has extensive experience teaching for AUM's annual Chill Out program in inner-city schools and leading yoga sessions in after-school programs. Tony began his yoga practice in 2002 under the guidance of AUM's director, Melinda Atkins, at Gulliver Prep. He now serves as the assistant director of AUM's 200 and 500-Hour Yoga Teacher Training programs and as a yoga therapy faculty mentor and assistant director of AUM's clinical practicum. As a proud member of the LGBTQ+ community, Tony is passionate about sharing the benefits of yoga for maintaining balance and alleviating stress. His commitment to yoga and his community continues to inspire and support many.

**Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP**, is a dedicated yogi with over 20 years of experience. His journey began in childhood and led him to complete his initial teacher training with Laughing Lotus in NYC. Alongside his love for herbal medicine, Adam taught yoga privately and embarked on a mission to serve diverse communities. With a focus on cancer patients and low-income families in the Caribbean, Adam educated them on incorporating Ayurvedic principles into their lives for improved health and happiness. Currently residing in the Treasure Coast, Adam serves as a chiropractic assistant and applies yogic principles to develop therapeutic somatic programs for detox and rehabilitation facilities. He holds an E-RYT 500 certification from Atmananda Miami, is a registered YACEP with the Yoga Alliance, and completed his Yoga Therapy training at AUM hOMe Shala. Adam's true passion lies in guiding individuals to cultivate a yoga practice that feels like home, using yoga as a catalyst for personal empowerment and social activism. His primary focus is on providing free yoga and yoga therapy services to marginalized groups, including homeless LGBTQ+ youth, individuals in drug rehabilitation and transitional housing programs, and incarcerated transgender individuals.

**Evelyns Gaiti, B.A., M.A., E-RYT500, YACEP, RCYT**, is a certified Clinical Yoga Therapist trained at AUM hOMe Shala, with over 1200 hours of specialized training in utilizing the therapeutic benefits of yoga to address a wide range of pediatric conditions. As a special needs educator with more than 25 years of experience working with children and teenagers, Evelyns was inspired to pursue yoga teacher training after observing the positive impact of breathing exercises and postures on the kids she worked with as a developmental therapist. In addition to her 1200-hour Yoga Therapy certification from AUM hOMe Shala, Evelyns has studied Restorative Yoga with Cindy Lee, Yoga Therapy for Children with Loraine Rushton, and completed Children's Yoga Teacher Training at

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Karma Kids Yoga. She also holds a certification in Yoga Education for Autism Spectrum from Vanessa Khalon and a 95-Hour Yoga Alliance Children's Yoga Teacher Specialist certification from AUM. Additionally, Evelyns is trained in Sensory Impairment and Applied Behavior Analysis and is certified in Sound Bowl Healing and as a Reiki Master in the Natural Healing Method.

**Grisell B. Gonzalez, BA, C-IAYT, E-RYT 500**, is a dedicated yoga therapist with a degree in Art History from the University of Washington. She holds a 1,000-Hour Clinical Yoga Therapy Certification and a 500-Hour Yoga Teacher Training Certification from AUM hOMe Shala in Florida, along with a 200-Hour Yoga and Meditation Teaching Certification from Ananda Washington.

Grisell specializes in yoga therapy for Parkinson's disease, neuroplasticity, and spinal health conditions. She also has expertise in Tai Chi, Qigong, and Pilates for health. As the founder of Inner Joy Yoga & Meditation, she integrates her knowledge of yoga therapy, meditation, Tai Chi, Qigong, and sound therapy to promote health and well-being. With over 20 years of experience, yoga has been a cornerstone of Grisell's life, inspiring her to live each moment more mindfully and to share the transformative benefits of yoga with her community.

**Amba Greene, LMT, E-RYT 500, CAP**, is a Yoga Alliance–certified teacher, senior Kali Natha Yoga instructor, and longtime student of yoga master Ma Jaya Sati Bhagavati. Amba is certified as an Ayurvedic teacher and consultant through the Kripalu School of Ayurveda, where she trained with the foremost Ayurvedic doctors teaching in the West today, including Vasant Lad, Robert Svoboda, John Douillard, and Sunil Joshi. She is also a certified MELT Method instructor.

**Amparo Hernandez-Perez, B.A., C-IAYT, E-RYT500**, brings extensive qualifications and a deep commitment to her role as an instructor for AUM hOMe Shala's "Yoga Therapy for Parkinson's and Neuro-Motor Disorders Teacher Training," specifically in Restorative Yoga and Mudras for managing neurodegenerative disorders.

With over two decades of personal yoga practice, Amparo initially turned to yoga to address chronic back issues. Inspired by Eastern philosophy and Buddhism, she developed a holistic approach to yoga that integrates both the physical and spiritual dimensions. She earned her C-IAYT Yoga Therapist certification at AUM hOMe Shala, with a specialization in clinical yoga therapy for various conditions, including neurodegenerative disorders such as Parkinson's Disease (PD).

Amparo's expertise in the field is further highlighted by her leadership in developing therapeutic protocols for Parkinson's. She initiated a pilot program for Parkinson's and meditation, and, following funding from the Parkinson's Foundation, she designed effective PD protocols and led a successful meditation program in Spanish, which was funded for two grant cycles. This grant-based program demonstrated her ability to create tailored, impactful approaches for the Parkinson's community.



Since 2021, Amparo has been a valued faculty member at AUM hOMe Shala, teaching Restorative Yoga and Mudras within the Yoga Therapy for Parkinson's and Neuro-Motor Disorders Teacher Training. Her specialized knowledge in gentle practices for neurodegenerative disorders equips her to train future yoga therapists to effectively support individuals dealing with such conditions.

**Dawn A. Loftin, M.A, C-IAYT, E-RYT 500, YACEP**, is a highly qualified yoga therapist and teacher, holding multiple certifications including Level 1 ParaYoga® Certified Teacher, Certified ParaYoga® Nidra Teacher, Ayurveda Yoga Specialist, and Relax & Renew® Trainer. She earned her 1,000-Hour Clinical Yoga Therapy Certification and her 500-Hour Yoga Teacher Training Certification from AUM hOMe Shala. Initially drawn to yoga therapy to deepen her understanding of anatomy, Dawn discovered a profound calling to work with Parkinson's Disease during her clinical training. Dawn facilitates AUM hOMe Shala's online Yoga Nidra classes and teaches gentle yoga for Parkinson's and other neuro-motor diseases at Lake Norman Muay Thai/Rock Steady Boxing in Mooresville, NC. As a faculty member, she is passionate about sharing the blessings of ParaYoga® Nidra with students and teachers alike. Certified as an Ayurveda Yoga Specialist through Kathryn Templeton's teachings, Dawn integrates the foundational aspects of Ayurveda into her yoga classes. She also holds a Relax & Renew® Trainer certification from Judith Lasater, specializing in guiding students toward relaxation and stillness. Additionally, she has completed a 100-hour Trauma-Informed Yoga: Yoga Therapy for Mental Health course and a 40-hour Advanced Yoga Therapy for the Heart certification with Dr. Ghada Osman.

**Bea Maldonado, B.A., E-RYT500**, is a graduate of AUM's Yoga Therapy Foundation Program and is scheduled to take the IAYT Yoga Therapy certification exam in 2024. She is proficient in various Yoga styles, including Ashtanga Vinyasa, Taoist Yoga, Qigong, and Thai Bodywork, and works with diverse populations across all age groups. Passionate about community wellness, Bea has led outreach programs for organizations such as the Frost Museum of Science, Westcare Foundation, Coral Gables Adult Activity Center, Equilibrium Therapeutic Center, and Easter Seals. She has also developed and leads an after-school yoga program for elementary-aged children in multiple Miami-Dade schools. Currently, Bea serves as a clinical Yoga Therapist at the prestigious University of Miami's Sylvester Cancer Center, where she designs and implements yoga programs tailored for cancer patients and survivors. These programs aim to alleviate cancer and treatment-related symptoms, restore mobility, strength, and flexibility, and promote stress reduction, relaxation, and overall well-being. Additionally, Bea is an engineer and a mother of two, exemplifying a holistic approach to health and wellness.

**Alisha Pacheco, B.A, MBA, LMT, C-IAYT, E-RYT500, YACEP**, holds a Bachelor's Degree in Management from Embry-Riddle Aeronautical University and a Master's Degree in Business from the University of Miami. She received her 200-Hour



Certification in Sampoorna Yoga during a residential program at Yogi Hari's Ashram in 2014. After getting certified, she spent several years teaching Hatha Yoga, Flow Yoga, and Gentle Yoga as well as chair yoga and corporate yoga. Teaching led her to pursue the healing arts, and she enrolled in the Massage Therapy Program at Broward College. After working on professional athletes in the NFL, NBA, NHL, and MLB, Alisha became interested in pursuing a medical understanding of how massage could support medical patients, and she became certified as a Medical Massage Practitioner. This allowed her to do massage and teach yoga on a therapeutic level to patients being treated at Sylvester Cancer Center and Memorial Hospital. To further her understanding of how yoga can be used to treat medical conditions, Alisha pursued a certification in Yoga Therapy and is a graduate of AUM Home Shala's Yoga Therapy Program and the Shala's Yoga Therapy for Mental Health 100-Hour Certification.

**Kathleen Ross-Allee, B.A., C-IAYT, E-RYT500**, is a certified yoga therapist and ACE-Certified fitness trainer and Cancer Exercise Specialist (CES) with more than 25 years of experience as a health and wellness expert. Kathleen is a Health Educator and Yoga Therapist for Kaiser Permanente Woodland Hills for the Center for Healthy Living. She is the managing director and instructor for the Loyola Marymount University Yoga Therapy Rx program, where she earned her credentials as a yoga therapist (YTRx-500C), as well as the lead instructor of the LMU Yoga Therapy Rx Level IV Practicum Prep Course. Kathleen has developed yoga therapy programs to support cancer treatment at Cedars-Sinai/Tower Hematology, USC/Norris Cancer Hospital, Vantage Oncology, and Tower Cancer Research Foundation, where she continues to teach ongoing classes. She also teaches a weekly gentle yoga therapy class for people with Parkinson's disease, which she offers free to patients and caregivers at Liberation Yoga in Los Angeles.

**Martha Victoria, B.A., C-IAYT, E-RYT500, YACEP**, transformed her life through yoga, evolving from disconnection to self-discovery and holistic well-being. Her mission is to guide others to the same wholeness through personalized yoga therapy.

Discovering yoga in 2014, Martha embraced it as a comprehensive philosophy for mindful living, connecting all aspects of life. Supported by loved ones, she completed over two thousand hours of training to become a Certified Yoga Therapist, creating safe spaces for individuals to find their unique paths to well-being.

"Yoga as union honors our bodies, centers our minds, and understands our emotions, grounded in breath," Martha explains. Her therapy combines movement, breathwork, mantras, and meditation, promoting deep healing and transformation.

Martha's background in mysticism (Rosicrucian Order), engineering, and 40+ years in video production ensure her workshops are engaging and practical, guiding clients on a journey of "Yoga beyond the surface!"

**Lucia Walker, C-IAYT, E-RYT500**, is a certified yoga therapist trained at AUM. She began practicing yoga as a way to find balance in her life during her time as a triathlete



and has been teaching since 2013. In addition to her formal certifications, Lucia has studied under Loren Fishman, Judith Hanson Lasater, Tom Meyers, and Robin Rothenburg. Her experience spans yoga therapy for osteoporosis, back pain, hip issues, Tourette’s syndrome, and stress management. Lucia has worked with a diverse range of clients, from teenagers aiming to improve focus in academics and sports to the elderly and those with specific ailments and injuries. She also incorporates the healing properties of essential oils into her clients’ yoga-based protocols.

**Members of the Governing Board**

Melinda Atkins, President  
Al Corrada, CPA, Treasurer  
Dorothy Atkins, Board Member

**Student Graduation Policy:**

Completion of all course requirements is mandatory for graduation. Please note that enrollment in the program does not guarantee graduation, and successfully completing our program does not ensure passing the IAYT Certification exam.

**Section VII. Assumption of Risk/Waiver of Liability and Media Release**

**ASSUMPTION OF RISK/RELEASE OF LIABILITY AND INDEMNITY AGREEMENT**

Assumption of Risk: I recognize the possibility of potential injury that may result from participating in Yoga classes or any other classes at Aum Home Shala (“Shala”). Being fully aware of this risk, I voluntarily choose to participate in Shala programs and accept all risks associated with that participation. In consideration of being accepted as a Yoga student, I on my own behalf, and on behalf of my heirs, administrators, executors and successors, hereby forever release and covenant not to the Shala, its officers, directors, shareholders, employees, volunteers and all others associated the Shala including Melinda Atkins, from all liability for any and all damages and injuries I may suffer while under the instruction, supervisions or control the Shala. I hereby fully agree to individually provide for all present and possible future medical expenses which I may incur as a result of any injury sustained while participating at or for the Shala. I have read and understand this acknowledgment of policies, risk and waiver of liability and I voluntarily affix my name in agreement.

\_\_\_\_\_  
Student’s Name (please print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student’s Signature



Indemnification and Hold Harmless: I also agree to INDEMNIFY DEFEND Aum Home Shala, (“Shala”) its officers, directors, shareholders, employees, volunteers and all others associated with the Shala including Melinda Atkins HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including but not limited, attorney’s fees, arising from, or in any way related to my participation in Shala programs, classes and events, except for those arising out of the willful misconduct and/or gross negligence of the above named parties, as applicable.

I have read and understand this acknowledgment of policies, indemnification and hold harmless agreement and I voluntarily affix my name in agreement.

\_\_\_\_\_  
Student’s Name (please print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student’s Signature

### **MEDIA RELEASE**

#### **Audio and Image Consent**

By attending and participating in all Aum Home Shala (“Shala”) classes and events, I hereby grant my permission to the Shala and its officers, directors, shareholders, employees, volunteers and all others associated with the Shala, including Melinda Atkins, to be filmed, audiotaped, or photographed by any means, and grant full use of my likeness, voice and words without the expectation of compensation.

I hereby release the Shala and its officers, directors, shareholders, employees, volunteers and all others associated with the Shala, including Melinda Atkins, from all claims of libel, slander, invasion of privacy, or any other claim based upon the use of my image and likeness as stated above.

I have read and agree to the above.

\_\_\_\_\_  
Student Name (please print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature



## 2026 Student Enrollment Agreement

First Name:      Last Name:

Home Phone No.:

Street Address:

City:

State:

Zip Code:

Email Address:

### Section I: Program Information

I am hereby enrolling in the following Yoga Therapy program at The Aum Home Shala, whose office is located at 232 Andalusia Ave, Suite 360, Coral Gables FL 33134. My enrollment is subject to the terms and conditions stated in this enrollment agreement.

### Programs Offered:

Foundation Course: 267 Residential + 188.75 Synchronous + 165.25 Asynchronous hours

Bridge Program: 263 Residential + 188.75 Synchronous + 165.25 Asynchronous hours

Clinical Practicum: 336.5 Residential + 239.5 Synchronous + 34 Asynchronous hours

Tuition: \$(Includes a \$200 service fee.)

Program(s):

\*Tuition does not include the 'Yoga Therapy Track' required 11-Hour Mentoring Program for the Foundation Course (see below), nor 7 Mentor Hours requirement for Bridge Program.<sup>4</sup> See pages 9-15 for learning material description:

|   |                      |
|---|----------------------|
| Application Fee (one-time, non-refundable):                 | \$100.00             |
| Payment Plan Service Fees: See below in Payment Plan Option |                      |
| HIPPA test (if applicable):                                 | \$80.00              |
| Clinician Shala Lab Coat:                                   | \$50.00 <sup>5</sup> |

<sup>4</sup> Yoga Therapy Mentor Program: 11 Hours/Foundation Course = \$100.00 an hour. 7 Hours/Bridge Program. Mentors must be a faculty member. Payment is made directly to the mentor. Student is responsible for completing Membership Log and submitting to Director in order to receive credit.

<sup>5</sup> Style of scrubs is up to the student to choose so costs vary. The average cost including embroidery is approximately \$50.00.



|  |                      |
|--|----------------------|
| Clinician Yoga Pants (or shorts) with Shala Logo | \$35.00              |
| Shala Yoga T-Shirt with Shala Logo               | \$35.00              |
| CEAL Blue Scrubs: Any style                      | \$50.00 <sup>6</sup> |
| Required Reading for all Courses:                |                      |
| • <i>Yoga Sutras of Patanjali:</i>               | \$17.95              |
| • <i>Bhagavad Gita:</i>                          | \$18.00              |
| • <i>Hatha Yoga Pradipika:</i>                   | \$20.00              |
| • <i>To Know Yourself</i>                        | \$15.00              |
| • <i>Always Looking Up:</i>                      | \$12.50              |
| Stethoscope: (prices vary)                       | \$25.00              |
| Blood Pressure Cuff (prices vary)                | \$20.00              |
| Tummee Annual Subscription                       | \$70.00              |
| Photograph:                                      | \$30.00 <sup>7</sup> |

\*All students are required to have a laptop

### Changes in Fee Schedule:

Tuition and fees are subject to change at the discretion of the Shala.

Revised tuition rates take effect at the beginning of the next academic term following any approved increase. Students will be notified in advance of any changes. Annual tuition adjustments for the upcoming calendar year become effective on **December 16** of the preceding year. Students are responsible for the tuition rate in effect at the time of their registration for each course or term

### Methods of Payment:

Payments may be made through PayPal on our website, or via Zelle at [info@aumhomeshala.org](mailto:info@aumhomeshala.org)

### Refund Policy

A full refund is available to Foundation Students any time before the first day of class. You may withdraw from the course after the first weekend and receive a refund minus \$450.00. No refunds will be issued after the second weekend of classes.

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<sup>6</sup> Includes top and bottom scrubs with Shala logo embroidered on the shirt pursuant to Shala instructions. Style of scrubs is up to the student to choose, so costs vary. Average cost including embroidery is approximately \$50.00.

<sup>4</sup> All students are required to have a professional head shot of them either in their Shala scrubs or their Clinical coat with designated yoga pants and top underneath. The head shots are used both as part of a Business Yoga Foundation course and to promote Clinical Practicum student group classes. Costs can vary greatly but the average cost at JC Penney is approximately \$30.00.



No refunds will be given once the Bridge Program and Clinical Practicum work has been started.

### Course Cancellation Policy

A minimum of five (5) participants are required to make the Yoga Therapy Certification Foundation course or Bridge programs available as offered. If participation does not reach the minimum of five (5) students, the Shala reserves the right to cancel the program and refund tuition in full to participants who have enrolled provided they have not already started the course. If they have started the course, they will be given the option of refund of tuition minus \$425 per course taken, up to three (3) courses; or they may continue to be enrolled in the course until the class is made.

**In the event of under-enrollment, AUM hOMe Shala reserve the right to cancel a program and refund student tuition.**

### Section II: Student Enrollment Acknowledgment Form

I, \_\_\_\_\_ (Student Name), have read the Yoga Therapy 2026 Student Informational Materials and the Enrollment Agreement. I understand and accept the terms and conditions for enrollment. I agree to pay the full tuition for the selected courses:

- Foundation Course: \_\_\_\_\_
- Bridge Program: \_\_\_\_\_
- Clinical Practicum: \_\_\_\_\_

**Total Amount: \$ \_\_\_\_\_**

I fully understand the Shala's refund policy.

I agree to pay tuition totaling \$ \_\_\_\_\_ with the first installment of \$ \_\_\_\_\_ due at the time of enrollment and the second installment of \$ \_\_\_\_\_ due on \_\_\_\_\_, which is the first day of the \_\_\_\_\_ month after I begin the course.

- Foundation Course: \_\_\_\_\_
- Bridge Program: \_\_\_\_\_
- Clinical Practicum: \_\_\_\_\_

Total Credit Hours Required for Completion: 263/267 Residential + 188.75 Synchronous + 165.25 Asynchronous total hours

Program Start Date (Month/Year):

Tuition Period Covered: **2026**



I understand that an additional \$75 fee will be charged for late payments made beyond 24 hours.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Shala Representative Name: \_\_\_\_\_

Shala Representative Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### **Bridge Program Transfer Policy**

Our program adheres to the requirement that all students, including transfer students, must complete a minimum of 200 hours in the program to be eligible for the certificate of completion. Transfer students are informed that while transfer credits may be accepted, they are still required to complete a minimum of 200 hours of coursework within our program to fulfill graduation requirements. This ensures that all students receive consistent and comprehensive training in accordance with our program standards. The Program Director ensures that transfer hours match program competencies by employing a systematic process outlined in our Transfer Policy. This process aligns transfer credits with the curriculum's learning objectives and competencies, ensuring that transferred coursework meets the standards of our program.

### **Process for Matching Transfer Credits to Competencies**

1. Evaluation of Course Content:
  - The Program Director reviews syllabi and course materials from the transferring institution to assess the content covered in each course. This includes comparing topics, learning outcomes, and assessments with our program's competencies.
2. Mapping to Program Competencies:
  - Based on the evaluation, the Program Director identifies how the content of transfer courses aligns with the competencies outlined in our program. This ensures that transfer credits contribute meaningfully to the development of essential skills and knowledge areas.
3. Consultation with Faculty:
  - The Program Director may consult with program faculty to validate the alignment of transfer credits with program competencies. This collaborative effort ensures that transfer decisions are informed by subject matter expertise and pedagogical considerations.



### **Tuition Discount for Bridge Students**

Bridge students who are transfer students already receive a tuition discount in the Bridge Program. This discount acknowledges that applicants are seasoned teachers, qualifying them for the Bridge Program, which accepts a certain number of transfer hours. Credit for these transfer hours is already included in the Bridge Program tuition rate.

#### **Internal Transfer Policy**

Our Transfer Policy specifies the criteria and procedures for accepting internal transfer hours. Key aspects include:

- **Eligibility Criteria:**
  - Completion of coursework at our affiliated school.
  - A maximum limit of 100 hours from internal sources, in accordance with accreditation standards.

### **Evaluation Process for Determining Equivalency:**

#### **Course Comparison:**

- Faculty members review syllabi, course descriptions, and learning objectives of the internal coursework alongside our curriculum to assess similarity.

#### **Content Analysis:**

- A detailed analysis identifies overlapping topics, essential competencies, and learning outcomes.

#### **Curriculum Mapping:**

- Faculty members map the internal coursework content to specific courses or modules within our curriculum.

#### **Assessment Alignment:**

- Evaluation includes an assessment of how the internal coursework evaluates student learning and mastery of concepts.

#### **Faculty Review:**

- Peer review by faculty members provides additional input and feedback on the equivalency of the coursework.

#### **Quality Assurance:**

- Measures are taken to uphold academic standards, including cross-referencing with accreditation requirements.

#### **Decision Making:**

- A decision is made regarding the acceptance of internal coursework for transfer credit, with appropriate credit awarded if deemed equivalent.

#### **Feedback and Communication:**

- Students receive clear communication regarding the evaluation outcome and any additional documentation or clarification needed.
- Documentation Required:
  - Transcripts and course descriptions for internal transfer credit evaluation.
  - Procedures for Review:



- Detailed procedures for reviewing internal transfer credit decisions.

## **Section VIII: Foundation/Bridge and Clinical Practicum Program Descriptions and Overview**

### ***Introduction to Yoga Therapy Parts A and B***

Instructors:

Christian Atkins, MPAS, PA-C

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, C-IAYT, E-RYT500

Grisell Gonzalez, C-IAYT, E-RYT500

Dawn Loftin, C-IAYT, E-RYT500

Osvaldo 'Ozzie' Perez, PT, DPT

This comprehensive 108.5-hour course, consisting of 39 Residential, 34.5 Synchronous, and 35 Asynchronous hours, offers an in-depth introduction to the principles and practices of yoga therapy, with a special focus on the therapeutic use of props. Students will explore foundational topics such as crafting effective protocols and lesson plans, optimizing yoga practice through Hatha warm-ups, and integrating the Koshas to understand the foundational layers of yoga therapy. Additionally, this course provides practical knowledge on the use of props such as straps, blocks, chairs, bolsters, and blankets, which serve as valuable tools for enhancing accessibility, supporting alignment, and deepening the therapeutic benefits of yoga postures.

By learning how to incorporate props into their practice, students will be equipped to empower clients, accommodate physical limitations, and promote a safer and more effective yoga experience. The course covers the integration of holistic wellness within the context of anatomy and healthcare for yoga therapy. Through interactive online sessions, in-person instruction, and supplemental materials, students will develop the skills and knowledge necessary to thoughtfully integrate props into yoga therapy protocols, with a strong emphasis on promoting holistic health and wellness.

### ***The Business of Yoga 101***

Instructors:

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, C-IAYT, E-RYT500

Grisell Gonzalez, C-IAYT, E-RYT500

Dawn Loftin, C-IAYT, E-RYT500

Alisha Pacheco, M.B.A., C-IAYT, E-RYT500, LMT



This 73-hour course, including 18 Residential, 20.5 Synchronous, and 34.5 Asynchronous hours, equips students with essential knowledge and skills for establishing and managing a successful yoga business. The course covers key topics such as the fundamentals of starting and running a professional yoga business, understanding ethical and professional practices, and designing seated chair yoga therapy protocols for workplace conditions. Participants will also gain valuable insights into empowering non-profits through grants and fundraising, as well as mastering practical tools like CANVA, resume building, Eventbrite, social media, and ethics to enhance their yoga business. By the end of the course, students will have a comprehensive understanding of the business side of yoga, providing them with the tools to build and sustain a thriving professional yoga practice.

### ***Yoga Therapy for PD and Neuro-motor Degenerative Disorders Teacher Training***

Instructors:

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, C-IAYT, E-RYT500

Grisell Gonzalez, C-IAYT, E-RYT500

Dawn Loftin, C-IAYT, E-RYT500

Ghada Osman, PhD, LMFT, PYT, C-IAYT, E-RYT 500

Martha Victoria, B.A., C-IAYT, E-RYT500

This comprehensive 104-hour course, including 23 Residential, 38.5 Synchronous, and 42.5 Asynchronous hours, is designed to equip yoga therapists with specialized knowledge and skills to support individuals with Parkinson's and other neuro-motor degenerative disorders. The course covers a wide range of topics, including understanding the signs, symptoms, and progression of Parkinson's Disease, addressing tremors, dystonia, dementia, and the psychological impacts. Participants will explore holistic healing through pranayama, Yoga Nidra for neuro-motor disorders, and restorative yoga practices tailored for these conditions. The course also provides step-by-step guidance for preparing and reviewing therapeutic protocols, conducting assessments and SOAP notes, and engaging in meditation practices for emotional resilience. A practicum in Parkinson's Disease Yoga Therapy allows for hands-on experience through shadowing and assisting sessions. Additionally, the training addresses mental health support for individuals and their caregivers, ensuring a comprehensive approach to managing neurodegenerative disorders. Upon completion, yoga therapists will be fully equipped to design and implement effective therapeutic protocols for clients with Parkinson's and similar conditions.



### ***Trauma Informed Yoga: Yoga Therapy for Mental Health***

Instructor:

Ghada Osman, PhD, LMFT, PYT, C-IAYT, E-RYT 500

This 32-hour course, consisting of 18 Residential, 6 Synchronous, and 8 Asynchronous hours, offers a comprehensive exploration of trauma-informed yoga therapy and its application in mental health. Participants will delve into the philosophy and scientific basis of yoga's impact on mental health, gain an overview of various mental health conditions, and learn to assess a client's readiness for therapeutic yoga practices. The course covers key components of yoga therapy, including asana, pranayama, mudras, bandhas, dhyana, and the development of witness consciousness. Through a straightforward three-pronged approach, students will learn to create and implement protocols to support clients dealing with depression, anxiety, trauma, PTSD, ADHD, addiction, eating disorders, and body image issues. By the end of the course, students will have the skills to assess, develop, and apply tailored yoga therapy protocols, empowering them to support clients through trauma-informed practices.

### ***Yoga Therapy for Spinal Health Care***

Instructors:

Grisell Gonzalez, BA, C-IAYT, E-RYT500

Martha Victoria, C-IAYT, E-RYT500

This 34.5-hour course, comprising 18 Residential, 10 Synchronous, and 6.5 Asynchronous hours, offers an in-depth understanding of spinal conditions and equips participants with the expertise to design and deliver yoga protocols for optimal spinal health. Ideal for yoga teachers, therapists, and healthcare professionals, the course covers detailed spinal and muscular anatomy, focusing on the lumbar, thoracic, and cervical spine, and explores common spinal conditions such as scoliosis, herniated discs, posture issues, arthritis, kyphosis, sciatica, osteoporosis, stenosis, and SI dysfunction. Participants will apply yoga therapy principles to develop customized protocols, learn from current research and Dr. Loren Fishman's work in spinal yoga therapy, and engage in hands-on practice sessions. The course also includes pre-course preparation, in-person sessions for hands-on practice and protocol development, and a post-course phase where participants draft and present detailed protocols for specific spinal conditions in a Zoom session for feedback. By the end of the course, participants will have the skills to assess, develop, and implement yoga therapy protocols for spinal health, enhancing their professional practice and improving client outcomes.



### ***Ayurvedic Foundations and Digestive Wellness: Integrating Yoga Therapy and Ancient Wisdom***

Instructors:

Amba Greene, LMT, E-RYT500, CAP

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Melinda Atkins, M.Ed., MSc, C-IAYT, E-RYT500

This 58-hour course, consisting of 25 Residential, 10 Synchronous, and 23 Asynchronous hours, provides a comprehensive exploration of the interrelationship between Yoga and Ayurveda, focusing on their combined principles and practices to promote holistic health and wellness with a special emphasis on digestion. Participants will delve into the foundational theories of Ayurveda, its historical development, and its symbiotic relationship with Yoga, while exploring the anatomy of digestion and studying core Ayurvedic concepts such as Purusha, Prakriti, Prana, and the universal qualities of the mind. The course also covers the principles of bio-energetic organization according to Ayurveda. Through a blend of hands-on learning, live online sessions, and self-paced study, students will gain a profound understanding of how to integrate Yoga and Ayurveda to enhance digestive wellness and overall health, equipping them to apply these ancient wisdoms in their professional practice.

### ***Yoga Therapy for the Heart***

Instructors:

Dawn Loftin, B.S., M.A., C-IAYT, E-RYT500

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500

Anthony Connell, B.A., C-IAYT, E-RYT500

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

This 31.5-hour course, consisting of 18 Residential, 10 Synchronous, and 3.5 Asynchronous hours, offers an in-depth exploration of the therapeutic benefits of yoga for heart health. Tailored for yoga therapists, teachers, and healthcare professionals, the course covers the anatomy and physiology of the heart, common malfunctions, and the application of yoga therapy to heart-related issues. Participants will learn to assess clients' physical and psychological readiness for yoga therapy, understand the scientific basis of yoga's impact on heart health, and explore key yoga practices such as asanas, pranayamas, mudras, and yoga philosophy specifically addressing heart conditions like strokes and arrhythmias. The course also delves into the holistic aspects of heart health, addressing physical, mental, and emotional factors, and provides tools to design accommodating yoga practices. With a blend of hands-on learning, live online discussions, and self-paced study, participants will leave equipped to develop and implement yoga therapy protocols that support cardiovascular wellness.



### ***Yoga Therapy for the Respiratory System***

Instructors:

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

This 39-hour course, consisting of 21 Residential, 13 Synchronous, and 5 Asynchronous hours, is designed for yoga teachers and therapists to explore the transformative effects of optimizing breathing patterns. The course delves into the anatomy and mechanics of the respiratory system, providing participants with a comprehensive understanding of respiration and the physiology of breathing. It covers identifying respiratory diseases, evaluating pulmonary function, and implementing practical yoga therapy strategies to enhance respiratory health and overall quality of life. Additional benefits include specialty certification for supporting patients from diagnosis through post-treatment in hospital settings, chair yoga techniques tailored for respiratory conditions, and the integration of Western and Eastern approaches to respiratory care. Participants will engage in hands-on learning, live online discussions, and self-paced study, leaving the course equipped to work effectively in professional environments and to support clients in improving their respiratory function and well-being.

### ***Pranayama for Health Conditions***

Instructors:

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

This 33-hour course, consisting of 21 Residential, 6 Synchronous, and 6 Asynchronous hours, offers a comprehensive exploration of pranayama, the ancient yogic science of breath control. Participants will delve into the foundations of pranayama, understanding its history, development, and modern relevance, while gaining insights into its impact on the body's physiological, psychological, and energetic systems. The course covers breathing assessments, various pranayama techniques, and the creation of personalized protocols tailored to individual health conditions. Practical sessions, guided practices, and discussions help integrate and apply these techniques effectively.

### ***Yoga Therapy for Children's Autism Training***

Instructors:

Evelyns Gaiti, B.A., M.A., E-RYT 500, RCYT

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

This 31-hour course, which includes 19 Residential, 5 Synchronous, and 7 Asynchronous hours, equips yoga teachers, therapists, and educators with research-based and practical strategies for working with children with autism. Participants will gain a comprehensive understanding of autism and its impact on children, while learning effective techniques for behavior management, establishing connections, and promoting relaxation. The



course also covers self-regulation, breathing exercises, and the sequencing and modification of yoga practices to meet the unique needs of children with autism in a group setting. The structure includes hands-on learning, live online sessions for interactive discussions, and flexible, self-paced study through video modules and readings. Additional benefits include pre- and post-course materials and the opportunity to design and deliver yoga classes specifically tailored to enhance social skills, communication, alertness, and strength in children with autism, ages 7–12.

### ***Guided Learning and Mentorship in Yoga Therapy***

Instructors:

Students may choose mentors from the faculty options below, either seeing one mentor for all sessions or combining sessions with different mentors to fulfill the required mentor hours.

Melinda Atkins, M.Ed., MSc., C-IAYT, E-RYT500

Christian Atkins, MPAS, PA-C

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Evelyns Gaiti, M.A., C-IAYT, E-RYT500

Grisell Gonzalez, BA, E-RYT500, C-IAYT

Amparo Hernandez-Perez, B.A., C-IAYT, E-RYT500

Dawn Loftin, M.A., C-IAYT, E-RYT500

Ghada Osman, PhD, LMFT, PYT, C-IAYT, E-RYT® 500 Email:

Alisha Pacheco, MBA, C-IAYT, E-RYT500

Oswaldo 'Ozzie' Perez, PT, DPT

Kathleen Ross-Allee, B.A., C-IAYT, E-RYT500

Martha Victoria, B.A., C-IAYT, E-RYT500

The Mentor Program is a vital part of our Clinical Yoga Therapy Foundation and Bridge programs, designed to foster professional development and collaboration through personalized mentorship. Foundation students will engage in 19.5 hours (including 11 Residential and 8.5 Asynchronous hours), while Bridge students will complete 15.5 hours of mentorship (including 7 Residential and 8.5 Asynchronous hours), including one-on-one sessions with experienced faculty. This flexible program allows students to choose their mentors and schedule sessions at mutually convenient times, promoting an adaptable and collaborative learning environment. The program emphasizes the development of professional collaboration skills, effective time management, and personalized guidance to deepen the application of yoga therapy principles in coursework and Guru Kula presentations. By participating in the Mentor Program, students gain tailored insights and advice that enhance their academic and professional growth, preparing them for successful careers in yoga therapy. Mentorship sessions can be conducted in person, by telephone, or via Zoom, with each Residential mentored hour costing \$100 in addition to tuition fees.

Melinda Atkins, M.ED., MSc., C-IAYT E-RYT500  
232 Andalusia Ave / Suite 360 / Coral Gables FL 33134  
[info@aumhomeshala.org](mailto:info@aumhomeshala.org) /Aumhomeshala.org



### ***Guru Kula Foundation/Bridge Presentations***

Instructors:

Melinda Atkins, M.ED, MSc., C-IAYT, E-RYT 500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Grisell Gonzalez, B.S., C-IAYT, E-RYT500

Dawn Loftin, M.A., C-IAYT, E-RYT500

Alisha Pacheco, M.BA., C-IAYT, E-RYT500

The Guru Kula Foundation/Bridge Presentations course is a comprehensive 44-hour program designed to showcase students' ability to integrate and apply the knowledge gained throughout their studies. This course consists of 18 residential hours, 16 synchronous hours, and 10 asynchronous hours. Students will prepare a detailed report and presentation on a specific condition, focusing on how a Yoga Therapy protocol can alleviate symptoms. The assignment requires students to describe the condition, current treatments, and the developed protocol, while also discussing the integration of Yoga Therapy with conventional healthcare, ethical principles, and comparisons with traditional methods. This course aims to develop students' professional communication skills, interdisciplinary awareness, and ability to advocate for Yoga Therapy in clinical settings. Through personalized guidance and active participation, students will deepen their understanding of holistic health, enhance client assessment skills, and promote evidence-based practices. The course also encourages self-reflection, cultural competence, and effective use of technology, preparing students for successful careers in yoga therapy.

### **Clinical Practicum Over-view**

#### **Clinical Practicum Orientation**

Instructors:

Melinda Atkins, M.ED, MSc., C-IAYT, E-RYT 500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Grisell Gonzalez, B.S., C-IAYT, E-RYT500

Dawn Loftin, M.A., C-IAYT, E-RYT500

Alisha Pacheco, M.BA., C-IAYT, E-RYT500

Martha Victoria, B.A., C-IAYT, E-RYT500

The Clinical Practicum Orientation is a comprehensive 71-hour course designed to prepare students for their clinical practicum, covering essential topics and skills required for effective yoga therapy practice. Completed prior to working with case studies and conducting group classes, the course includes 41 residential hours, 14 synchronous hours, and 16 asynchronous hours. Key topics include Pre-Clinical Observation,



providing insights into real-world clinical settings; HIPAA/Regulations/Ethics, focusing on legal and ethical considerations in clinical practice; Assessment, Observation & Evaluation, teaching techniques for assessing clients and evaluating outcomes; Case Study/Props, exploring the use of props in therapy sessions and methodologies for conducting effective case studies; and Clinical Record Keeping and Formats, mastering the skills of clinical documentation and record-keeping. This course equips students with the foundational knowledge and practical skills necessary for successful participation in clinical practicum, ensuring they are well-prepared to begin working with clients and conducting group classes.

### **Shadowing and Assistance**

Instructors:

Melinda Atkins, M.ED, MSc., C-IAYT, E-RYT 500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Grisell Gonzalez, B.S., C-IAYT, E-RYT500

Dawn Loftin, M.A., C-IAYT, E-RYT500

Alisha Pacheco, M.BA., C-IAYT, E-RYT500

Martha Victoria, B.A., C-IAYT, E-RYT500

The Clinical Practicum Shadowing and Assistance course, totaling 78 hours (70.5 Residential, 2.5 Synchronous, and 5 Asynchronous), offers yoga therapy students a comprehensive experience in clinical practicum settings. This course focuses on shadowing and assisting techniques, providing practical experience in maintaining accurate clinical records, shadowing fellow student clinicians' individual case studies or group protocols, and observing faculty supervisors leading grant and donation-based Yoga Therapy group classes. Clinicians will learn essential administrative and clinical skills, including attendance tracking, participant engagement, testimonial collection, and pre- and post-assessment data management. They will observe and practice professional interactions and protocol delivery, developing the skills and confidence needed to support and lead yoga therapy sessions. The course covers accurately maintaining clinical records, facilitating participant engagement, managing pre- and post-assessments, developing professional interaction skills, performing administrative duties, and assisting in protocol delivery. This comprehensive training ensures high standards of professionalism and effective participant engagement in yoga therapy sessions.

### **Clinical Yoga Therapy Practicum Individual + Group Case Studys**

Instructors:

Melinda Atkins, M.ED, MSc., C-IAYT, E-RYT 500

Anthony Connell, B.A., C-IAYT, E-RYT500

Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP

Grisell Gonzalez, B.S., C-IAYT, E-RYT500

Melinda Atkins, M.ED., MSc., C-IAYT E-RYT500  
232 Andalusia Ave / Suite 360 /Coral Gables FL 33134  
[info@aumhomeshala.org](mailto:info@aumhomeshala.org) /Aumhomeshala.org



Dawn Loftin, M.A., C-IAYT, E-RYT500  
Alisha Pacheco, M.B.A., C-IAYT, E-RYT500  
Martha Victoria, B.A., C-IAYT, E-RYT500

This comprehensive course, totaling 390 hours, provides yoga therapy students with extensive hands-on experience in clinical practicum settings. Students will complete a minimum of 150 Residential and 150 Synchronous hours in individual case studies, and 45 Residential and 45 Synchronous hours in group classes.

### **Individual Case Studies:**

Clinicians are required to work with ten case studies, each meeting once a week for nine sessions, including a pre-assessment, seven progressive protocols, and a post-assessment. Each session lasts 1.5 hours. The 10th case study involves an extended commitment of 17 sessions, culminating in the clinician's Guru Kula presentation. This detailed process includes scheduling, preparing assessments and protocols, conducting pre- and post-session reviews with supervisors, and maintaining thorough documentation through SOAP notes and follow-up communications.

### **Group Classes:**

Clinicians develop and implement five protocols for each of the six class topics, with each group class meeting once a week for five sessions, each lasting 1.5 hours. This includes an initial pre-assessment class followed by four progressive protocols addressing general symptoms of the condition of focus. Clinicians select supervisors from the faculty list, review participant intakes, prepare and conduct sessions, and maintain thorough documentation.

### **Structure and Professionalism:**

Clinicians adhere to a structured process to schedule, prepare, and conduct their sessions, ensuring high standards of professionalism and effective participant engagement. They secure supervisors, study case intakes, design and conduct pre-assessment-oriented first classes, and perform pre- and post-session reviews to ensure continuous improvement and best practices adherence.

This course not only enhances practical skills but also builds confidence in managing individual and group therapy sessions independently, ensuring high levels of participant engagement and professional growth.

### **Case Study Check-in Meeting**

Instructors:

Melinda Atkins, M.ED, MSc., C-IAYT, E-RYT 500  
Anthony Connell, B.A., C-IAYT, E-RYT500  
Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP  
Grisell Gonzalez, B.S., C-IAYT, E-RYT500

Melinda Atkins, M.ED., MSc., C-IAYT E-RYT500  
232 Andalusia Ave / Suite 360 /Coral Gables FL 33134  
[info@aumhomeshala.org](mailto:info@aumhomeshala.org) /Aumhomeshala.org



Dawn Loftin, M.A., C-IAYT, E-RYT500  
Alisha Pacheco, M.B.A., C-IAYT, E-RYT500  
Martha Victoria, B.A., C-IAYT, E-RYT500

The "Case Study Check-in Meeting" is a 30-hour course within our Clinical Practicum program, designed to provide clinicians with a collaborative environment to discuss their case studies and group yoga therapy protocols. Meeting once a month for 2 hours (1 hour Residential, 1 hour Synchronous, and 0.5 hours Asynchronous), these sessions are supervised by rotating faculty members who facilitate the discussions. This course offers clinicians the opportunity to share their experiences, seek feedback, and address concerns related to their practice. By fostering a supportive and interactive community, the Case Study Check-in Meeting enhances clinicians' professional development and ensures the continuous improvement of their therapeutic skills and protocols. Participants will refine their therapeutic approaches, troubleshoot challenges, and benefit from the collective wisdom and support of their peers and faculty supervisors. This course emphasizes professional collaboration, supervised feedback, clinical skill enhancement, and community building, promoting continuous growth and improvement in managing case studies and group yoga therapy protocols.

### **Clinical Practicum Guru Kula**

Instructors:

Melinda Atkins, M.ED, MSc., C-IAYT, E-RYT 500  
Anthony Connell, B.A., C-IAYT, E-RYT500  
Adam Flores, Licensed CCPA, C-IAYT, E-RYT500, YACEP  
Grisell Gonzalez, B.S., C-IAYT, E-RYT500  
Dawn Loftin, M.A., C-IAYT, E-RYT500  
Alisha Pacheco, M.B.A., C-IAYT, E-RYT500  
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The Clinical Practicum Guru Kula is a 41-hour course (18 Residential, 16 Synchronous, and 7 Asynchronous hours) that provides students with the opportunity to apply their yoga therapy knowledge and skills in a real-world setting by designing and proposing a comprehensive Yoga Therapy program for a hospital. Based on extended individual case study protocols developed during the clinical practicum, students will prepare detailed reports and presentations focusing on specific conditions and the benefits derived from a series of 17 Yoga Therapy protocols. Over a 19-week period, students will compile data from pre- and post-assessments to support their findings while maintaining confidentiality and professionalism.

Reports will include cost analysis and budget preparation, making a compelling case for the inclusion of Yoga Therapy in a clinical setting. Final presentations, suitable for a hospital board meeting, will highlight the integration of Yoga Therapy with conventional medical treatments, ethical considerations, patient care benefits (physical, mental, and



emotional health improvements), comparative analysis with traditional Western methods, and interdisciplinary collaboration. By the end of the course, students will have developed comprehensive, evidence-based proposals advocating for Yoga Therapy in clinical settings, demonstrating their ability to integrate theoretical knowledge with practical application.

## **Practicum Expectations**

### **1. Professional Conduct and Ethics**

- Adherence to Ethical Guidelines: Students must follow the ethical standards established by the International Association of Yoga Therapists (IAYT) and our institution, including maintaining client confidentiality, obtaining informed consent, and demonstrating professionalism in all interactions.
- Professionalism: Students are expected to display professional behavior at all times, which includes punctuality, appropriate attire, and respectful communication with clients, peers, and supervisors.

### **2. Attendance and Participation**

- Regular Attendance: Attendance at all scheduled practicum sessions, including supervision and mentorship meetings, is mandatory. Any absences must be communicated in advance and made up according to the supervisor's instructions.
- Active Participation: Students are expected to actively engage in all practicum activities, including participating in discussions, asking questions, and providing constructive feedback to peers.

### **3. Preparation and Presentation of Protocols**

- Protocol Development: Students are responsible for developing and presenting detailed yoga therapy protocols for both individual and group sessions, based on thorough client assessments and tailored to their specific needs.
- Supervisor Review: All protocols must be submitted to and reviewed by the supervisor prior to implementation. Students should incorporate feedback and resubmit revised protocols for final approval.

### **4. Client Interaction and Case Management**

- Client Assessment: Students are expected to conduct comprehensive assessments using standardized tools and individualized methods to inform their therapeutic approach.
- SOAP Notes: After each session, students must complete and submit SOAP (Subjective, Objective, Assessment, Plan) notes, which will be reviewed by the supervisor. Revisions may be requested as necessary.

### **5. Supervision and Feedback**

- Regular Supervision: Students are required to attend regular supervision sessions to discuss cases, receive feedback, and reflect on their practice. These
-



sessions are essential for professional development and adherence to best practices.

- Incorporating Feedback: Students are expected to actively incorporate feedback from their supervisors, making necessary adjustments to their protocols and therapeutic approach.

## 6. Completion of Required Hours

- Practicum Hours: Students must complete a minimum of 150 hours of one-on-one practicum delivery and 45 hours of group practicum delivery. All hours must be supervised to ensure quality and adherence to therapeutic standards.

## 7. Documentation and Reporting

- Accurate Record-Keeping: Students are responsible for maintaining accurate and up-to-date records of all client interactions, including assessments, session notes, and follow-up plans.
- Progress Reports: Periodic progress reports must be submitted, detailing therapy outcomes and any adjustments made to the protocols.

## 8. Professional Development

- Continuous Learning: Students are encouraged to engage in ongoing professional development, including attending workshops, seminars, and additional training relevant to their practice.

## Elective Coursework Breakdown for "Trauma-Informed Yoga: Yoga Therapy for Mental Health":

- 40-Hour Certification: 36 Residential Hours + 4 Asynchronous Hours
- Advanced 100-Hour Certification: 63 Residential Hours + 37 Asynchronous Hours

## Section IX: IAYT 2019 Competencies

### Section 1. Yoga Foundations

Suggested Guidelines: 120 hours minimum for Section 1 in entirety

Category 1.1. Yoga Teachings and Philosophy

Suggested Guidelines: 35 hours minimum for this category 1.1

1.1.1 Familiarity with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.

Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy include but are not limited to

- tanmatra/bhuta/indriya* (subtle elements/gross elements/senses);
- purusha/prakrti* (consciousness/material world);
- pancamaya kosha* (dimensions of the human system);

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- d. *guna* (fundamental forces of nature); and
- e. *duhkha* (suffering/discomfort).

### **Category 1.2. Yoga and the Mind**

Suggested Guidelines: 35 hours minimum for this category 1.2

1.2.1 Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including but not limited to

1.2.1.1 *drashtṛ* (seer), *drshya*(seen);

1.2.1.2 *antahkarana citta* (consciousness), *buddhi* (intellect), *ahamkara* (ego), *manas* (mind);

1.2.1.3 *citta vṛtti* (activities of the mind), *citta pariama* (structural changes in the mind), *vyutthana/nirodha* (mind's potential for distraction and focus);

1.2.1.4 *artha* (cognition), *bhava* (mood), *svabhava* (inborn nature), *vasana* (residue of experience), *samskara* (conditioned pattern of thinking and behavior); and

1.2.1.5 states of mind: *mudha* (stupefied/dull), *kshipta* (disturbed), *vikshipta* (alternating between distraction and focus), *ekagrata* (one-pointed), *nirodha* (focus enveloped/held/restrained), *vaishvanara* (waking), *tajasa* (dream), *prajñā* (deep sleep), *turiya* (beyond).

1.2.2 Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the *Yoga Sutras*, the *Bhagavad Gita*, and other texts, including but not limited to

1.2.2.1 *klesha* (affliction);

1.2.2.2 *lobha*, *krodha*, and *moha* (greed, anger, attachment);

1.2.2.3 *duhkha* and *daurmanasya* (suffering/discomfort and negative attitude/thinking), *sarupyam* (identification with the contents of the mind or seer taking the same form as the mind); and

1.2.2.4 *antaraya* (obstacles to progress in yoga).

### **Category 1.3. Framework for Health and Disease**

Suggested Guidelines: 50 hours minimum for this category 1.3

1.3.1 Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of

1.3.1.1 *pancamaya kosha* (fundamental structure of the human system);

1.3.1.2 subtle anatomy;

1.3.1.3 *tri-dosha* (effect of the elements on the physical body);

1.3.1.4 *tri-guna* (effect of *sattva* [equilibrium], *rajas* [activity], *tamas* [inertia]);

1.3.1.5 *prakṛti/vikṛti* (*dosha* constitution at birth/imbalance of the *dosha* currently expressed in the body);

1.3.1.6 *ama* (undigested food, emotions, etc., accumulated in the body);

1.3.1.7 *agni* (internal fire(s) and their contribution to health);

1.3.1.8 *prana vayu* (*prana*, *apana*, *vyana*, *udana*, *samana*);

1.3.1.9 *prana prakopa* (disturbance of the *vayu*);



- 1.3.1.10 *surya/chandra* (sun/moon);
- 1.3.1.11 *brmhana/langhana* (expansion/contraction); and
- 1.3.1.12 *vyuha* model: *heya* (the symptoms), *hetu* (the causes), *hana* (the goal), *upaya* (the tools).
- 1.3.2 Knowledge of categorizing illness, including
  - 1.3.2.1 Development/evolution of disease (*samprapti* [pathogenesis]), including but not limited to direction, intensity, onset, and duration and their influence on the ease or difficulty of healing and disease management.
  - 1.3.2.2 Setting priorities: symptoms/pacification (*shamana* [short term]) and purification/strengthening (*shodhana* [long term]).

## **Section 2. Biomedical and Psychological Foundations**

Suggested Guidelines: 155 hours minimum for Section 2 in entirety

### **Category 2.1. Anatomy and Physiology**

Suggested Guidelines: 90 hours minimum for this category 2.1

- 2.1.1 Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.
- 2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.
- 2.1.3 Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.

### **Category 2.2. Additional Biomedical Knowledge**

Suggested Guidelines: 15 hours minimum for this category 2.2

- 2.2.1 Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist.
- 2.2.2 Familiarity with common medical terminology, as relevant to the work of a yoga therapist.
- 2.2.3 Knowledge of how to reference current healthcare information, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.
- 2.2.4 Knowledge of how to access and utilize research relevant to the work of a yoga therapist.

### **Category 2.3. Psychology and Mental Health**

Suggested Guidelines: 30 hours minimum for this category 2.3

- 2.3.1 Basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist.

### **Category 2.4. Additional Knowledge**

Suggested Guidelines: 10 hours minimum for this category 2.4

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2.4.1 Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.

2.4.2 Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.

### **Category 2.5. Body and Mind Integration**

Suggested Guidelines: 10 hours minimum for this category 2.5

2.5.1 Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

### **Section 3. Yoga Therapy Tools and Therapeutic Skills**

Suggested Guidelines: 140 hours minimum for this Section 3 in entirety

#### **Category 3.1. Yoga Therapy Tools**

Suggested Guidelines: 60 hours minimum for this category 3.1

3.1.1 In-depth knowledge of the application of *yama* and *niyama* in the context of yoga therapy.

3.1.2 In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include but are not limited to

3.1.2.1 *asana* (postures);

3.1.2.2 *pranayama* (regulated breathing);

3.1.2.3 meditation and relaxation techniques such as *bhavana* (visualization), *mantra* (recitation), and ritualized activities such as *nyasa* and *mudra*; and

3.1.2.4 *vihara* (lifestyle modifications), including basic yogic dietary concepts.

3.1.3 In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.

#### **Category 3.2 Basic Principles of the Therapeutic Relationship**

Suggested Guidelines: 35 hours minimum for this category 3.2

3.2.1 In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.

3.2.3 Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.

3.2.4 In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.

#### **Category 3.3 Principles and Skills for Educating Clients/Students**

Suggested Guidelines: 35 hours minimum for this category 3.3



- 3.3.1 In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.
- 3.3.2 In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.
- 3.3.3 In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student.

### **Category 3.4 Principles and Skills for Working with Groups**

Suggested Guidelines: 10 hours minimum for this category 3.4

- 3.4.1 Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs.
- 3.4.2 Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants to the degree possible in a group setting.

### **Section 4. (Mentored) Practicum**

Suggested Guidelines: 180 hours minimum for Section 4 in entirety; 150 hours minimum of practicum delivery and 30 hours minimum of practicum mentorship.

#### **Category 4.1 Providing Yoga Therapy**

- 4.1.1 Demonstrated ability to conduct intake and assess the client/student, including
  - 4.1.1.1 taking a history of the client and his/her condition(s); and
  - 4.1.1.2 assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.
- 4.1.2 Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student.
- 4.1.3 Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.
- 4.1.4 Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.
- 4.1.5 Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student.
- 4.1.6 Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies.
- 4.1.7 Demonstrated ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health



conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.

4.1.8 Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual.

4.1.9 Demonstrated ability to apply knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients.

4.1.10 Demonstrated ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy.

4.1.11 Demonstrated ability to facilitate the client/student's experience of the practice, including

4.1.11.1 providing instruction, demonstration, and education of the client/student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools; and

4.1.11.2 providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools).

4.1.12 Demonstrated ability to develop and maintain therapeutic relationships, including 4.1.12.1 fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; and

4.1.12.2 practicing effective, client-/student-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors.

4.1.13 Demonstrated ability to provide follow up and re-planning, including

4.1.13.1 gathering feedback, re-assessing, and refining the practice and determining short-term and long-term goals and priorities;

4.1.13.2 addressing new and changing conditions, goals, aspirations, and priorities of the student/client and providing appropriate support; and

4.1.13.3 providing appropriate closure for the therapy sessions.

## **Section 5. Professional Practice**

Suggested Guidelines: 30 hours minimum for this Section 5 in entirety.

### **Category 5.1. Ethical Principles**

Suggested Guidelines: 15 hours minimum for this category 5.1

5.1.1 In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles.

5.1.2 In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles.



5.1.3 Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships.

5.1.4 In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.

5.1.5 Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.

### **Category 5.2. Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy**

Suggested Guidelines: 5 hours minimum for this category 5.2

5.2.1 Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.

5.2.2 Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.

### **Category 5.3. Relationships with Peers, Mentors, Clinicians, and Organizations**

Suggested Guidelines: 5 hours minimum for this category 5.3

5.3.1 Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.

5.3.2 Basic knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.

5.3.3 Basic knowledge of how to develop and maintain ongoing collaborative relationships.

### **Category 5.4. Personal and Professional Development and Continuing Education**

Suggested Guidelines: 5 hours minimum for this category 5.4

5.4.1 Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.

5.4.2 Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.



## Section X: Statement of Understanding and Agreement

This document certifies that the undersigned student and faculty mentor have thoroughly reviewed the entire Yoga Therapy 2026 Student Information Materials and Handbook during a one-on-one session. The student confirms that they fully comprehend the contents of the handbook, including the policies, procedures, and expectations set forth, and agrees to adhere to them throughout their enrollment in the program.

Furthermore, the student acknowledges having read, understood, and signed the Assumption of Risk/Waiver of Liability and Media Release, as well as the Student Enrollment Agreement located on pages 30-36 of the handbook. The student recognizes that fulfilling all course requirements is mandatory for graduation. It is also understood that enrollment in the program does not guarantee graduation, nor does successful program completion ensure passing the IAYT Certification exam.

Both the student and the faculty mentor, as a representative of AUM hOMe Shala, agree to the terms and conditions outlined in this handbook. By signing this statement, the student acknowledges their responsibility to uphold the standards and expectations of the Yoga Therapy program.

- The student agrees to hold AUM hOMe Shala harmless and indemnify the institution from any claims arising from the yoga therapy training program or actions taken by students, graduates, board members, staff, faculty, mentors, or other members of the school community.
- All disputes between the student and AUM hOMe Shala will be resolved in accordance with the procedures outlined in the AUM hOMe Shala Grievance Policy, as detailed in Section V of the Student Informational Materials and Handbook Policies and Procedures.
- I affirm that all information and materials provided in connection with this application are accurate to the best of my knowledge. I understand that providing false or inaccurate information will result in the termination of my enrollment in the AUM hOMe Shala Yoga Therapy program.

Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Faculty Mentor Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**Section XI:**

**Foundation/Bridge Student Statement for Course Enrollment**

I, \_\_\_\_\_ (name), acknowledge that as a Foundation/Bridge student at AUM hOMe Shala, I understand that due to low enrollment, certain Bridge courses—specifically

- Yoga Therapy for Mental Health
- Yoga Therapy for Cancer and Chronic Pain
- Yoga Therapy for Children’s Autism

may not be offered during my program. I commit to planning my schedule around the dates these classes are scheduled, should additional students enroll and the courses become available. To ensure my program completion is not impacted, I understand that I may have the option to fulfill the required course hours through an additional case study and/or group class series. If I am unable to take these courses before graduation, I acknowledge that I will have the opportunity to enroll in them free of charge within one year following my graduation.

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_