



## YogaFit HealthCare Program 2025 Overview

The program is divided into three stages/phases and three themed modules.

**Stage 1: Coursework** (One to four-day in person or synchronous online residential trainings: rolling admissions): these courses can be taken without formally enrolling in the YHC program and this stage is self-paced.

**Stage 2: Integrative Intensives** Three 5-day residential or online synchronous: Enter this stage with a cohort and stay with that cohort through the rest of the program: this phase of the program involves preparing for and delivering yoga therapy sessions both mentored and observed and taking the lead. Student will be expected to write a minimum of two 9 pillar protocol papers and present one at each of intensives 2 & 3. One must be formally enrolled in the Healthcare program before attending the first integrative intensive. Once enrolled a mentor will be chosen. These intensives MUST be taken in order.

**Stage 3 Practicum:** begins during the intensives and continues for approximately one year or more until complete. Practicum begins with attendance at the Practicum Readiness Course (3-days; synchronous online or residential) and culminates in a Practicum Final Course (choice of residential or online synchronous) where presentations of case studies will happen as well as graduation.

The three themed modules are: 1. Foundational, 2. Mental Health and Trauma Informed and 3. Chronic Disease and Lifestyle

The Integrative Intensives will be delivered in a residential or synchronous online manner and Cohorts limited to 10 students. Intensives will be scheduled when a group of 10 students is ready to begin. To be eligible to attend, all of the respective course work including any homework must be completed and you must be enrolled in the therapy program. There are NO exceptions on eligibility to attend.

### Module 1: Foundations **Coursework:**

- **HealthCare 1**
  - **HOMEWORK** Students are required to evaluate 20 clients. Perform 20 Postural and physical assessments for additional practice and turn into their mentor if already enrolled in the therapy. Must include assessment summary and report of findings and three appropriate recommendations for YT therapy protocol and why these practices were chosen (a breath practice must be included as one of these). Recommendations assessed by mentor based on summary, ROF presented (thoroughness of assessment, quality of analysis, appropriateness of recommendations).

- HealthCare 2
- HealthCare 3
  - Homework Assignment One: Write a 9-pillar brief protocol that will be discussed and presented orally in Intensive 1. The 9-pillar protocol can be the one started in HC 3 and should be reviewed by mentor before Intensive 1. Homework does not count in program hours.
  - **Healthcare 3 Networking Course (8 ASDL):** Shadowing of 1-3 HCP or allied health professional for a total of 8 hours and document by completing the encounter form. Student will note on the encounter form how yoga therapy can fit into the practices observed and hopefully get a chance to educate the HCP on the field of yoga therapy. Report is turned into mentor and discussed.
- Biomedical Aspects of Yoga Therapy
- Yoga Therapy for the Upper and Lower Limbs
- Ayurveda 1
- Ayurveda 2
- Therapeutic applications of Sound & Mantra
- Therapeutic applications of Yoga Nidra
- Somatic Yoga Therapy Lab

Total Hours Foundations Coursework: Residential/online synchronous: 208; 8 DL

Integrative Intensive-Foundations: 5-day online (Synchronous) training = 40 RL **Total**

**Hours Foundation Module: 256**

**Module 2: Mental Health & Trauma Informed Focus**

Coursework:

- Warriors (PTSD)
- Emotional and Physical Trauma
- Restore Balance: Training the Parasympathetic Nervous System
- Addictions and Recovery
- Mood Balancing
- Warrior Kids (Childhood Trauma)
- ADD/Autism
- Expanding Consciousness: The Healing Mindset
- Positive Psychology
- Story Telling: The Therapeutic Narrative

Total Hours Course work: Residential/online synchronous: 152

Integrative Intensive- Mental Health/Trauma Informed Focus: 5-day online (Synchronous) training = 40 RL

See Practicum Section for Post intensive 2 practicum hours **Total**

**Hours Module 2 (not including practicum): 192 Module 3:**

**Chronic/Lifestyle Disease Focus**

Coursework:

- Yoga Therapy for the Heart
- Yoga Therapy for Diabetes
- Yoga Therapy for Nervous System Disorders
- Yoga Therapy for Chronic Pain
- Yoga Therapy for Grief and Loss
- Cancer Care and Recovery
- Yoga Therapy for Caregivers

Total hours Coursework: Residential/online synchronous: 120

Integrative Intensive-Chronic /Lifestyle Disease: 5-day online (Synchronous) training = 40  
RL

See Practicum Section for Post intensive 3 practicum hours

**Total Hours Module 3 (not including practicum): 160**

**Practicum Module**

Module 2 Post Intensive mentored Practicum Delivery: 40; Mentor hours: 4

Module 3 Post Intensive mentored Practicum Delivery: 40; Mentor hours: 4

Practicum Coursework 48 RL:

- Practicum Readiness Course online (Synchronous) (competency 3): 24 Residential hours
- Practicum Final Course (Choice of synchronous online or residential)(competency 3): 24 Residential hours

Practicum Delivery & Documentation

- Practicum Delivery: Full assessment, evaluation, Yoga Therapy program delivery, and reassessment of at least 20 distinct individuals in student's hometown supervised by mentor: 150 hours
- Mentor hours: 30 **Total**

**Practicum Delivery: 230 Mentor**

**Hours: 38**

**Hours detail:**

**Total YogaFit Healthcare Program Hours: 924 (including Mentor hours) Total Hours**

**Foundation Module: 256**

- Coursework: Residential/online synchronous: **208; 8 DL**
- Integrative Intensive-Foundations: 5-day online (Synchronous) training = **40 RL**

**Total Hours Module 2 (not including practicum): 192**

- Total Hours Course work: Residential/online synchronous: **152**
- Integrative Intensive- Mental Health/Trauma Informed Focus: 5-day online (Synchronous) training = **40 RL**

**Total Hours Module 3 (not including practicum): 160**

- Total hours Coursework: Residential/online synchronous: **120**
- Integrative Intensive-Chronic /Lifestyle Disease: 5-day online (Synchronous) training = **40 RL**

**Practicum Delivery & Documentation**

**Practicum Coursework 48 RL:**

- Practicum Readiness Course online (Synchronous) (competency 3): **24 Residential hours**
- Practicum Final Course (Choice of synchronous online or residential)(competency 3): **24 Residential hours**

**Practicum / mentoring hours: 230 / 38 Mentor hours**

- Module 2 Post Intensive mentored Practicum Delivery: **40; Mentor hours: 4**
- Module 3 Post Intensive mentored Practicum Delivery: **40; Mentor hours: 4**

- Practicum Delivery: Full assessment, evaluation, yoga therapy protocol development & delivery, and reassessment of at least 20 distinct individuals in student's hometown supervised by mentor: 150 hours
- Mentor hours: **30**