

Integrative Yoga Therapy
200 hr. Therapeutic Teacher Training
THRIVE! Naturally Studio Retreat
Lac La Biche, Alberta, Canada
June 29-July 19, 2012

PROGRAM CONTENT

June 30-July 18, 2011

Program Content for the 200 hour certification course draws from a variety of disciplines, including a deeper understanding of the Philosophy of Yoga, Yoga Therapy (mudras, somatics & therapy for specific populations) as well as Yoga's Sister Science, Ayurveda. We feel that the weaving together of different healing modalities offers a greater perspective on the big picture of Health & Healing.

This training also includes a portion of the practicum at a local yoga studio, which provides the students with an invaluable hands-on, practical teaching experience.

DAILY

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| 9-10:15 am | Psychology & Philosophy of Yoga
Patanjali's Yoga Sutras, Texts of Hatha Yoga (varied), The Five Kosha Model, The Wheel of Yoga, Vedanta and other perspectives. |
| 10:30am-12pm | Functional Anatomy & Asana Focus
In-depth understanding of how asana works at all levels, as well as an in-depth study of functional anatomy, and how it plays an essential role in fully understanding how to modify poses for individual needs. |
| 2:45-4:15pm | Ayurveda (Yoga's Sister Science)
Gain a deeper understanding of the 'Science of Life', how it relates to Yoga, and its integral part in leading a healthy, balanced yogic lifestyle. |
| 4:30-6pm | Yoga Therapy for Special Focus Groups
Learn yoga therapy techniques that respond to the needs of specific populations. |
| 7:30-8:30pm | Teaching Yoga & Practical In-Studio Teaching Experience
A hands-on teaching approach in a local yoga studio offers invaluable experience & insight. |

The schedule may vary due to availability of Guest Faculty.