Educating Yoga Therapists

All IAYT-accredited training programs provide a foundation that will support students in general yoga therapy practice. Practitioners can expect to develop their core competency skills in any of these schools, so decisions about training are usually based on highly personal factors. *YTT* showcases some of those considerations and over time will feature every accredited program.

AUM hOMe Shala: Celebrating 20 Years of Yoga Education

Founded in 2005, AUM hOMe Shala celebrates 20 years of yoga education—and 11 years as one of the first 12 yoga therapy schools accredited by IAYT in 2014. As a 501(c)(3) nonprofit, we combine academic excellence with a mission to serve communities, offering a fully online program with optional hybrid components for students in Miami-Dade and Port St. Lucie Counties, Florida.

Our program is distinguished by its integration of real-world experience through grant-funded initiatives that equip students with valuable clinical and organizational skills while benefiting underserved populations. Since 2014, we have been awarded seven grants from the Parkinson's Foundation, seven community grants for neuroplasticity and senior wellness, and the prestigious Here to Be grant from lululemon. Each of these grants spans a year, requiring rigorous accountability in areas such as recordkeeping and performance assessments. Additionally, we have received multiple Kripalu grants, which have provided vital support for introducing yoga therapy to underserved students in Title 1 Public Schools.

As an early adopter of online education, AUM hOMe Shala ensures that students from across the globe have access to our rigorous accredited training programs. Established in 2011, our free Community Yoga Therapy Clinic serves as a cornerstone of our training, providing students with real-time, live online supervised protocols while delivering essential therapeutic services. As one student, L. M., Class of 2018, shared, "This program at AUM hOMe Shala has changed the trajectory of my yoga career and has consistently supported me over the last 2 years. The yoga therapy certification here is truly a university-level training experience!"

Many of our alumni, known as "AUM Grown," carry our legacy forward by joining the faculty to teach grant-based programs or being recruited by esteemed institutions such as the University of Miami Sylvester Comprehensive Cancer Center as full-time yoga therapists.

AUM hOMe Shala offers two distinct pathways into yoga therapy.

1. **The Foundations Program:** Designed for 200-hour registered yoga teachers, this program includes approximately 265 residential hours and a robust distance-learning component.

2. **The Bridge Program:** Created especially for 300-hour registered yoga teachers, this track builds on prior training to prepare students for advanced therapeutic work.

Students who have completed approximately 180 residential hours in either the Foundations or Bridge Program may dual-enroll in the clinical practicum, completing both tracks simultaneously. The practicum includes 337 residential hours, during which students refine their skills through live, real-time supervised protocols in our community clinic.

Our enrollment process begins with a preliminary Q&A session with a faculty member, followed by an in-depth interview with both faculty and the program director to ensure alignment with program values and expectations. We accept students into winter and fall cohorts: Winter classes begin in January, while fall students may start introductory courses as early as July in preparation for core classes in September.

AUM hOMe Shala's faculty includes leaders such as Ghada Osman, PhD, LMFT, C-IAYT, an internationally recognized expert in trauma-informed yoga therapy. Through their work, our graduates bring healing and empowerment to individuals and communities, fulfilling AUM hOMe Shala's mission to make yoga therapy more accessible to all. As we celebrate 2 decades of dedication, we remain committed to the transformational power of yoga therapy and to equipping students with the tools to succeed while creating lasting change in the world. •



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