



YogaFit HealthCare Yoga Therapy Student Handbook 2024



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YogaFit Healthcare's vision is to prepare students to be modern-day yoga therapists working in integrative healthcare and wellness environments with groups and individuals.

Mission Statement:

YogaFit Healthcare weaves the ancient wisdom and traditions of numerous yoga lineages and Ayurveda with modern science to educate, inspire, and train yoga therapists to skillfully assist and empower those they work with to take an active role in their healing, health, and wellness using yoga tools.

We Believe:

- Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of yoga.
- That yoga therapy is an ancient healing art that is reinforced by modern biomedical peer-reviewed research and evidence-informed practices.
- Students are the focus of what we do and why we exist.
- An open-minded approach drawing from multiple lineages ensures that our students are equipped to understand a variety of applications of the tools and techniques found in the yoga tradition.
- A foundational belief in yoga based on physiological principles and processes of the human body including teachings on polyvagal theory and trauma informed practice.
- A foundational belief in yoga for all bodies gives students the skill sets to work with a wide range of people from diverse backgrounds.
- Healing comes from turning inward and the education of the yoga therapist must include self-reflection and evaluation, as well extensive training in the science and practical application of ancient yoga and Ayurveda teachings.
- Diversity enriches the human experience.
- The therapeutic relationship between the client/student and the therapist is important to set the stage for healing and transformation.
- The YogaFit Essence guides and informs all of our teachings:
 - Breathing, feeling, listening to the body.
 - Letting go of expectations, judgements, and competition.
 - Staying in the present moment
- In providing a structure that allows students to move through the program at a pace that encourages integration and in-depth understanding of concepts and tools while maintaining a healthy balance in their personal life.

Educational Objectives and Outcomes for Program (based on IAYT competencies and educational standards)

- Knowledge and familiarity with the teachings and philosophies of multiple yoga traditions as they relate to the therapeutic application of yoga.
- Knowledge of human anatomy, physiology, and pathology of common diseases and conditions from a Western biomedical perspective as well as an Ayurvedic tridoshic and yogic

panchamayakosha model to assess students and clients in order to make comprehensive Yoga Therapy recommendations.

- Ability to assess the needs of clients, to design and implement effective yoga therapy programs, and to evaluate the effectiveness of these programs.
- Ability to effectively use yoga as a therapeutic modality to help people move toward optimum health and/or resolve adverse health conditions.
- Demonstration of ethical professional conduct during the practice of Yoga Therapy.
- Ability to use relationship-based approaches to catalyze positive change or transformation with clients.
- Demonstration of critical thinking skills and science-based literacy in reading, evaluating, and interpreting research findings related to Yoga Therapy.

Program Outcomes: Students who complete the program will demonstrate:

- Knowledge of the teachings and philosophy of the yoga tradition, with diverse yogic perspectives on the structure, states, functions, and conditions of the body and the mind in balance (and out of balance), based on teachings of the Yoga Sutras, the Bhagavad Gita, and other relevant texts.
- Knowledge of classical theories of health and disease from both western and eastern perspectives relevant to the practice of Yoga Therapy.
- Knowledge of human anatomy, physiology and biomechanics, and the interrelationships between systems of the body; knowledge of common pathologies and disorders of systems of the body, including familiarity with symptoms, condition management, illness trajectories, and related contraindications to yoga practices.
- Knowledge of how to reference current healthcare information, and how to access and utilize research relevant to the work of a yoga therapist.
- Ability to communicate with other healthcare practitioners including but not limited medical doctors, physical therapists, nutritionists, and other professions, using common medical and psychological terminology, including an understanding of commonly used medications, supplements, and surgical procedures.
- Knowledge of models of human development, with an understanding of the influence of familial, social, religious and cultural conditioning on health and healing.
- Knowledge of concepts and models of yoga traditions such as panchamayakosha, gunas, purusha/prakriti and others used in yoga philosophy including interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being.
- Ability to communicate effectively, to establish healthy therapeutic and professional relationships, and to implement effective teaching methods by adapting to unique styles of learning. Demonstrated ability to provide supportive and effective feedback while evaluating and acknowledging the progress of the client.



- Demonstrated ability to conduct an intake and assessment of the client and elicit the priorities and goals of the client. The skill to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities. In addition, demonstrated skill determining which aspects of the client's conditions, goals, and aspirations might be addressed through Yoga Therapy.
- Advanced knowledge of diverse Yoga Therapy tools and practices and their appropriate application, with practices that may include asana or postures, pranayama (or regulated breathing) meditation and relaxation techniques, and lifestyle modifications, including basic yogic dietary concepts; and the knowledge of when to apply these practices and when they are contraindicated.
- Demonstrated ability to teach and deliver the appropriate practices for individuals and/or groups, using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools, and tools that foster client engagement.
- Advanced knowledge of ethical principles of health care and yoga codes of conduct; in-depth knowledge of legal and regulatory issues (including current relevant local, state, and national laws); knowledge of basic business practices (including record keeping, planning, and financial management); and the regulations around confidentiality and HIPAA.
- Demonstrated understanding of scope of practice of yoga therapy including when and how to look for warning signs of emergency situations, contraindications for practices, how to develop community referral networks with other healthcare providers, and how and when to refer.
- Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education, including knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.

Program overview

YogaFit Healthcare Yoga Therapy is a student-centered yoga therapy program offered in a way to be accessible to those desiring to study and continue with their lives and responsibilities. YogaFit Healthcare is delivered by a cohesive team of knowledgeable, certified, and experienced yoga therapists and subject matter experts. The YogaFit therapy faculty are grounded in the teachings of YogaFit from the 200 and/or 500-hour levels and have hundreds of hours of training and teaching the YogaFit philosophy. All are dedicated and enthusiastic lifelong learners that value education and sharing the healing power of yoga therapy. YogaFit is an integrated lineage that provides the foundational base for the YogaFit Healthcare program. YogaFit lineage weaves the panchamaya, classical and structural models of yoga together and provides teaching of a wide range of tools including but not limited to pranayama, asana, and meditation applicable to yoga therapy.

YogaFit for Healthcare modules are offered in rotating cities across the USA at YogaFit Mind Body Fitness Conferences (MBF) and in an online synchronous format. Since the pandemic, the integrative intensives have been held online in a synchronous format as have the practicum readiness and final courses. We intend to keep most of these online, however will also present to each cohort the option of holding the practicum final in person at an MBF. The YogaFit MBF format consists of 5 days of residential training and



provides a unique opportunity and forum for students to get together and learn in a residential environment. Since typically at an MBF there are all levels of courses happening there is opportunity for therapy students to participate in collaborative discussions with peers and student instructors that might be interested in yoga therapy. Yoga Therapy students have opportunities to present case studies during their practicum year both at conferences and in webinars that are offered free to all the Yogafit network and participate in roundtable discussions of specific yoga therapy cases and topics, like formats in the medical profession and research community. YogaFit Healthcare Program Directors Kristy Manuel, C-IAYT and Felicia Tomasko, C-IAYT and various members of the therapy team and mentors attend the MBFs giving opportunity for ample contact time with therapy students. YogaFit Healthcare has an exceptional therapy team and continues to train and mentor up-and-coming master trainers to eventually earn their C-IAYT and join the therapy faculty. YogaFit has program manuals, timelines, activities, and assessments that the team follows in training to maintain consistency in training.

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 training: (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. Students 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.

Qualification Outcomes

Upon satisfactory completion of the YogaFit HealthCare Yoga Therapy Program (Coursework, Integrative intensives, practicum) students will successfully demonstrate the ability to use practical skills with an understanding of related scientific and traditional knowledge required to become a competent and effective Yoga Therapist. The program is designed to provide each student with the requisite skills and



professional standards to take their place as a reliable and competent professional in the healthcare/ wellness/ personal development fields.

Industry Recognition

YogaFit Healthcare has been accredited by the Accreditation Committee of the International Association of Yoga Therapists since 2019. For more information, contact: www.iayt.org.

Requirements for Application and Admissions

Additional Required documents are noted in parentheses:

- Completion of RYT 200 (copy of Yoga Alliance Certificate for RYT 200)
- A minimum of one-year Personal Practice of Yoga
- Actively leading yoga classes (group/ private) with one year of teaching experience
- Completed Application/enrollment Form (online) for YogaFit Healthcare Yoga Therapy Program (Application/enrollment form)
- Active Member of the Yoga Alliance is strongly encouraged but not required (copy of card or membership number)
- Strongly encouraged, but not required to be a member of the International Association of Yoga Therapy (copy of card or membership number, if applicable)
- \$300 Enrollment/ Mentoring Fee (non-refundable): This fee is only payable after acceptance. You will be notified and sent a link for payment.

Prerequisites

Successful completion of an RYT200 hour program is required. Applicants who have obtained their RYT200 from a program other than YogaFit and would like to apply to the YogaFit for Healthcare Program must contact the program director and complete the YogaFit Level 1 Foundational Training. YogaFit reserves the right to require additional courses if the student is found lacking in any area of knowledge. These additional courses may be taken after admittance. Level 1 must be taken prior to applying to the program. (Certificates of completion must be submitted with above mentioned application requirements).

Transfer Policy 2023

- PD reviews incoming student information from transferring school/program including any combination of the following available materials: transcripts or completed certificates/proof of completion; syllabi, program manual(s)/if available, course timelines, and/or other materials submitted by the student. PD will compare prior work completed with covered competencies and equivalent modules in the YF program.
- All hours accepted are at the discretion of PD and credit given for prior work is not guaranteed. Not all hours submitted may be accepted.

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- Due to the subject matter covered in YogaFit training, 200 hours of transfer credit into the YogaFit program are allowed.
- Transfer credits are allowed from other IAYT Accredited schools. (See #1-4). YogaFit does not accept college/university or other courses to substitute for yoga therapy specific training.
- YogaFit does not charge any fees for evaluating transfer credits.
- If transfer credits are accepted, YogaFit will offer credit for equivalent courses/modules and those courses will be mentioned at the end of the student transcript. Students will be able to move forward in the Integrative Intensives with proof of transfer credit given.
- YogaFit requires that transfer students take YogaFit Level 1 as a foundation for entering the program and understanding the basis for terminology used in YogaFit Therapy program trainings (including transformation language, SPA principles of alignment, safety cues, and safety).
- Classes in the Warriors track are not waived and must be taken for all Yoga Therapy students due to the subject matter covered, including the trauma-informed foundational approach in the Therapy program.
- Prerequisite hours are ineligible as transfer hours.
- Even if transfer credit is accepted and equivalent credit is given, relevant homework assignments may still need to be completed at PD discretion to allow for transfer students to stay current with the rest of the cohort and to experience continuity in the program, particularly for the Integrative Intensives. This includes shadowing requirements and assessment assignments since these are referred to in later stages of the program (such as Integrative Intensives).
- YogaFit only considers the acceptance of transfer credit for modular components of the foundational curriculum (1, 2, 3). YogaFit does not consider transfer credit for the 3 Integrative Intensives, or for Practicum Readiness, Practicum, and Practicum Final.
- Graduates of the YogaFit Healthcare Yoga Therapy curriculum before the program was accredited have the option to take 200 hours of select integrative intensives, Practicum Readiness and Practicum Final to meet the requirements of graduating from the accredited Program. Depending on the student, more than 200 hours may be designated. Exact coursework to be decided in convention of program director and designated student mentor. This provision applies to a limited number of students within YogaFit.

Application Process

Once prerequisites have been met, each prospective student must fill out an application form. Applications can be found online at www.yogafit.com . There is also a \$300 (non- refundable) fee that is paid upon acceptance to the program. Enrollment fee can be paid via square or paypal.

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YogaFit will confirm receipt of your application once we have received your completed application and determined your eligibility, you will be notified and either asked for more information or sent a link to pay the enrollment fee. You will only be billed if you are accepted into the program. Once all materials are received and reviewed, each student will be assigned a mentor for continual and consistent guidance throughout the program.

Please feel free to be in touch with us if you have any questions, email us at therapy@yogafit.com

Non-Discrimination Policy

YogaFit is committed to providing an environment that is free from discrimination of race, color, religion, creed, national origin, ancestry, disability, gender, sexual orientation, or age.

Mentorship

There are primary faculty members who will serve as mentors to each student as they move through the program. Upon successful completion of application and admission into the program, each student will be assigned a mentor. The mentor will act as a guide and primary contact throughout the duration of the program. The mentor will maintain regular contact with the student, and the student will be expected to maintain contact with the assigned mentor. If the mentor is unable to answer the student's questions, it is the mentor's responsibility to contact the school or program director for further instructions. At this time all mentors are on the Yogafit therapy faculty team.

Mentors are chosen based on various factors. The student can request a qualified member of the faculty based on proximity, specialty, or prior relationship of trust and mutual respect. The mentor and student may have discussion of goals and needs and decide together if it is a good fit. The mentor is both a curriculum mentor and a practicum mentor with most of the hours (30 of the 38) designated for practicum mentoring. Curriculum mentoring is also provided by the program directors as requested. Mentoring fees that are part of the program are paid to the school as designated in the fees section of this handbook.

Program Structure

The program draws from the extensive, authentic traditions of yoga and Ayurveda, weaving together multi-lineages with YogaFit's foundational philosophies providing an integrative approach to yoga therapy. This program has been developed to meet the needs of yoga teachers wishing to extend their scope of practice to become a Yoga Therapist. Upon successful completion of the program they will be able to provide professional, well qualified and appropriate therapeutic yoga protocols and advice to the broader community.

The YogaFit Healthcare Yoga Therapy Program is delivered in a combination of residential hours (in person and synchronous online) and distant learning hours to achieve the full qualification of standards and competencies. The program consists of 648 residential learning hours, 8 asynchronous distance learning hours, 230 hours of practicum delivery with 38 mentorship hours for a total of 924 hours. All required courses and hours must be completed successfully to acquire program completion.

The program also has significant homework assigned that the student is responsible for completing on time and is not counted toward program hours. Students are required to have a personal practice ongoing as a prerequisite to enrolling and continuing throughout the program. Students are asked to practice and

teach if possible, many of the interventions discussed so they have a felt experience and are able to integrate the knowledge somatically. Personal practice hours are required but not counted toward the program hours.

The full qualification of the program is undertaken within a minimum of 3 years (36 months).

Academic Calendar Year

YogaFit offers a unique program of rolling admissions in which students can take the curriculum (in a recommended order) at a pace that best fits their personal and professional intentions. This structure allows students to acclimate, assimilate, and employ the learned skills in a pace, and manner, that facilitates their learning process. We recognize that unexpected life events may happen and so we have stipulated that the program must be completed within 7 years once a student has applied and been accepted into the program although we expect that most students will complete the program within 2-5 years.

Program Sequence/ Outline

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 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. Recommendations assessed by mentor based on summary, ROF presented (thoroughness of assessment, quality of analysis, appropriateness of recommendations).*
- *HealthCare 2*
- *HealthCare 3*
 - *Homework Assignment: Write a 9-pillar brief protocol on topic of choice 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*
 - ***HC 3 Networking project (8 ASDL):** Shadowing 1-3 PCP or allied health professionals for a total of 8 hours and document by completing the encounter form. Students 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 their mentor and discussed. This project is done after HC 3 and required for Therapy program students.*
- *Biomedical Aspects of Yoga Therapy*
- *Yoga Therapy for the Upper and Lower Extremities*



- *Ayurveda 1*
- *Ayurveda 2*
- *Therapeutic applications of Sound & Mantra*
- *Therapeutic applications of Yoga Nidra*
- *Yoga Therapy Lab*

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

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

Total Hours Foundation Module: 256

Module 2: Mental Health & Trauma Informed Focus

Coursework:

- *YogaFit Warriors (PTSD)*
- *Healing Emotional and Physical Trauma*
- *Restoring Balance: Training the Parasympathetic Nervous System(PNS)*
- *Addictions and Recovery*
- *Mood Balancing*
- *Warrior Kids (Childhood Trauma)*
- *Yoga for ADD & The Autism Spectrum*
- *Expanding Consciousness: The Yogic 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*

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- *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

Course Descriptions (offered both LIVE online and in person)

Healthcare 1- Assessing the Physical Body: A 4-day introduction to Yoga Therapy with a focus on the annamayakosha, specifically physical assessment and body reading. Students learn how to conduct intake interviews, assessment procedures, postural analysis screening, functional movement assessment, preliminary yoga therapy program design, myofascial concepts including foam roller techniques and other myofascial release methods as they relate to yoga therapy. We introduce and explore therapeutic yoga for common conditions students learn and practice design and development of yoga therapy protocols



for musculoskeletal conditions under the guidance of an experienced C-IAYT. Offered [LIVE Online](#) and [in person](#).

Healthcare 2- Examining the Subtle Body: An in depth understanding of the subtle body anatomy and the science that supports its existence is an important area of study for the yoga therapist working in the western world. To many of our clients in the west, some of the healing modalities in yoga therapy are foreign and sometimes confusing. The yoga therapist that is able to bridge the gap and explain these ancient yogic traditions in western terms is going to likely be more successful at opening people to the process and protocols of yoga therapy. In this module we learn the cutting-edge scientific information that supports the subtle body matrix as the blueprint for the physical body as well as the process of healing. We learn to work in depth with the chakras and how to assess and then balance the chakras using traditional yogic tools such as mantra, pranayama, pratyahara/ dharana/ dyhana, and mudra. Offered [LIVE Online](#) and [in person](#).

Healthcare 3- Designing the Protocol: In Healthcare 3, we have the opportunity to holistically apply what we have previously discussed in YogaFit Healthcare 1 & 2 and begin to create a therapeutic model for our clients based on a living understanding of traditional yoga therapy (yoga chikitsa) and current healthcare practices. Traditional Therapeutic Yoga can overlap and complement Western disciplines of physical therapy, psychotherapy, medicine and ministry and it's important for the yoga therapist to be able to work as part of a healthcare team and understand the YT's scope of practice. Students will leave with an in-depth understanding of business practices including day to day administration of a yoga therapy practice, code of ethics, scope of practice, networking with other health professionals as well as have completed a HIPAA online course (free) prior to attending the course. Additionally, the students study and practice how to elicit information from the client to empower him or her to set and accomplish goals that set the stage for transformation and optimum health using motivational interviewing techniques. Offered [LIVE Online](#) and [in person](#).

Healthcare 3 Networking Course (8 ASDL): This course/project follows attendance of HC3 and has no additional cost. Students will include documentation of contact with and shadowing of 1-3 local primary health care providers or other HCPs for a total shadowing of 8 hours. Documentation includes a written encounter form completed for each practitioner shadowed and turned in to YogaFit Healthcare faculty/mentor. Students will write a follow up report on how yoga therapy can fit into the practices you observed and meet real time with mentors.

Biomedical Aspects of Yoga Therapy: Students will develop a deep understanding of the Western Anatomy and Physiology of the Human Body, know all the major systems and how they interact, will be able to identify the biomechanics and kinetic anatomy functions and common pathologies and disorders that a Yoga therapist might work with. Additionally, students will be able to identify commonly used drugs and procedures for treatment of these disorders and how to reference medical information knowing the terminology of the Western Medical System. Yoga Therapists must be grounded in the foundations of anatomy, physiology, and the common terminology of modern healthcare. Offered [LIVE Online](#) and [in person](#).

Yoga Therapy for Upper/Lower Extremities: This 2-day course reviews the latest evidence in injury prevalence in sport, injury prevention, and management of the upper and lower body while giving

students the tools necessary for immediate intervention. Students will learn to critically analyze the evaluative paradigm necessary to use yoga for achieving safer physiological upper & lower extremity motion, improved joint function, and overall health in both medical and wellness-based settings. This training also provides students with the opportunity to experience, analyze posture sequencing, breath techniques, stress reducing meditation, and other yoga therapy methods specific to the upper and lower extremities. Offered [LIVE Online](#) and [in person](#).

Ayurveda 1: In this foundational course we explore the history of both yoga and Ayurveda as sister sciences. We return to Samkhya philosophy and the Vedas and trace the development of yoga and Ayurveda through to the Upavedas and the six schools of Insight. A deeper understanding of Ayurveda will help the yoga therapist expand understanding of a holistic approach to creating therapeutic programs. We also cover element theory, the 24 tattvas, the Doshas and Prakriti/Vikriti. As well we incorporate knowledge of the Vata Vayus, their impact on Vikriti and the use of intelligent cueing in asana. This training is a prerequisite for further Ayurveda study as it establishes a baseline of knowledge upon which to build. Offered [LIVE Online](#) and [in person](#).

Ayurveda 2: In Ayurveda 2 we extend our understanding of this ancient science from Ayurveda 1 to incorporate learning on: ama, agni, prana, tejas, ojas, sattva, rajas, and tamas. We also extend our scope to include an understanding of the disease process, which also requires study of the dhatus, conditions of the mind and of the environment that all relate to ill health. As part of this training, we also incorporate teachings on the Koshas. This training is a catalyst for deeper self-exploration. Offered [LIVE Online](#) and [in person](#).

Therapeutic Applications of Sound and Mantra: In this course, we will take a deeper dive into the history of sound as a therapeutic model and follow its trajectory into modern methods of healing in both the Western and Eastern models. Blending ancient wisdom with modern science, we will explore how everything is vibration and has the potential to be healed through vibration. Along with gaining an understanding of how sound and vibration can change our blueprint, we will explore practical applications of utilizing sound in group and private client settings to stimulate healing. We will be doing practical applications of working one on one with clients, including a therapeutic intake, assessment, and plan. We will also be exploring utilizing sound and mantra in a group setting, including Bhakti yoga mantra, Kirtan Mantra, and Sound Baths. Offered [in person](#) only.

Therapeutic Applications of Yoga Nidra: Yoga Nidra is a powerful, yet simple yogic technique to induce deep relaxation and set the stage for transformation. Sometimes called yogic sleep, nidra is a state between waking and sleeping resulting in more physiological and psychological rest than conventional sleep. In this two-day workshop, the yoga therapist will experience the blissful relaxation of yoga nidra and learn the science & history behind this systematic relaxation technique, therapeutic applications of yoga nidra, and the effects on physical, emotional, mental, and spiritual health. The therapist will learn to design and implement different nidras for various conditions that will be useful in one-on-one and group sessions. Offered [in person](#) only.

Yoga Therapy Lab: The Yoga Therapy Lab is a course designed to give practice to students in client intake, assessment, protocol development and yoga therapy session delivery with additional focus on a holistic and integrative lens. Using Thomas Myers model of myofascial lines to create a global picture of posture



and movement the students will have an opportunity to practice reading the body and then applying the teachings of yoga and ayurveda to expand the picture to all the koshas, including choosing appropriate assessments beyond the physical assessment. This course will also familiarize the students to the process and paperwork involved in the therapy program including SOAP notes preparing them to work with an integrative health team. NOTE: Students are encouraged to wear or bring to change into, form fitting clothing such as yoga leggings, bike shorts, sports bra or form fitting tank top. This is a required course for YogaFit Healthcare Therapy Program. Offered [in person](#) only.

YogaFit for Warriors(PTSD) will look at the unique stressors affecting our military, DOD civilians and families who serve our country and how practicing yoga can serve them. We will focus on using specific postures, breath and Kundalini meditations designed to release stored trauma in the body. Additionally, we will come to understand what Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) are and the long-term effects they can have on mind, body and spirit. We will also discuss how the type of language we use in our yoga classes affects our students at a neural pathway and cellular level within the body. You will have an opportunity to hone your use of YogaFit's Transformational language for this population, gaining an understanding that words that are inviting can act as powerful medicine to provide a deeper release. Offered [LIVE Online](#) and [in person](#).

Yogafit for Warriors Kids (Childhood Trauma) will help Yoga therapists and teachers gain a deeper understanding of how children uniquely store and developmentally process trauma through the central nervous system. This course will also look at how trauma gets encoded by a child's brain affecting their physical, mental and emotional growth throughout their lives. We will look at the common sources and symptoms of trauma in Infants, toddlers, pre-school and school-age children as well as adolescents and teenagers. We will explore which postures (asana), breathing techniques (pranayama) and meditation practices are particularly effective at helping children release physical and emotional trauma at the autonomic nervous system level. Yoga teachers, school teachers, mental health professionals as well as anyone who works with traumatized children will learn to develop a yoga class/session that helps their students/clients free troubling emotions, persevering thoughts patterns, chronic somatic tension and hyper vigilance that are often ancillary to experiencing trauma in childhood. Offered [LIVE Online](#) and [in person](#).

Healing Emotional and Physical Trauma is a two-day training exploring emotional and physical trauma and how to heal from a yogic perspective. Learn how trauma & PTSD affect the nervous system and the brain and get stored in the body, and why yoga is particularly effective at releasing these deeply ingrained pathways (samskaras) through heightened inner awareness and self-guided movement. Learn the critical components of a trauma sensitive yoga class designed for healing and how to apply specific yogic tools including the 8 limbs, mudras, mantras, nidra, etc., all specific to healing trauma. This course will prepare you to design a safe, trauma sensitive class including class design, language and specific yogic strategies that have been proven effective for healing and releasing trauma. This training will be useful for anyone working with military veterans, emergency responders, abused children or adults, as well as anyone who has experienced any type of emotional or physical trauma. Offered [LIVE Online](#) and [in person](#).

Restoring Balance-Training the Parasympathetic Nervous System: Our physical, mental and emotional bodies are intricately linked together and in turn linked to our immune system. In our society, our fight or



flight nervous systems are on overdrive leading to a variety of stress related conditions including trauma, PTSD, anxiety, depression and a host of illnesses. Finding a way to help bring people back into balance using yoga and Ayurvedic tools is the focus of this training. Learn how to practically apply a combination of pranayama, meditation, restorative postures, (active and passive), and essential oils to create desired healing outcomes using minimal propping to achieve nervous system balance since many clubs, community centers, shelters and some studios may not have the resources for the more elaborate bolsters and multiple blankets, blocks etc. We will also explore how essential oils can be used to promote healing as well as various somatic methods we can add to our classes. Students will have the opportunity to use HRV monitors to test their skills with different modalities to activate the PNS. Offered [LIVE Online](#) and [in person](#).

Addiction & Recovery: Addiction and Recovery will help yoga therapists and instructors gain a deeper understanding of Addiction and Compulsive Behavior in its many forms to include but not limited to Drugs, Alcohol, Gambling, Sex, Overeating, Shopping and Exercise. We will look at Addiction and Compulsive Behaviors through the lens of samskaras or deeply-ingrained pathways in the mind-body-spirit relationship that keeps these deeply held/ingrained patterns of behaviors in a seemingly endless/unbreakable cycle. Recovery will be addressed by focusing on the individual's personal sense of power and ability to create new, healthier, samskaras through the 8-limbed path and by using specific asana, pranayama and meditation practices that have been proven particularly effective at releasing these deeply ingrained pathways. Additionally, yoga therapists, yoga teachers, mental health professionals as well as anyone who works with Addicted or Recovering individuals will learn to develop a yoga class/session that helps their students/clients cultivate Sankalpa /Intention, Tapas/Intensity, Shani/Slowing, Vidya/awareness, Abhaya/Fearlessness, Darshana/Vision to get the person unstuck from their ingrained patterns. Offered [LIVE Online](#) and [in person](#).

Yoga for Balancing Moods: A growing body of research indicates that yoga may be an effective therapeutic tool in the prevention and treatment of anxiety, depression and other mental health and mood disorders. In YogaFit for Mood Balancing, we will explore how yoga philosophy, postures, breathing techniques, and meditation practice can enhance mood and overall state of well-being. Through the investigation of ancient yoga practices, in combination with modern self-healing techniques based on neurobiology and psychoneuroimmunology, we learn how to maintain a healthy nervous system, promote a stronger sense of self-awareness, and focus the mind. Additionally, we will learn how to tailor make classes to assist each of our students in facing the unique challenges in their life with more equanimity and confidence, leading to an empowered presence both on and off the mat. In YogaFit for Mood Balancing, we embrace and honor ourselves exactly where we are and at the same time, create space for growth and transformation. Offered [LIVE Online](#) and [in person](#).

Yoga for ADD & The Autism Spectrum: Learn how to incorporate yoga postures, mindful breathing techniques, and the latest integrative therapeutic techniques into your work with children and adults who are navigating the challenges of ADD or Autism Spectrum Disorder (ASD). The student will gain in-depth knowledge of the characteristics of ADD and ASD and how to apply therapeutic yoga techniques to help promote self-regulation and reconnection with a goal of helping clients manage symptoms and develop



skills for navigating the social environment. This two-day intensive is ideal for yoga therapists, educators, parents, and health professionals. Offered [LIVE Online](#) and [in person](#).

Expanding Consciousness-The Yogic Mindset: As yoga therapists and teachers, we hold space and act as guides for our students/clients as they work to create balance and health in their lives and change the relationship to and identification of/with their condition. As healers, Yoga Therapists must absolutely believe in the limitless ability of our own power to heal. YogaFit's Expanding Consciousness workshop provides an opportunity to examine our own ideas of limits, fears, and capacity for self-compassion as well as our capacity for co-creation of our own reality. We will examine our belief systems, brain science, and discuss the parallels between the sutras and quantum physics and the relationship to yoga therapy. Students will have the opportunity to practice using therapeutic yoga tools to discover and then shift self-limiting belief patterns as well learn to help their clients identify negative patterns that may be affecting their health. Offered [LIVE Online](#) and [in person](#).

Positive Psychology: This course focuses on core concepts of Positive Psychology and how these concepts compliment and parallel foundational concepts of yoga. Foundational topics of yoga with reference to the Yoga Sutras, the Yamas, the Niyamas, and the 4 Paths of Yoga are all explored and compared to concepts of Positive Psychology. This course is also designed to provide students with information of the history, core contributors, and traits researched and highlighted in Positive Psychology and how they are and can be reinforced on the mat and when working with clients. The use and natural connection of the YogaFit Essence and Transformational Language with Positive Psychology are applied in cueing and therapeutic program design. Offered [LIVE Online](#) and [in person](#).

Story Telling- The Therapeutic Narrative: The knowledge of yoga was passed down for centuries through story telling both oral and written. We all learn through stories, either listening to others or sharing our own because stories help us relate to concepts and the unknown through vivid imagery, emotions, and stories connect us with our history and those around us. The power of storytelling with yoga therapy lies in the way it can help rewire the brain by bringing new images to life—of courage, hope, love and acceptance—to replace the old ones and move one forward in the evolution of healing and shifting our lives. In this one-day workshop, discover the art of weaving stories through your teachings in a way that will support all your students, no matter what they're going through, and enrich their classroom or session experience as well as helping people connect. Offered [LIVE Online](#) and [in person](#).

Yoga Therapy for the Heart: Based on eastern and western medical philosophy that is founded in current research with a special focus on managing cardiovascular health through therapeutic yoga practices. We study the heart through the lenses of physical and energetic properties to fully understand the power of the heart. Students will study the broad category of cardiovascular diseases that involve the blood vessels, muscle, electrical systems, valves, and the functioning of the heart itself as well as stroke. Assessment of lifestyle risk factors and yoga therapy protocol design for the various conditions may include contemporary and traditional holistic yoga therapy practices. Offered [LIVE Online](#) and [in person](#).

Yoga for Diabetes Management examines the physiology, health consequences, psychology and treatments involved in this universal disease that has become a worldwide epidemic and how yoga therapists can work with diabetics to increase their health using yoga therapy tools. Participants are challenged to examine their assumptions about this very misunderstood disease through experiencing



aspects of daily routines of self-care including diet, self-monitoring, exercise, and stress relief. Yoga's role in the prevention of the condition, management of diabetes, its complications, and prevention of disease progression will be presented from the perspectives of western, eastern and Ayurvedic medicine. Participants will practice integration of their various skills in pranayama, meditation, modifications of asana, yoga therapy, and formatting. Offered [LIVE Online](#) and [in person](#).

Yoga for Nervous System Disorders is a two-day intensive training that guides yoga therapy professionals on how to accommodate individuals with neurological dysfunction relative to the practices of yoga therapy. The latest neuroscience research is combined with therapeutic holistic healing modalities, along with traditional eastern techniques to be an adjunct therapy for this specialty population. The student will learn and develop a yoga therapy plan based on neurological assessment techniques and demonstrate how to provide clients with a safe effective therapeutic yoga program for a variety of neurological conditions. The professional will also be able to demonstrate and understand the concepts of pranayama, yoga nidra, kriyas, mantra, meditation, tantra, bandhas, and nadis, western and eastern recommendations for clients with neurological disorders and how they relate to holistic healing. Offered [LIVE Online](#) and [in person](#).

Yoga for Chronic Pain affects more Americans than diabetes, heart disease and cancer combined and results in sleep disturbances, fatigue, emotional stress, muscular tension and more. Yoga is proven to give relief to those suffering chronic pain from a variety of causes. This course will prepare the yoga therapist for working with students and clients with chronic pain using various ancient yoga tools including asana, pranayama and meditation practices. The course will explore how pain and the perception of pain affects the various systems of the body such as the brain, the endocrine system, the nervous system, and the body tissues as well as the psychological side effects of chronic pain. The yoga therapist will develop a thorough understanding of the neurobiology of pain and compare and contrast Western vs Eastern methods of pain management. The course will focus on practical application of the eight limbs to manage chronic pain from a variety of illnesses and other conditions for both group therapy and one-on-one settings. Offered [LIVE Online](#) and [in person](#).

Yoga for Cancer Care and Recovery is a 4-day workshop that helps the yoga therapist understand the physical, psychological, and emotional journey of people diagnosed with cancer. Learning how cancer develops, the symptoms and side effects of treatment, will help the therapist create effective yoga interventions to increase the quality of life for the client dealing with and recovering from cancer. YogaFit's cancer care program empowers the cancer patient by focusing on traditional yogic tools such as pranayama, meditation, and asana along with pertinent healthy lifestyle information. Armed with the YogaFit Essence (Breathing, feeling, listening to the body, letting go of expectations, judgments and competition, and staying in the present moment), along with the positive transformational language both unique to YogaFit, gives the yoga therapist the tools needed to help cancer patients and their caregivers move toward health and healing. Offered [LIVE Online](#) and [in person](#).

Caregivers: Working with individuals or groups with serious disease, with elderly patients, children with special needs, or foster kids trapped in the system can take their toll. Compassion fatigue can affect yoga therapists as well their clients and families. Caregivers spend so much time and loving attention on others



that they forget to care for themselves, physically or emotionally. This 1-day workshop will provide the tools necessary to revitalize and reconnect to your center and find the balance you need to serve others as well as learn many helpful tools to help the caregivers of your clients. Offered [LIVE Online](#) and [in person](#).

Yoga for Grief and Loss: Grief and Loss cannot be “fixed.” When loss occurs (loss of a loved one, relationship, job, pet, or other loss), we are forever changed. Rather than trying to get back to “normal,” tending to the grief and creating a healing space of transformation honors our experience and helps us to move forward with love and acknowledgment of what has transpired. This two-day training will help the student gain a better understanding of grief and loss and how to incorporate yoga therapy to support some of the most challenging times in life. Learn what constitutes loss, how yoga philosophy writings view grief and suffering, and how yoga and ayurveda can support the grief experience. Offered [LIVE Online](#) and [in person](#).

Integrative intensive 1: In this 5-day intensive course students come together in a cohort to help integrate the information from the foundational coursework and lay the foundation for their journey into becoming a skilled and qualified yoga therapist. After an in-depth study and discussion of ethics and scope of practice as they relate to yoga therapists, students begin to envision a yoga therapy practice from the nuts and bolts of paperwork, session structure, documentation, choice of assessments, creating an appropriate protocol to the broader discussions of business including marketing, mission statements and more. In-depth study and discussion of ways of incorporating the teachings of yoga and ayurveda into yoga therapy sessions and addressing the health of the client from a global and holistic perspective. Students will be orally presenting a 9-pillar protocol that they have prepared in advance of attending Intensive 1

Integrative Intensive 2: This intensive will focus on trauma and mental health and appropriate ethical application of yoga tools using case studies, observation, and generation of appropriate protocols for trauma and or various mental health conditions. Students will review the yoga traditions and texts and understand the role of the yoga and Ayurveda perspectives on mental health and disease. Students will present an in-depth report/case study of a chosen mental health or trauma focused topic chosen with their mentor in the style of the 9-pillar protocol. Students will be assessed on their ability to select appropriate yoga therapy tools and their understanding and ability to set up a trauma sensitive environment as needed and their use of transformational language to help create a safe practice space for the potential of transformation and healing. 40-hours of trauma-focused practicum delivery is required after this intensive.

Integrative Intensive 3: Chronic disease and lifestyle focus: This intensive integrates information from courses focused on various chronic lifestyle disease conditions. Students will study numerous case studies in small groups and work together to create appropriate programming including but not limited to cases of cancer, diabetes, cardiovascular disease, Parkinson’s Disease, arthritis, multiple sclerosis, and more. Students will include in their presentation the background of yoga philosophy traditions and teachings to demonstrate their knowledge of the yoga healing models. Students will be assessed on their demonstrated ability to design and deliver appropriate yoga therapy protocols and their ability to effectively communicate and teach within the scope of practice the range of yoga therapy practices including but not limited to



asana, pranayama, meditation, mudras, visualization, etc. and stay within their scope of practice as a yoga therapist. 40 hours of chronic and lifestyle disease practicum delivery required after this intensive.

Practicum Readiness: The practicum year will begin with a three-day practicum readiness course. Enrollment in this course must be approved by the program director and the student's mentor. During the three-day readiness course, students will present one of their case studies (or select a new client) from their post intensive practicum delivery for peer review and discussion. The student is required to record a session with client on assessment and session delivery to be shown during the presentation and include assessment results and outcome of the yoga therapy plan and delivery in their presentation.

Practicum Final: The final three-day course culminates the practicum year. Students come together again with cohorts to present a case study in the 9-pillar format from their practicum experience chosen in consultation with their mentor. This case study will be presented to both the peer group/cohort as well as a larger audience of yoga students and teachers who attend the YogaFit Mindbody conference or in a webinar. Students making their presentations will have a chance to answer questions and educate yoga teachers about yoga therapy. They will have the opportunity to evaluate and review their experiences of the practicum with others in the cohort and faculty. Students who successfully complete the presentations and all their required hours of courses and practicum will graduate and receive their certificates for the YogaFit HealthCare Yoga Therapy program.

Description of Learning

Because learners have different learning styles or a combination of styles, online educators should design activities that address their modes of learning to provide significant experiences for each class participant. In all YogaFit courses, this is accomplished by utilizing multiple instructional strategies to meet every student's unique and individual learning style. The instructional strategies reflect different channels of perception (seeing, hearing, touching/moving). Implementing and instructing using auditory, visual and kinesthetic resources and activities make the YogaFit Healthcare Program conducive to all students.

Below are some of the ways in which we incorporate the learning styles into our courses:

Visual/ Verbal Learners: These people learn best when information is presented visually and in a written form. In a classroom setting, they prefer instructors who use visual aids (i.e. black board, PowerPoint presentation) to list the essential points of a lecture in order to provide them with an outline to follow during the lecture. They benefit from information obtained from textbooks and class notes. We provide each student with a course manual and selected readings and books for each course. Some courses are also supplemented with PowerPoint Lectures. The students also have additional reading and text books that are required for each training.

Auditory Learners: These people learn best when information is presented orally. In a classroom setting, they benefit from listening to lecture and participating in group discussions. When trying to remember something, they often repeat it out loud and can mentally "hear" the way the information was explained

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to them. They learn best when interacting with others in a listening/speaking activity. Yogafit trainings blend lecture with large and small group discussions. We also ask each student to participate in presentations (individual/ group) and instruction.

Kinesthetic Learners: These people learn best when doing a physical "hands-on" activity. In the classroom, they prefer to learn new materials in lab setting where they can touch and manipulate materials. They learn best in physically active learning situations. They benefit from instructors who use in-class demonstrations, hands-on learning experiences, and fieldwork outside the classroom. Within all of courses- we ask our students to be a part of instrumental group work with includes hands- on learning and practice teaching the material learned with their peers and instructors.

Our program includes not only didactic learning by faculty but also includes peer to peer learning. In our integrative intensives students are researching various topics/conditions and presenting in our 9-pillar format in depth information including yoga therapy protocols which include tools and techniques in the yoga therapy scope of practice. The presentations are reviewed and discussed with their mentor and there is a structured peer feedback and discussion.

Course Venue

The residential hours for this program will be conducted in an online synchronous format or in person at Mind Body Fitness Conferences or independent training. For the convenience of our students, YogaFit offers courses nationally and internationally. Course venues will vary depending upon time, date and host agreement. Online content is delivered in a variety of time zones to accommodate students living anywhere in the world. Distance learning will occur in independent study with zoom or in person contact with their mentor. To find a course nearest you- www.yogafit.com/trainings

Tuition and Fees/ Exchange of Services

The student agrees to pay YogaFit the total of stated tuition and fees. Payment of all money shall be a condition of continuing enrollment. Payment is made online or by calling customer service to enroll in each course. YogaFit encourages early enrollment to take advantage of early bird rates (1 month prior to the course). Upon satisfactory completion of all academic and skill requirements, and when all financial obligations to school have been met, the school will award a certificate of completion for the YogaFit for Healthcare Program to the student. The school agrees to provide occupational training in accordance with the International Association of Yoga Therapy. All of the YogaFit Healthcare Yoga Therapy curriculum and standards are set forth by the IAYT.

Tuition (prices below reflect regular pricing as opposed to early bird or late registrations):

Course	Cost	#	Total
Application/ Mentor Fee (non-refundable)	\$300	1	\$300
1 Day Training	\$359	2	\$718

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2 Day Training	\$480	21	\$10,080
3 Day Training (Practicum)	\$715	2	\$1430
4 Day Training	\$875	4	\$3500
5 Day Residential Intensive	\$1050	3	\$3150
Practicum Mentoring Fee (due when practicum begins)	\$600	1	\$600
Total***			\$19,778

*YogaFit does not have a pay in full option, training and intensives are paid for as they are taken.

***The cost above does not include the cost of travel, meals, accommodations, or the cost of required and/or recommended books and materials for the courses and intensives. These costs are the full responsibility of the student.

Below is an estimation of these additional costs (please note that travel costs will vary depending on which courses the student attends and how often the student chooses to travel); For a detailed list of required books and supplies please see the website.

Estimated travel costs: Hotel range: \$109-149 per night; Flights: \$200-800 per training if the student must travel; meals: \$60 per day (Note: when attending a conference; Saturday lunch is provided by YogaFit and included in the fees).

Approximate books and supplies cost: required books: \$600-\$700 depending on the format purchased.

Supplies: \$70-\$100 depending on the source of purchase.

Training Registration/Refund Policies

- I. Students canceling with 14-day notice or more prior to the start date of the course are entitled to a refund forfeiting a \$100 cancellation fee. (NO EXCEPTIONS)
- II. Students canceling with less than 14 days' notice are NOT entitled to a refund. The options are to transfer at the time of cancellation or receive a credit on file to apply toward any future teacher training less the \$50 transferring fee. (In a "case of emergency" exceptions can be made).
- III. At any time of transferring over to another course, a \$50 fee is incurred.
- IV. Students not attending training and failing to contact YogaFit in advance (i.e., "no shows") will forfeit all registration fees and no refund/ credit will be issued.
- V. All refunds and/ or credits will be issued by check in US Dollars only. Refunds/ credits will be issued within 14-21 business days of the request.
- VI. Balance dues must be paid in full 2 weeks prior to the date of the training
- VII. Full attendance is required to receive course credit
- VIII. A minimum number of registrations must be made in order for the training/ event to take place. 12 registrants are preferred but may vary.

Intensive/Retreat Registration and Refund Policies

- Included in each registration fee is a non-refundable, non-transferable deposit. (depending on the total cost of intensive or retreat)
- Balance dues must be paid in full one month prior to the date of the intensive or retreat
- Students canceling 14 days' notice, or more are entitled to a refund or paid registration fees, less the non-refundable, non-transferable deposit
- Students canceling with 14 days' notice or more, but wishing to transfer to a different training, customers will forfeit a \$100 transfer fee and the remaining balance can be applied to any future training.
- Students canceling less than 14 days' notice are NOT entitled to a refund and forfeit the deposit. The remaining balance is kept on file as a credit to be applied to a future training
- Full attendance is required to receive course credit
- A minimum number of registrations must be made in order for the event to take place. 12 registrants are preferred, but this may vary.

For additional information or further questions, please contact us:

Toll Free: 1-888-786-3111

7:00 am-4:00 pm PST Monday- Friday



Leave of Absence Policy

Due to medical disability, family or personal emergency, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition. Students must inform the program director and their mentor of their request for a leave of absence in writing and send it to therapy@yogafit.com. They must return in time to stay under the maximum allowable time of seven years to complete the program. If the leave of absence is longer than 1 year, the program directors reserve the right to request additional assignments or courses be taken to make sure the student is complying with any updated program materials.

Expectations, Competencies and Assessments:

All of the homework and independent study assignments have been mindfully created to allow the student to delve deeper into the subject matter as well as to meet the competencies. Some assessments will be based upon complete or incomplete, as in journal submissions and observational write-ups. Case studies and other presentations will be assessed on the clarity of presentation, integration of information from the training as well as additional resources, as required. These types of assessments will be also based on “excellent”, “satisfactory”, or “needs work”. Any student who receives a mark of “needs work” will be informed immediately and guidance will be offered to develop the appropriate skills.

As a Yoga Therapy School, we expect 100% compliance with all homework assignments by the designated due date. If a student is having trouble meeting homework deadlines, it is a requisite upon the student to inform the appropriate faculty. Failure to maintain an appropriate number of practicum hours or to maintain homework deadlines will seriously compromise the ability to complete and receive a certificate of completion for course and graduation from the complete program.

Progress/ Disciplinary/Dismissal Policy

Students must maintain a completion status assessed through attendance, class participation, completion of homework assignments, ability to lead classes they are assigned to teach, and completion of other assignments.

Students falling short of meeting criteria will be asked to have a consultation session with their mentor and program director for the purpose of clarifying expectations. Students can request to meet with the Program Director for progress reports at any time during the program.

Students are expected to follow the student code of conduct as is outlined in the YogaFit Healthcare Student Handbook. In addition to these policies, yoga therapy students must comply with all Yoga therapy education program requirements and procedures. In order to maintain a professional atmosphere for learning the following procedures have been developed for disciplinary action and grievances.

Student Conduct Code Policies

YogaFit has standards of behavior that apply to all students associated with the training sessions. These standards are set forth as policies in this Student Conduct Code. The Code is a system established to ensure a fair process to people who believe that the behavior standards have been violated, as well as to



students that have allegedly violated the Code. These established standards, which are upheld through a disciplinary process, support YogaFit's mission. The purpose of this Code is to maintain a safe, healthy, and educational community for all students, guests, clients and faculty. Expression, civility, and freedom of speech are especially important values within an academic community. YogaFit strives to maintain an environment in which its students, faculty, clients and guests feel challenged and supported. As a diverse population, we must be able to live, work and learn in a climate of tolerance, civility and respect for the rights, property and sensibilities of others.

All YogaFit Students are expected to adhere to the policies regarding student behavior as outlined.

Abusive Behavior:

There will be zero tolerance for physical abuse, verbal abuse, threats, intimidation, coercion, defamation, the use of fighting words (words likely to provoke an immediate violent reaction), harassment and/or other conduct which threatens or endangers the health, well-being, or safety of any person(s).

Academic Integrity:

YogaFit is a community of scholars and learners that emphasizes the mutual responsibility of all members to seek knowledge honestly and in good faith. Students are responsible for doing their own work, and academic dishonesty of any kind will be subject to sanctions up to and including expulsion from the program.

Attendance:

Students are expected to attend and maintain presence and active participation throughout each training and intensive. Students are expected to be on time including returning from breaks on time. If the training or intensive is online the student is expected to stay on camera with some breaks considered and granted by request for health matters. Cell phones and internet (with exception for research at appropriate times), use is prohibited while classes are in session. Cell phones are expected to be silenced or placed on do not disturb while classes are in session.

Confidentiality:

Students are expected to respect the privacy and confidentiality of peers and faculty in attendance and not share beyond the cohort anything discussed in the trainings, small groups, sangha or intensives. Students are expected to abide by HIPAA and protect client confidentiality in sessions with clients and in discussion and sharing of client information with mentor, and the cohort. Client privacy coding practices as stated in Healthcare 3 and Intensive 1 manuals are expected to be followed.

Discrimination:

Students will create an environment free of any conduct that subjects an individual to disparate treatment on the basis of race, color, religion, ancestry, national origin, gender identity, gender expression, pregnancy, marital status, sexual orientation, age, disability, veteran status, or any other classification protected by law. This may include but is not limited to using slurs, symbols, or postings; circulating



demeaning jokes or caricatures; defacing, removing or destroying property or posted materials; or distributing hate literature.

Dishonesty:

Students are prohibited from misrepresenting or obscuring the truth, including but not limited to:

- a. Providing knowingly false information or identification, whether written or oral, to any YogaFit teacher, mentor or fellow student.
- b. Forgery, alteration, or misuse of any YogaFit documents.
- c. Participating in behavior that could be considered fraud, including receiving or attempting to receive payment, services, or credit under false pretenses.

Endangerment:

Conducting oneself in a manner that, intentionally or accidentally, endangers, or threatens to endanger, the health or safety of other students, teachers or visitors within the YogaFit community or at YogaFit related events is prohibited.

Illegal Substances:

Illegal substances of any kind are prohibited during YogaFit Training sessions.

Retaliation:

Taking adverse action or treatment against anyone for reporting, supporting, or assisting in the reporting and/or adjudication of any of the behaviors prohibited in the Code of Conduct, or against anyone perceived to be involved in any of these actions. This includes, but may not be limited to, attempts or threats of retaliation, violation of a No Contact Order, harassment, or efforts to impede an investigation. Retaliation is a violation of policy whether or not the underlying complaint of a Code violation is proven.

Theft:

Attempted or actual removal of personal or YogaFit property from the owner's possession or premises without prior permission is prohibited.

Violence:

The following behaviors are prohibited:

- a. Any act of violence or threat of violence.
- b. All physical abuse, including physical assault and/or battery as well as any domestic violence, hate crimes, and/or child, elder, or animal abuse.
- c. Any act of violent destruction of property.

Weapons, Explosives, and Hazardous Materials:



Possession of weapons during YogaFit sessions or during YogaFit-sponsored events is prohibited. The following are prohibited:

- a. Any type of firearm, BB pellet gun, paint gun, realistic facsimile of a weapon or any counterfeit item, stun gun, and/or Taser-type weapon.
- b. Ammunition, including rounds, casings, shells, clips, magazines, and paint pellets and cartridges.
- c. Switchblades and any blade over 3 inches that is not designed and used for food preparation or eating.
- d. Bows and arrows.
- e. Martial arts weapons.
- f. Brass knuckles.
- g. Slingshots and water balloon launchers.
- h. Explosive devices, all fireworks and sparklers (including safe and sane fireworks).
- i. Dangerous chemicals or other hazardous materials.

Reasons for Disciplinary Action: (not all inclusive)

- | | |
|---------------------------|---|
| • Insubordination | • Sexual Harassment |
| • Unprofessional Behavior | • Falsifying Hours |
| • Breach of Duty | • Academic Dishonesty |
| • Unexcused Absences | • Substance / Alcohol Abuse |
| • Chronic Tardiness | • Conduct unbecoming of a yoga teacher as outlined in the Yoga Code of Ethics |
| • Dress Code Violations | • Other actions as determined by the Yoga Fit Staff/ Faculty |
| • Theft / Vandalism | |

In the event that a student fails to comply with the standards set forth in this student handbook as a result of behavior in the clinical or academic settings, disciplinary action will be taken. Students will receive the charges in writing prior to meeting with the program director and have an opportunity to respond to those charges. The yoga therapy student may appeal (in writing) the decision of the program director.

Any student may be dismissed for excessive absences, tardiness, incompleteness of homework/independent study assignments, and violations of rules and regulations of the school as set forth in the school policies and expectation. The Program Director, after consultation with the student's mentor and the student will make the final decision. All meetings reflecting a student's participation in the program will be documented and will include the decisions and/or conditions of continued registration in the program.

Student Grievance Procedure

Student complaints should be first brought to their mentor and addressed as a verbal discussion. If both the student and faculty member feel the complaint needs to be pursued further, it will be brought to the



attention of the Program Director by the representing mentor and discussed among faculty until the issue is resolved. The discussion outcome will be documented in the student's folder and signed by the Program Director, mentor and student.

If the student's grievance involves their mentor, the complaint can be brought to the Director, where it will be discussed, and resolution sought. If the student's grievance is with the Director (who may be acting as a mentor to the students at the time), the student may bring the complaint to any of the other YogaFit for Healthcare Program faculty with whom the student feels comfortable discussing the matter.



Code of Ethics

As a community (students, faculty, mentors and administrators), YogaFit Healthcare adheres to the following Code of Ethics. We expect all those who participate and study and teach in the field of yoga therapy through our school to follow these as well.

YogaFit Healthcare offers a friendly, non-dogmatic environment where teachers aspire to facilitate each student's quest for personal health and spiritual well-being. As a faculty member, administrator, mentor, or student representing YogaFit Healthcare, I commit to the following Code of Ethics:

- I agree to hold myself as a steward of safe and sacred space by maintaining clear personal and professional boundaries.
- I will uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- I will acknowledge my limitations of skill and maintain my scope of practice, referring students to seek alternative instruction, advice, treatment and direction as necessary.
- I will create and maintain a safe, clean and comfortable environment for the practice of yoga.
- I will encourage diversity actively by respecting all students regardless of age, physical limitation, race, creed, gender, ethnicity, religion, affiliation, occupations or sexual orientation.
- I will be continually aware of my position of power and influence on my students. I will not seek to fulfill my needs at the expense of my students. This includes asking for money beyond natural fees, sexual or emotional security.
- I will respect the rights, dignity, and privacy of all students.
- I will avoid words and actions that constitute sexual harassment.
- I will adhere to the traditional yoga principles written in the Yamas and Niyamas.
- I will follow local government and national laws that pertain to my yoga teaching and business.
- As a yoga teacher, my purpose is to educate, empower and encourage: to draw out of a students what they already know and offer an opportunity for inner exploration. I will avoid any activity or influence which may conflict.
- As a Yoga Teacher, I desire to live within the integrity of the Yogic tradition according to the precepts of Pantanjali's Yoga Sutra, and the guidelines of the yamas and niyamas.

We expect all those who participate, teach, and study in the field of yoga therapy through our school to follow the code of conduct as well:

Student, faculty, mentor and administration Code of Conduct

Students, faculty, mentors and administration are required to follow all school rules and procedures and follow the student code of conduct. Students, faculty, mentors and administration will be expected to behave in a professional manner at all times. Standards of conduct policies include, but are not limited to:

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- No sexual harassment of any type or form will be allowed or tolerated.
- No substance use or abuse during school hours will be accepted.
- No smoking allowed on school events.
- No breach of confidentiality will be tolerated.

Professional appearance and personal hygiene will be maintained at high standards. Failure to comply with the standards of conduct will be handled by the director. Failure to comply will lead to the following ramifications: conduct warning or dismissal.

Ethics Complaint Form

Name	Email
Street Address	City
State/Zip	Phone number
Date of complaint	Location of complaint

Details of complaint:

Witness(es):

Signature:

Date:





Discrimination Complaint Form

Name	Email
Street Address	City
State/Zip	Phone number
Date of complaint	Location of complaint

Type of alleged discrimination (check all that apply):

- | | | |
|--|---|---|
| <input type="checkbox"/> Age | <input type="checkbox"/> Sexual harassment | <input type="checkbox"/> Race |
| <input type="checkbox"/> Color | <input type="checkbox"/> Citizenship status | <input type="checkbox"/> Sex (to include pregnancy) |
| <input type="checkbox"/> Gender | <input type="checkbox"/> Disability | <input type="checkbox"/> Sexual orientation |
| <input type="checkbox"/> Marital Status | <input type="checkbox"/> Genetic information | <input type="checkbox"/> Veteran/Military Status |
| <input type="checkbox"/> Political affiliation | <input type="checkbox"/> National Origin/Ancestry | |
| <input type="checkbox"/> Religion | | |

Details of complaint:

Witness(es):

Requested action to be taken:

Signature:

Date:



YogaFit for Healthcare Members of Administration

NAME	POSITION
Beth Shaw	Founder
Michele Sabattini	Managing Business Partner; Strategy, Finance, Human Resources
Kim Gray, C-IAYT	Managing Business Partner; Business Development. IT, Marketing
Sandi Call, C-IAYT, ERYT-500	Training Manager
Kristy Manuel, MS, C-IAYT, E-RYT 500	Therapy School Director
Felicia Tomasko, C-IAYT, R.N., ERYT-500	Therapy Program Director
Shaye Molendyke, C-IAYT	Director Warriors & Warrior Kids Programs; Education Manager
Heather Robles	Customer Service Manager, USA
Andrew Dickerson	Customer Service Canada; Hosting Manager

Beth Shaw, Founder

As the founder of YogaFit®, Inc. a Yoga Mind Body School celebrating 26 years of delivering quality education worldwide. Beth is recognized as one of the leading experts in the fields of “mind body fitness”, health and nutrition.

Author of four best-selling books, Beth also hosts the popular Make America Healthy Podcast/ Radio show on Voice America.

Beth is working on her fifth book with Dr Barry Sears, (the ZONE)

As a C 200 Mentor, member of EO, Teacher @ WPO and graduate of the Goldman Sachs 10K Small Business Program, Beth speaks frequently at corporations on Mindfulness in the workplace, health, fitness and the business of spirituality. Her workshop on Run Your Body Like a Business has won several awards. Beth is the founder of the Non-Profit, The Center for Conscious Healing and the Creator of Mind -Body – Leadership Coaching. Beth is currently involved in revolutionizing the Japanese Health Care system by bringing YogaFit teachings and technology to hospitals and wellness hotels in collaboration with Harvard Business School Partners

A life-long student of fitness, psychology, philosophy, spirituality and health, Beth is committed to helping people find their own perfect health, physically and mentally. Beth is Harvard Business School Alumni, and a recognized anger management specialist. An EYRT, she has spent time in India and Asia studying yoga



and holds numerous certificates in fitness, Ayurveda and energy disciplines, as well as a bachelor's degree in business administration and nutrition.

Beth is an avid animal rights advocate, with success in spay/ neuter, abolition of puppy stores in LA and passionate supporter of animal rescue/ adoption.

Michele Sabattini

Managing Business Partner

Michele Sabattini has been a business professional for over 35 years in operations, finance, and human resources with various fortune 100 companies. Managing Business Partner with YogaFit. My motto is love, live, laugh with dignity and respect.

Kimberly

Gray

C-IAYT, ERYT-500, YACEP

Managing

Business

Partner

Yoga Master Trainer

Certified Yoga Therapist, IAYT

ACE-Certified Personal Trainer

Kim is a certified yoga therapist through the International Association of Yoga Therapists. She owns and operates Energy Yoga & Fitness, Est 2003, a small studio in Highland, IL where she offers group yoga classes, personal training, and private yoga therapy sessions to enhance wellness and establish balance in her clients. Her background and experience in personal training and traditional yoga allows her to design safe and effective yoga programming for all levels of clients.

Exercise in general, and yoga, became a large part of Kim's self-care following a painful back injury in 1998. The success she experienced prompted her to want to share the gift of healing with others, and her journey as a fitness professional began, first as a group fitness instructor and ACE personal trainer. She took her first yoga teacher training in 2006, seeking the yin to her yang fitness career. Registered with Yoga Alliance since 2009, she has completed more than 1,000 hours of yoga teacher training with a variety of teachers in various styles.

Kim has worked with clients presenting a variety of issues, including Parkinson's; MS; cancer; diabetes; obesity; COPD, asthma, and other pulmonary issues; congenital heart failure; ADD/ADHD; anxiety; depression; sexual trauma; PTSD; back pain, frozen shoulder, and other pain-related complaints.

In addition to her work as a yoga therapist, yoga teacher, and personal trainer with group and private clients, Kim is also a Senior Master Trainer for YogaFit Worldwide and leads yoga teacher trainings in the US and abroad. Additionally, she conducts corporate wellness seminars for local businesses, teaches karma yoga at a local church and community food pantry, and speaks to civic groups about the many benefits of a yoga practice.

Kim holds a bachelor's degree in business administration from Webster University and an American Council on Exercise Personal Trainer Certification.

Yoga Therapy Student Handbook



Sandi Call, C-IAYT, E-RYT 500, YACEP

Training Manager

Sandi has been teaching fitness for 34 years and has taught Yoga for 21 years to many varieties of students in studios and fitness centers. Sandi was grandfathered into the IAYT Therapist program last year. She teaches Anatomy for YogaFit in many cities and has expertise in working with individuals in an office that offers yoga therapy, cranial sacral therapy, massage therapy and traditional physical therapy.

In addition, she worked with individual clients at a now closed office called "Enter Zen Here, and Sego Lily Day Spa in the Yoga Dept. Sandi currently serves as the Trainer/Trainings manager for YogaFit Worldwide. This position covers many areas, such as approval of training assignments and materials procurement. Sandi has successfully mentored many of the instructors in teaching Anatomy to students from all walks of life that come to our school, which is a precursor to our Therapy program. She is ACE certified as a Group Fitness instructor and owns a Corporate Wellness company called "Functional Fitness," providing wellness programs to companies that are taking care of their employees. In addition, she holds a degree in Secondary Education, along with a certificate in Ergonomics that was attained while employed by Chevron Corp in their Medical Fitness program.

KRISTY

MANUEL,

MS

C-IAYT, ERYT-500, YACEP, C-EP

Yogafit	Healthcare	Yoga	Therapy	Program	School	Director
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Yogafit Senior Master Trainer

Certified Yoga Therapist, IAYT

ACSM Certified Exercise Physiologist

ACE-Certified Personal Trainer

Brain Longevity Specialist, ARPF

PWR!Moves Certified Instructor

Kristy, a certified yoga therapist through the International Association of Yoga Therapists, is based in Southern Orange County California and teaches both group yoga classes and Individual therapeutically oriented yoga sessions guiding people toward balance both on and off the mat. Her background and experience in both exercise science and traditional yoga enables her to design safe and effective yoga programming for all levels of clients. Kristy, a 30+ year veteran of the fitness industry in many roles including yoga therapist, yoga instructor, master trainer, presenter, retreat facilitator, club management, and personal trainer. She found her passion in yoga over 20 years ago after taking her first YogaFit Vinyasa class. She completed her 500-hour Yoga Alliance RYT in 2007 and continued her studies in yoga and yoga therapy with a variety of teachers in the USA and India. Kristy is co-director of the YogaFit Healthcare program and a Senior Master Trainer for YogaFit international. Kristy leads Yoga teacher trainings and workshops worldwide and has developed several of YogaFit's therapeutically oriented courses including Yoga for Cancer Care, Subtle Body Anatomy, Healing Emotional and Physical Trauma and Restore Balance: Training the Parasympathetic Nervous System, Yoga Therapy for Chronic Pain, Expanding Consciousness, Yoga Nidra, Therapeutic Applications of Yoga Nidra, Yoga Therapy Lab and Sound and Mantra Yoga Therapy. Kristy holds a master's degree in health & fitness management from the University of Oregon, is



a Certified Exercise Physiologist by the American College of Sports Medicine and holds an American Council on Exercise Personal Trainer Certification. She works with special populations including providing yoga programming for Parkinson's patients and is a certified brain longevity specialist through the Alzheimer's Research and Prevention Foundation.

Kristy discovered the mindful aspect of yoga brought her more into balance physically, mentally & spiritually. Kristy is passionate about sharing yoga with as many people as possible and whether it is a powerful flow class or gentle therapeutic restorative class, one will find options making it accessible and safe for anybody!

Felicia Marie Tomasko, RN
C-IAYT, E-RYT-500 YACEP provider
YogaFit Healthcare Yoga Therapy Program Director

Felicia Tomasko began her practice of yoga and meditation while in high school in the '80s. She then fell in love with the teachings of Ayurveda while in college at the University of Colorado—Boulder, where she earned a degree in environmental biology and anthropology. She completed her first yoga teacher training while in college in Structural Yoga Therapy, with Shar Lee, a close student of Mukunda Stiles. Ayurveda and Yoga Therapy were early influences as she continued her studies at the Rocky Mountain Institute of Yoga and Ayurveda with teachers including Patricia Hansen, Gary Kraftsow, Jnani Chapman, Sarasvati Buhrman, Amadea Morningstar, Shar Lee, Mukunda Stiles, Nischala Joy Devi, Hansa Knox, and others.

Felicia earned certifications in the Practice and Teaching of Yoga, Yoga Therapy and Ayurveda, Pancha Karma Therapist, Ayurvedic Doula, and more. She continued her studies with past National Ayurvedic Medical Association President Alakananda Ma at Alandi Ayurvedic Gurukula where she studied Ayurveda, led study groups, saw clients for Yoga Therapy and Ayurveda, helped run the clinic, and served as an apprentice. She earned further certifications in Ayurveda at the Alandi Gurukula. Felicia earned her 500 + hour teacher training at Prana Yoga Mandala through Hansa Knox.

After moving to California in 2001, Felicia completed a nursing degree at Santa Barbara City College and currently maintains an active RN license in California (#717006). She served three terms on the board of directors of the National Ayurvedic Medical Association, the California Association of Ayurvedic Medicine (including as past President) and representing Yoga Therapy and Ayurveda for ACCAHC. Felicia has presented at several NAMA Conferences and was the opening night speaker at the Symposium for Yoga Therapy and Research in 2015. She was a CIC co-chair in 2018 and a SYTAR session co-presenter in 2023. Felicia is one of the founding members of the team at LA YOGA Magazine where she is the current Editor-in-Chief. She teaches on the faculty at Loyola Marymount University's Yoga Therapy RX program where she is also a program coordinator and one of the practicum co-facilitators.



In addition, teaches actively in a number of yoga studios and training programs. For more than ten years, she created video classes and audio meditations on yogaglo.com (Now glo.com).

Through YogaFit, as co-director of the therapy program she has helped to develop content and taught a variety of trainings in the advanced Yoga Teacher Training and Therapy programs including Ayurveda, Pranayama, Biomedical Topics in Yoga Therapy, and more. She helps lead the Integrative Intensives for the YogaFit Yoga Therapy program and serves as a mentor for practicum students.

Felicia has maintained an active private practice in Yoga Therapy and Ayurveda for more than 25 years. She brings a deep understanding of Eastern philosophy and modern Western biomedical approaches to health and wellness to her work. In addition to her private practice, she has worked in several inpatient and outpatient drug and alcohol recovery settings utilizing Yoga Therapy techniques for people in recovery. Felicia has worked the past three years as a member of an integrated medical team at an inpatient residential treatment program working with adolescents and young adults at Paradigm Treatment Center in Malibu, California. She utilizes this experience in her work teaching and mentoring yoga therapists.

She has customized programs for prenatal and postpartum women, as well as people addressing complex trauma, mental health and wellness, recovery from surgery, cancer care, and end of life passages. In all aspects of her work, she seeks to empower people with more kindness, humor, and understanding of the complexities of our interconnected mind, body, heart, and spirit. Felicia went through cancer treatment in 2019. At this time, she drew on the practices of Yoga Therapy, meditation and Ayurveda in her treatment. She brings lessons from her personal experience to her work and teaching. She has trained a therapy dog who travels with her and works with her in a variety of settings.

YogaFit for Healthcare Additional Faculty Members and Mentors

Shaye Molendyke, Lt Col USAF, MA, C-IAYT, ERYT-500, YACEP

Director YogaFit Warriors Program

Director YogaFit for Warrior Kids

Lieutenant Colonel Shaye Molendyke, a 26 year Air Force veteran, is the Creator and Director of: Yogafit for Warriors, Yogafit for Warriors Kids, Intergenerational and Collective Trauma (ADP Course), Dream Yoga, and Somatosensory Yoga (ADP Course). These trauma-informed yoga programs are designed to help and empower anyone struggling with PTSD or with unresolved physical and emotional trauma to include yoga teachers, mental health workers, educators, veterans, their families, first responders and those who help and love them. Shaye is also a yoga therapist with a C-IAYT recognized by the International Association of Yoga Therapists (IAYT) and specializes in working with groups and individuals to help process unresolved traumas to include long-held childhood traumas. She earned her Master's in Counseling from the University of Maryland in 2003 while she was in the military and spent a year working



directly with veterans returning from the Iraq war on the in-patient psychiatric ward at Landstuhl base Germany. In 2012, she combined her military and counseling experience with her love of yoga into the programs she is in charge of today. Shaye remains committed and passionate about bridging the related fields of somatic based psychotherapies and trauma-informed yoga. She is a Master trainer for Yogafit and has led hundreds of workshops in both 200 RYT and 300 RYT programming as well as helping to develop new and creative content. Shaye has been teaching yoga since 2003 and practicing since 1998 with more than 5,000 teaching hours. Recently, Shaye discovered the power of therapeutic narrative and loves to combine stories with the latest discoveries in quantum physics, neuroscience and epigenetics to empower yoga teachers to better articulate how yoga works to ease suffering and to bring more people to the banquet table of healing that yoga practices offer.

HEIDI

DIX,

MEd

ERYT-500, YACEP

Yoga

Therapist

Yoga Master Trainer

Licensed Athletic Trainer

ACE-Group Exercise Instructor

Heidi holds a Bachelor's degree in Exercise Science and Sport Medicine, and continued her education to obtain a Master's in Education, all from the University of Wisconsin- Eau Claire. After spending several years as a collegiate educator and sports medicine specialist/ licensed athletic trainer, she found a love for teaching and helping others to maximize their potential through mind- body wellness.

As Heidi's journey has unfolded, she obtained and holds credentials as a Registered Yoga Teacher (ERYT500) & HeartMath® Coach, a Senior Master Trainer for YogaFit® Training Systems Worldwide, a Licensed Athletic Trainer and ACE Group Exercise Instructor.

She is a long time standing member of the International Association of Yoga Therapy, Yoga Alliance, National Athletic Training Association, Wisconsin Athletic Training Association and American Council of Exercise.

Heidi found her passion and love for yoga and meditation over 25 years ago due to chronic neck and back pain from a sports injury. Because of her personal yoga transformation and continual passion for exercise science, sports medicine and education, she completed her 500 hour teacher training program through YogaFit Training Systems and continued her studies on yoga therapy, with a variety of teachers.

As a veteran in the industry, Heidi now specializes in yoga therapy and mindfulness based interventions. She uses scientifically supported practices as a tool for teaching and to create a holistic healing environment to help individuals facing health challenges at any level. Her work is to create a positive healing environment for those seeking to change attitudes and actions that inhibit that natural healing process, and begin to cultivate attitudes and actions that support healing. Heidi facilitates private and small group-based yoga therapy sessions, meditation and yoga therapy workshops, along with resilience and mindfulness coaching. She's had the opportunity to share her practice with a number of individuals, organizations, schools, and companies.

Since 2010, Heidi has also been a Senior Master Trainer for YogaFit Teacher Training Systems Worldwide. She has also helped with program curriculum, design and development.



Dr. Traci M. Smith, DPT, MSPT, MAEd, C-IAYT, E-RYT 500, MTC, YACEP

Physical Therapist

Therapeutic Pain Specialist

Lifestyle Medicine Coach

Certified Yoga Therapist, IAYT

Certified Manual Therapist, EIM

YogaFit Master Trainer

Functional Dry Needling Practitioner, EIM

ACE- Certified Group Exercise Instructor

Traci, a certified yoga therapist through the International Association of Yoga Therapists, is based in the Greater Birmingham area in Alabama. Traci is an outpatient physical therapist specializing in treatment of patients with chronic musculoskeletal pain as well as individuals with orthopedic and neurologic disorders. Traci routinely employs yogic principles, techniques, poses, and movement patterns within her practice, on land and in the aquatic setting. She teaches group yoga classes and serves as a personal and small group trainer of yoga, functional movement, and contemporary Pilates utilizing Pilates reformer, Pilates chair, Pilates Tower, Core Suspend/TRX, and Pilates small apparatus. In addition to her work in the clinic and fitness setting, she performs contract yoga therapy, specializing in rehabilitative and performance enhancement methodologies.

Traci's interest in yoga began as a physical therapy student at the University of Alabama at Birmingham. Recognizing the value of multi-planar movement afforded a yoga participant in a class setting, she embarked on further study of the discipline. She studied under teachers in the Birmingham area and through coursework offered by AAAI/ISMA. Eventually this study led her to more coursework through YogaFit. Traci continues to work with YogaFit as a Master Trainer and student. Traci is an Experienced Registered Yoga Teacher through Yoga Alliance and offers yoga coursework as a Yoga Alliance Certified Education Provider. Her specialties include Anatomy and Alignment, Yoga for Healthcare, Yoga for Back Health, Yoga for Chronic Pain, as well as foundational yoga education in alignment, yoga philosophy, and teaching methodology in the group and individual training setting.

Traci holds a clinical doctoral degree in Physical Therapy and is a graduate of Purdue University's Therapeutic Pain Specialist program and Lifestyle Medicine Program. She has also earned a Master of Arts in Education with an Exercise Physiology Specialization from the University of Alabama at Birmingham. She is a certified manual therapist and functional dry needling practitioner through Evidence in Motion. She is certified through the American Council on Exercise as a group fitness instructor and has continued to develop her teaching and therapeutic skills through a variety of coursework from YogaFit, Balanced Body, Kinetacore, Functional Movement Systems, Evidence in Motion, the American College of Lifestyle Medicine, and Functional Movement Techniques. Her love of quality movement training and wellness embodies her teaching and therapeutic intervention delivery as a physical and yoga therapist.

Jill Belongia,



C-IAYT, ERYT 500

Yoga Master Trainer

ACE- Certified Group Exercise Instructor

Jill, a certified yoga therapist through the International Association of Yoga Therapists, is based in Russellville, Arkansas and teaches both group yoga classes and individual therapeutically-oriented yoga sessions guiding people toward balance both on and off the mat. Her background and experience in group fitness and yoga enables her to design safe and effective yoga programming for all levels of clients. Jill is a 15-year veteran of the fitness industry in many roles, including yoga therapist, yoga teacher, master trainer, yoga instructor, presenter, retreat facilitator, and group fitness instructor. She found her passion in yoga 12 years ago after taking her first YogaFit Vinyasa class. She completed her 200-hour Yoga Alliance RYT in 2006, earned her E-RYT 200 in 2008, and continues her studies in yoga and yoga therapy. Jill is opening her own yoga therapy studio in Russellville, AR in January 2019, and is a Senior Master Trainer for YogaFit international. Jill leads yoga teacher trainings and workshops throughout the country and has developed YogaFit's Mommy and Baby teacher training course. Jill holds a Bachelor's Degree in Music Education from the University of Central Florida, and is a Certified Group Fitness Instructor through American Council on Exercise.

Jill has a passion for sharing the joy of movement with clients of all ages, from infants to her oldest client at 80 years of age. She will work to find the right options for each individual to create a safe, fun, mindful experience for all!

Skila Ramirez, C-IAYT, ERYT-500, NASM-OPT Personal Trainer, AFAA & ACE Group Fitness Instructor

Skila is a certified yoga therapist recognized by the International Association of Yoga Therapists. She is based in the Dallas-Ft.Worth Metroplex. She teaches weekly yoga classes in addition to therapy based yoga classes with individuals, couples and small groups. In addition to her studies as a yoga therapist and yoga teacher, her studies of group fitness and personal training enable her to reach diverse populations by meeting their special needs. Skila has been in the fitness and wellness industry since 2005. In that time, she's had the opportunity to actively participate in this industry with small studios and larger chains as a group fitness manager, personal training department manager, operating procedures developer and advisor, yoga teacher, yoga therapist, special activities coordinator, special populations fitness coordinator, and lead yoga therapist for the top trauma and counseling clinic in North Texas (Hopemead, voted best clinic 2017 and 2018). Her passion for teaching wellness began in 1994. Having experienced healing through self-care and self-education, she was inspired to share this knowledge with others. She began her yoga journey and formal education in 2002 with a gentle Hatha instructor. Skila's studies evolved over the years to include various modalities of healing including a variety of styles of yoga, pilates, water aerobics, injury prevention, rehabilitation, and the mental and emotional components that can affect our sense of well-being. Her education is well rounded thanks to the variety of world renowned yoga therapists and teachers she's studied with over the years. She's also been able to learn on the job while coordinating treatment plans with nurses, oncologists, and clinic directors at cancer centers,



hospitals and clinics through the years. Currently, she is the lead yoga therapist at Hopemead Trauma & Counseling Clinic in Flowermound, Texas, working with clients to manage both emotional and psychosomatic symptoms. Skila works with YogaFit Training Systems Worldwide as an International Senior Trainer leading trainings as part of their 200hr, 500hr, and trauma based education programs. She's worked as an active contributor to the content in YogaFit's curriculum, and leads trainings in their program including Yoga for Cancer Care, Subtle Body Anatomy, Healing Emotional and Physical Trauma, Yoga Therapy for Chronic Pain, Expanding Consciousness, Yoga Nidra, and Restorative Yoga.

Skila lives in Plano, Texas, and is the owner of Sankalpa Wellness, a holistic lifestyle company. Her diverse education and passion for helping others led her to create a company where you can find services and products to promote a healthy lifestyle in one place. She believes that the key to successfully introducing yoga and holistic care concepts revolves around staying relative to our clients. It is imperative that we get to know our clients, so that we can meet them where they are today, and meet their needs through education and self-empowerment.

Kelly Gardner, M.Ed, LPC MHSP, C-IAYT, CDWF, ERYT-500, YACEP

Licensed Professional Counselor, Mental Health Service Provider

Yoga Senior Master Trainer

Certified Yoga Therapist, IAYT

Certified Daring Way Facilitator

Certified Ayurvedic Yoga Specialist

Certified Yoga Health Coach

ACE-Certified Personal Trainer

Kelly, a Licensed Professional Counselor and Certified Yoga Therapist through the International Association of Yoga Therapists, lives in Memphis, TN and provides private yoga therapy for adult women for processing and overcoming trauma. Kelly has been using yoga as a therapeutic intervention in clinical settings since 2007 at many different levels of care and has seen a vast improvement in the effectiveness of traditional talk therapy when the body component is included. Upon entering her graduate program in Community Counseling and feeling a difference in her own mental health with the addition of yoga, Kelly determined that bringing yoga into clinical settings was what she planned to work toward. Her experience in the mental health profession as well as her work as a fitness professional enables Kelly to address balance issues in her clients on all levels. Kelly completed her 500-hour Yoga Alliance RYT in 2014 and continued her studies in yoga therapy with trauma sensitive yoga certifications to complement her clinical experience. Kelly is a Senior Master Trainer for YogaFit Worldwide and leads yoga teacher training and workshops nationally and internationally to address yoga therapy and using yoga as a clinical intervention. Kelly developed YogaFit's therapeutically oriented courses Positive Psychology and Recovery Coaching Essentials and leads trauma-sensitive yoga with the ability to provide examples of using yoga in clinical settings at a variety of levels of care. Kelly holds a Master's Degree in Education focusing on Community Counseling and a Bachelor of Science degree in Sport and Exercise Psychology. She is a Certified Daring Way Facilitator and integrates the work and research of Dr. Brené Brown on shame and vulnerability into

Yoga Therapy Student Handbook



individual and group sessions weekly. She also holds Ayurvedic Certifications through the Himalayan Institute and Yoga Healer as well as a Personal Trainer Certification through American Council on Exercise. Through her own therapeutic experience with yoga, Kelly pursued her passion of bringing people more peace and balance in their minds, bodies, and lives through a combination of mental health therapy, yoga therapy, and Ayurveda. Her goal is to guide people on the path of becoming happier and healthier in their own unique way.

Cathy

C-IAYT,

Yoga Master Trainer

Certified Yoga Therapist, IAYT

Certified Ayurvedic Consultant

ACE-Certified Personal Trainer

ERYT-500,

Holdsworth

YACEP

Cathy is a certified yoga therapist (C-IAYT) through the International Association of Yoga Therapists and is based in Vancouver, WA where she owns her own studio. She teaches both group yoga classes and Individual therapeutically-oriented private one-on-one yoga sessions guiding people toward balance both on and off the mat. Cathy teaches yoga and Pilates at a local community college, as well as teaches yoga nidra and gentle classes at a local studio. She offers therapeutically based yoga and Ayurvedic workshops at local studios. Her background and experience in the mental health field (working as a counselor aid in an addiction facility) as well as her focused yoga trainings on trauma have equipped her to work with military vets and others working through trauma. She is a Senior Master Trainer for Yogafit International and leads teacher trainings across the US. She completed her 500-hour Yoga Alliance (ERYT 500) in 2013 and is also a Yoga Alliance Continuing Education Provider (YACEP). She finished her 300 hour Ayurvedic Consultant Certification in 2016 and enjoys bringing the gifts of Ayurveda into her one-on-one therapy sessions. Cathy's experience and training have enabled her to design safe and effective yoga programming for clients of all levels and with many different needs. Cathy also holds an American Council on Exercise Personal Trainer Certification (CPT) and has trained in both mat and reformer Pilates through Pacific NW Stott Pilates as well as completed her master reiki training and Essential oil training. Cathy discovered that the mindful aspect of yoga not only helped her physically feel better, but also helped her mentally and spiritually. Cathy is passionate about sharing yoga with as many people as possible and feels that it is truly a gift to be able to share this amazing practice as well as to continue to learn more about it every day!

KRISTIN

C-IAYT,

Yoga Senior Master Trainer

Ayurvedic Lifestyle Consultant

ACE-Certified Group Fitness Instructor and Personal Trainer

ERYT-500,

MABRY

YACEP



Kristin lives in Juneau, Alaska, where she owns and operates Mountainside Wellness, a yoga and fitness studio. She teaches group yoga and fitness classes in the studio and offers individual and small group yoga therapy sessions and personal fitness assessments and private training. Kristin is a certified yoga therapist through the International Association of Yoga Therapists (C-IAYT), an Experienced Registered Yoga Teacher through Yoga Alliance at the 500 hour level (ERYT-500), a Yoga Alliance Continuing Education Provider (YACEP), an Ayurvedic Lifestyle Consultant (through the Vedic Institute), and an American Council on Exercise (ACE) certified Group Fitness Instructor and Personal Trainer.

During her life-long love of movement, music, and promoting health and wellness, Kristin has had opportunities to connect with clients on many levels, including yoga therapist, yoga instructor, yoga and yoga therapy master trainer, yoga and fitness presenter, retreat facilitator, studio owner and manager, group fitness instructor, and personal trainer. She started teaching group fitness classes in 2000, and quickly discovered the balance that her yoga practice brought to body, mind, and spirit. She pursued her yoga instructor education that same year and started teaching yoga classes in 2001. She completed her RYT 500 Yoga Alliance program in 2009 after studying with several teachers and styles in the USA and in India. She decided to expand her portfolio in order to bring more tools and healing opportunities to her studio, and so began her yoga therapy education and practice, and was certified as a yoga therapist through IAYT in 2016.

In addition to her studio, Kristin is a Senior Master Trainer for YogaFit international where she leads yoga teacher training programs and intensives/retreats in the USA and in other countries. Kristin was a contributing author to several YogaFit teacher training manuals and developed the Chakra training and training manual.

Kristin enjoys offering clients an individualized experience that draws heavily on yoga philosophy, ayurveda, sound, and mantra. She loves to combine her experience as a musician with her expertise in yoga and yoga therapy to provide healing opportunities to her clients in private sessions as well as small groups, and educational opportunities to future yogic healers.

LAMOR SILAS

C-IAYT, RYT-500, ERYT-200 and YACEP
Yoga Master Trainer
Certified Yoga Therapist, IAYT
ACE-Certified Personal Trainer
iRest Yoga Nidra Level 1 Teacher in Training

LaMor, a certified yoga therapist through the International Association of Yoga Therapists, is based in West Central Florida and teaches both group yoga classes and individual and small group therapeutically-oriented yoga sessions guiding people toward balance both on and off the mat. LaMor's background and experience in both exercise science (as a personal trainer) and traditional yoga (as a yoga teacher, yoga teacher trainer and yoga therapist) enables her to design safe and effective yoga programming for all levels of clients.



LaMor completed her 200-hr and then 500-hr Yoga Alliance RYT in 2009 and 2017 respectively with YogaFit Trainings, International as well as many hours as part of YogaFit's 900-hr Healthcare program. She then continued her studies in yoga, meditation, and yoga therapy with a variety of teachers in the USA and India completing curriculum with the Integrative Restoration Institute for iRest Yoga Nidra, the Yoga Awareness of Cancer training through Duke University's Center for Integrative Health, Measured Yoga Therapy education and Yoga Sutra education through the Life in Yoga Institute, a Yoga Immersion program in Rishikesh India, and further studies in self-awareness and meditation through the Tat Tvam Asi organization in Chennai, India. Through YogaFit, LaMor has also completed a comprehensive 120-hr Warrior/Trauma Sensitive Yoga certificate and a 100-hr Ayurveda Lifestyle Coaching certificate. LaMor is a Senior Master Trainer for YogaFit Trainings, International based in Nevada, USA and has led yoga teacher trainings in the USA and Canada as well as having contributed to the development of two training manuals on "Yoga Nidra" and "Yoga for Cancer Care". LaMor received certification as a CIAYT through the International Association of Yoga Therapists in 2017.

In addition to yoga education, LaMor holds an American Council on Exercise Personal Trainer Certification, Livestrong at the Y Coaching certification, various Silver Sneakers certifications specializing in yoga, strength training, and cardio endurance for the 50+ age group and holds ASHI Basic First Aid, CPR/AED 02 licenses.

LaMor has been a practicing Yoga Therapist since 2011 with more than 575 hours of experience serving both individuals and small groups of people using a variety of yoga therapy tools such as asana, pranayama, meditation, sound therapy, mantra/mudra, Ayurveda, as well as personal training modalities as required to help individuals regain strength and endurance. LaMor uses individual intake forms/assessments and ongoing periodic re-assessments to deliver protocols for various conditions including chronic pain, Parkinson's, stroke, cancer (through surgery/treatment and post recovery), MS, dementia, fibromyalgia, musculoskeletal conditions, PTSD, anxiety, and rehabilitation for shoulder, hip, knees and back. This yoga therapy experience plus over 1,000 hours of working with people in yoga, meditation, wellness, exercise and personal training over the last 11 years has given me a rich bank of tools and awareness as to the healing power of the body, mind, and spirit.

Dr Brandi Bernard DPT C-IAYT

C-IAYT,

ERYT-500,

YACEP

Yoga Master Trainer

Certified Yoga Therapist, IAYT

ACE-Certified Personal Trainer

Brandi Bernard has over 20 years of experience as a Physical Therapist (PT) has incorporated yoga therapy techniques for a number of years. She attended Grand Valley State University in Michigan where she completed her undergraduate Degree in Health Sciences with an emphasis in Exercise Science. As a member of both the Cross Country and Track & Field teams she had an extra year of eligibility and decided



to pursue her Master's Degree in Physical Therapy at the same school. Continuing her education, she earned her Doctorate of Physical Therapy from A.T. Still University in Arizona.

To further her studies, she obtained her Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. She has been trained in Trigger Point Dry Needling and finds much success in adding this tool to her therapeutic tool box. She has incorporated Yoga Therapy in the PT clinics she has worked in and in 2017 she was recognized by the International Association of Yoga Therapists as a Yoga Therapist (C-IAYT).

Dr. Bernard is a licensed Physical Therapist in both Michigan and Arizona. She practices Physical Therapy and Yoga Therapy in Outpatient Orthopaedic and Occupational Medicine clinics, as well as private clients outside of the clinical setting. As part of her pedagogy she teaches for a YogaFit in the 200, 500 and Yoga Therapy programs and lectures internationally in Australia, Canada and Taiwan. She also teaches group and individual Yoga classes and is an active participant of the Phoenix Yoga Therapy group working with PTs, Occupational Therapists and Speech and Language Therapists melding Western medicine and Eastern practices into the rehabilitation of patients to improve the quality of life of the people she interacts with.

JENN TARRANT

C-IAYT, ERYT-500, YACEP

YogaFit Senior Master Trainer

Certified Yoga Therapist, IAYT

ACE-Certified Group Fitness Instructor

Yoga Alliance Continuing Education Provider

Jenn, a Certified Yoga Therapist through the International Association of Yoga Therapists, is based in Phoenix, AZ and teaches group yoga classes, local and virtual yoga workshops and courses, as well as individual yoga sessions that are therapy-oriented helping people find inner tranquility and outer balance. Her dedication to on-going education and thousands of hours working with groups and individuals enables her to design classes, workshops, and private sessions that are safe and effective for clients with a wide-array of experiences and concerns. Jenn has been committed to facilitating personal growth for over two decades in a variety of roles including yoga therapist, yoga teacher/therapist master trainer, yoga instructor, presenter, and retreat presenter. She found her passion in yoga over 10 years ago while taking her first yoga class as a complement to her marathon training schedule. She immediately added yoga practices to her cross-training and soon realized how truly therapeutic yoga can be for mind and body. Jenn completed her 200-hour Yoga Alliance RYT in 2007 and her 500-hour Yoga Alliance RYT in 2014 and continues to study yoga and yoga therapy with a wide variety of teachers. Jenn has well over 5000 hours teaching experience in both Yoga Teacher and Yoga Therapist roles. Jenn is a Senior Master Trainer for YogaFit Training Systems Worldwide where she leads Yoga Teacher Trainings and workshops including Healing Emotional and Physical Trauma, Warriors (addresses PTSD), and Addiction and Recovery. Jenn holds a Bachelors Degree in Education, and holds a Group Fitness Certification with the American Council on Exercise.

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Jenn first enjoyed the benefits of the mind-body-spirit connection through yoga as she trained for marathons and quickly realized how the practices truly changed her life. As a result, she is passionate about sharing this mind-body-spirit connection with as many people as possible through yoga and yoga therapy that is honoring to the body and beneficial to mind and spirit as well!

Jeanne Kolker, MA, LPC, C-IAYT, RYT-500
Insight Counseling & Wellness, LLC

Jeanne is a licensed professional counselor and certified yoga therapist practicing at her outpatient mental health clinic in Madison, Wisconsin. Jeanne works with adults, teens and children with a variety of challenges at the clinic she founded in 2014 with an emphasis on holistic treatment. She works from a strengths-based approach, utilizing therapeutic modalities including yoga, mindfulness and Brainspotting. Jeanne has been teaching yoga since 2007 and moved into the therapeutic realm after receiving her master's degree in mental health counseling in 2013. She has been a master trainer for YogaFit since 2014, specializing in yoga for mental health and trauma recovery. She leads therapeutic classes at her mental health clinic, in addition to providing one-on-one yoga therapy to clients across the lifespan with challenges such as anxiety, depression, and post-traumatic stress disorder.

Jeanne received her 500-hour registered yoga teacher designation through her studies with YogaFit, and continues to pursue education in body-centered modalities like Brainspotting and Trauma-Releasing Exercises (TRE).

Jeanne is a sensitive guide who offers insights and provides support while utilizing body-centered approaches. She helps her clients stay securely grounded in a safe, nurturing environment. She learned through her own healing journey to trust in the wisdom of the body, and she is passionate about sharing the body's innate capability to heal with all who seek her guidance.

Leslie Harrington, CHC, C-IAYT, ERYT-500, YACEP

Author of Unplugging Your Mind: Guided Meditation to Relax, Rest and Restore
Yoga Master Trainer
ACE-Certified Personal Trainer

Leslie, a certified yoga therapist through the International Association of Yoga Therapists, is based in Phoenix, Arizona and teaches both group yoga classes and Individual therapeutically-oriented yoga sessions guiding people toward wholeness. Running her own private wellness company, she offers yoga therapy to her clients, utilizing both the Koshas model and the Biological / Psychological / Social / Spiritual model. Her background and experience in both exercise science and traditional yoga enables her to design safe and effective yoga programming for all levels of clients. Leslie, a 16-year veteran of the fitness industry in many roles including yoga therapist, yoga teacher/therapist master trainer, yoga instructor, presenter, program facilitator, corporate health coach and fitness consultant, and private personal trainer. She found her passion in yoga over 25 years ago after taking her first yoga class. She completed her 500-hour Yoga Alliance RYT in 2013 and her Ayurvedic lifestyle coaching certificate in 2015. Leslie is a

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Senior Master Trainer for YogaFit international. Leslie leads yoga teacher trainings and workshops in the USA, Canada, Bali, Fiji and Peru. Leslie holds a Bachelor's Degree in Human Communication from Arizona State University, is a Certified Holistic Nutrition Health Coach from the Institute of Integrative Nutrition, is a Certified Amen Clinic Brain Health Professional from Amen University and holds an American Council on Exercise Personal Trainer Certification. She is also a published author with her book on guided meditation, a technique she has been using since she learned in a leadership class at the age of 12. The book includes scripts for yoga teachers and mindfulness facilitators along with including audio downloads for the end user. Her book has been sold worldwide and is available on Amazon besides at her many trainings and lectures.

Leslie discovered that yoga brought more than just a physical benefit and loves the life changing aspects of all the limbs. Leslie is passionate about sharing all aspects of the yoga practice from the asana to the philosophy to the Ayurvedic practices that are the instruction book to a harmonious life.

Donna Mosca, C-IAYT, ERYT, YACEP

Director, Peace Tree Yoga

Practicing for more than 20 years and teaching for more than ten years, Donna Mosca's professional training consists of a 500 hour, Yoga Alliance, Registered Yoga Teacher Certification (500RYT). She is also a C-IAYT through the International Association of Yoga Therapists. Her Yoga Therapy training has included work in trauma sensitive yoga for addressing PTSD and other forms of complex trauma. Donna has completed certifications in iRest and has trained in MBSR and Adaptive Yoga with Matthew Sanford. She is currently a Senior Master Trainer for YogaFit. Donna is an Adjunct Faculty Yoga Educator at Carthage College. And she is the Owner and Director of Peace Tree Yoga in Burlington, Wisconsin. For the past eight years, she has maintained an active private practice in Yoga Therapy, completing assessments and working with individuals for the express purpose of Yoga for supporting healing on all levels.

At Peace Tree Yoga, she spearheads a comprehensive offering of daily yoga classes, as well as workshops, special events, and annual retreats that promote a healthy lifestyle and personal growth for individuals, private, and corporate clients. Focusing on the need to nourish the individual while creating a place for everyone, Donna teaches welcoming, playful, rejuvenating classes that offer opportunities for building strength, connection to self, promoting balance, and inducing physical and mental relaxation. Empowering participants to move towards wholeness through mindful effort and surrender is a key component of her classes. Donna believes that becoming your own best friend, cultivating a joyful spirit, and discovering vibrant health through flowing movement and breath can guide all to a healthier way of experiencing life.

Mary Elko Erteschik, C-IAYT, ERYT500, YACEP, ACE

Certified Yoga Therapist

Certified Group Fitness Instructor

YogaFit Senior Master Trainer

Yoga Therapy Student Handbook



Mary Elko Erteschik is a Certified Yoga Therapist (C-IAYT 900-hour), Trauma-informed E-RYT-500, Continuing Education Provider (YACEP), and Group Fitness Instructor (ACE). Mary blends these modalities in curating an individual plan to help you apply a yogic approach to healthy living. She has been teaching yoga and providing yoga therapy in private and group settings since 1999.

Mary is a 25-year veteran of the fitness industry as a manager, fitness program designer, lecturer, presenter, and studio owner. She is a military spouse who has seen first-hand the effects of trauma in all who serve, the military as well as first responders, and provides trauma-informed yoga and yoga therapy to these populations. Mary's passions is working with our senior population – active older adults and those with special conditions such as Parkinson's, dementia, as well as many of the effects of aging formatting sessions to help her students to have a full, functional life! She is also in her fifth years as Adjunct Faculty at Prince Georges Community College in Bowie, Maryland as well as teaching yoga classes and workshops around the greater Annapolis area. In addition to her client work and group teaching, Mary is a Senior Master Trainer with YogaFit Worldwide® Teacher Training School (including 200-hour, 300-hour, and Trauma Sensitive Yoga programs) and serves as mentor and faculty member of the YogaFit Healthcare Yoga Therapy Program. Within this school, she authored one training manual specific to working with older adults and chair-based mindful movement.

Mary's areas of specialization include:

Yoga and Yoga Therapy:

- Styles: Vinyasa, Ashtanga, Viniyoga, Restorative, Gentle, Strength/Power, Prenatal/Postpartum, Chair (seniors, corporate/desk setting), Trauma-informed
- Conditions: PTSD/Traumatic Brain Injury, Nervous System Disorders including MS, Addiction & Recovery Anxiety and Depression, Childhood Trauma (in-utero, pre-verbal)

Meditation:

- Guided Meditation and Guided Imagery for relaxation
- Yoga Nidra for wellness and self-awareness

Personal Training and Fitness:

- Personal Training for Women
- Personal Training and Strength Training for Active Older Adults
- Functional Fitness for Daily Living
- Functional Fitness After Injury and Illness Recovery

In her spare time – Mary can get lost in a book for endless hours, travel and nurture her growing menagerie of kitties!

CHRISTA

C-IAYT,

Yoga Master Trainer

E-RYT

200,

RYT-500,

NORGREN

YACEP



Certified Personal Trainer, Group Fitness Instructor and Yoga Instructor, Canadian Federation and Education Services

Level 1, Athletes Performance (EXOS) and Functional Movement Screening Certified

Christa Funk resides in beautiful British Columbia in Western Canada. She is a Certified Yoga Therapist with the International Association of Yoga Therapists (C-IAYT), a Yoga Alliance E-RYT 500 and Continuing Education Provider. She has been a YogaFit Senior Master Trainer since 2012 and co-wrote two YogaFit training programs; “Yogafit for Athletes” and “YogaFit Injury Prevention and Recovery”, that have been a part of the YogaFit curriculum since 2016. She holds additional certifications in Functional Movement Screening, athletic performance (EXOS) and Trauma-informed practices. She has embarked on the journey of Biofield Tuning and Sound Healing and aims to complete her certification in the next year.

Christa teaches an array of different yoga classes including: Power, Hatha, Gentle Hatha, Hot, Hot Hatha, Restorative, Yin and Meditation. She has written Yoga Therapy protocols for Resiliency & Trauma Recovery, Spinal Cord Injury (general and specific to bladder infections) and for those who experience seizures. In addition to general audience classes, she works with individuals and groups developing therapeutic yoga protocol for various health conditions such as; anxiety, depression, nervous system disorders, chronic pain, chronic stress, epilepsy/seizures and more.

Christa enjoyed her travels to India in late 2016, where she took part in a twelve day retreat to experience New Delhi, Agra and then Rishakesh situated at the foot of the Himalayas. She was blessed with the accompaniment of her daughter (16 at the time) where they were immersed in the culture and ancient yoga traditions. She enjoys the integration of yoga traditions and tools into every class and encourages people to have fun and practice safely for the best benefit and healing where applicable.

In addition, Christa has an interest in fitness and is a Personal Trainer, group fitness instructor teaching RIDE, Athletic high intensity training and more in her community.

Catina Topash, MA

C-IAYT, ERYT-500, YACEP

YogaFit Senior Master Trainer

Certified Yoga Therapist, IAYT

ACE-Certified Group Fitness Instructor

Yoga Alliance Continuing Education Provider

Owner Breathe Yoga Therapy and Retreat Center



Catina Topash is based in Fayette, MO and teaches both individual yoga sessions with a therapeutic focus, small group sessions for specialized groups and general yoga sessions. She runs her own private studio, provides yoga to individuals in assisted living and in a hospital setting and coordinates and designs programming in a corporate setting. Along with her extensive yoga training and certification, she also holds multiple trainings in Pilates, Reiki, group fitness, aqua, cycling, etc. As a 25-year veteran to the fitness industry, Catina has had roles to include Master Yoga trainer, personal yoga coach, Class instructor, Retreat coordinator, Conference presenter, Corporate and Hospital Health and Wellness presenter, club yoga director, coordinator and trainer, fitness club group fitness coordinator, and personal trainer. She currently creates yoga private coaching and group training protocol and programming for other yoga instructors at a local studio. As a current Master Trainer for YogaFit as well as former Master Trainer for KettleWorX, Catina has traveled the country presenting teacher training for thousands of aspiring instructors. Catina recently presented at SYTAR. Catina has written 4 trainings for YogaFit including Therapeutic Applications of Sound & Mantra, Biofield Tuning, Stand Up Paddleboard Yoga, and YogaBarre.

Catina has always had a love for facilitating health and wellness for all people but grew to love the therapeutic yoga style of coaching when she utilized individual yoga sessions with her father in law who had Parkinson's and her mother who had cancer. Catina also discovered the benefits of yoga therapy during her own journey of eliminating asthma, diabetes and pre and postnatal recovery from 2 very challenging pregnancies. Catina feels as though she is the most balanced physically, emotionally and spiritually and it is through the gift of yoga that she wants to give that to others. It is through the connections she makes with clients that she is able to make life-changing experiences for them as well as find growth in herself. Catina lives each day with gratitude, in such a way that brings santosha to her life and those she is blessed to guide.

Tracy Glennon

E-RYT 500, YACEP

Yoga Therapist

Yoga Senior Master Trainer

canfitpro Fitness Specialist

Tracy has been in the wellness/fitness industry for over 25 years. She has served on the board of directors for the Ontario Fitness Council and was a founding Fitness Instructor and Personal Trainer ProTrainer for Canadian Fitness Professionals. She acted in a senior leadership role as a Senior Divisional Manager and Director of Operations for 20+ years with GoodLife Fitness overseeing the operations of fitness/hot yoga nationwide. She was co-manager of the Rama Lotus Yoga Studio, running 70+ yoga classes per week and 3 studios dedicated to Kundalini, Hot and Ashtanga lineages. She has been an international fitness presenter sharing her experience at IDEA and Canfitpro conferences for many years and in private studios in Canada, the United States, St. Lucia, Grenada, Italy and Australia. She has over 8,000 hours teaching yoga teachers in teacher trainings and private workshops

Over the past number of years Tracy has focused more on trauma informed yoga working with clients after motor vehicle accidents as both a yoga therapist and as a rehabilitation specialist. She specializes in

traumatic brain injuries, addiction & recovery, Parkinsons, PTSD and GAD, OCD and bringing balance back to the nervous system. Tracy enjoys working with a team of professionals in a clinical and community environment to provide well-rounded client care and one-on-one in Ottawa, Ontario.

She provides in-person and on-line meditation classes for corporate businesses and specialty workshops on mindfulness, team-building and decreasing stress in the workplace

Tracy is a former long-distance triathlete and cyclist and has spent many years as the yoga teacher for professional soccer and football teams focused on injury prevention and recovery. She leads weekly athlete focused yoga strength and yin classes designed for athletes specifically. Tracy also continues to teach group yoga classes in a studio environment and virtually, and enjoys being a student herself participating in classes and workshops wherever she travels.

YogaFit Medical Advisory Board

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Burg

Dr. Daniel Bressler

Dr. Daniel Bressler is a Harvard-trained Board-Certified Internal Medicine Specialist who has been practicing medicine in San Diego for 27 years. His private practice blends mainstream medicine with nutritional, alternative and complementary approaches. He teaches residents and medical students, lectures locally and nationally, and is an Associate Clinical Professor at UC San Diego School of Medicine. He is a practitioner of Yoga and an enthusiastic advocate of its broad therapeutic effects on body, mind and spirit.



Lone Thanning, M.D., F.C.A.P., FACFE, DABFM

Dr. Thanning is a Board Certified Anatomic and Forensic Pathologist. In 2003, she was appointed Chief Medical Examiner of the Rockland County Office of the Chief Medical Examiner. She is a Life Fellow and Board Member of The American College of Forensic Examiners and a Life Fellow of the International Society of Police Surgeons. She is also a Fellow of The College of American Pathologists, a Diplomate of The American Board of Forensic Examiners (FACFE), and a Diplomate of the American Board of Forensic Medicine (DABFM). Dr. Thanning was appointed and served as the Director of The Forensic Examination Program during the year 2000, was Head of the Faculty; and Associate Professor at Touro College, School of Health Sciences. She had recently lectured in the Touro College Jacob D. Fuchsberg School of Law. From 1997-1999, Dr. Thanning has also headed and served as Chairperson and Chair Emeritus of The Advisory Board for Professional Standards; The American Board of Forensic Medicine.



With a background in Internal Medicine from her native country, Denmark, as well as from Sweden, Dr. Thanning has lectured and published both Nationally and Internationally. She received additional postgraduate education in Anatomic Pathology from The State University of New York at Stony Brook and as Fellow, Assistant and Deputy Medical Examiner, Nassau and Onondaga Counties, New York. She held a Government Appointment, appointed by the Health Commissioner, in Syracuse, New York, 1994; where she was in charge of the daily operation of the Medical Examiner Office.

A private Practitioner and Litigation Consultant in Forensic Pathology since 1988, Dr. Thanning is the Director and Founder of Forensic Medical Consulting of N.Y. She has been a New York State resident since 1983. Her medico-legal consulting activities span across the United States as well as abroad.

Dr. Thanning is a renowned expert witness in the New York Metropolitan area, where she is a preferred witness for a number of New York City and State Agencies.

Dr. Lorene Hiris

Lorene Hiris teaches courses in managerial finance, investments, and international financial markets. She teaches both on campus and at the corporate headquarters of university affiliated MBA programs. She is a recipient of the Newton Award for Teaching Excellence, the highest award LIU bestows for teaching. She has also served as Chair of the Department of Finance. Professor Hiris is regularly invited to offer seminars at the Vienna University of Business and Economics on business cycles and international finance. Her research affiliation as Senior Research Scholar is with the Economic Cycle Research Institute (ECRI) where she has often contributed to their publications, U.S. Cyclical Outlook and International Cyclical Outlook. Her articles have been published in the International Journal of Forecasting, International Review of Financial Analysis, and in Research Strategies and as book chapters and conference proceedings. She has co-authored papers analyzing how ethics-related issues are addressed in CEO letters to shareholders. Dr. Hiris is the author of Above the Board: How Ethical CEOs



Create Honest Corporations, co-authored with Patrizia Porrini and Gina Poncini. Her areas of specialty include Business Cycles, Leading Indicators, International Financial Markets, and business; ethics.

Heidi Dix, C-IAYT, ERYT500

Heidi has been involved in the health and wellness industry for over 15 years and is a certified yoga therapist (C-IAYT) and on the faculty for YogaFit Healthcare Yoga Therapy program. She has her BA in Kinesiology and Sports Medicine and master's in education from the University of Wisconsin Eau Claire. As a Licensed Athletic Trainer, Heidi has served as a clinical athletic trainer at various hospitals and colleges. While working as an athletic trainer in the collegiate setting- she also was a lecturer for Biomechanics, Kinesiology, Prevention and Care of Athletic Injuries, First Aid/ CPR and Bio-Medical Aspects of Athletic Training. From 2007-2013 Heidi served as an Outreach Wellness/ therapeutic yoga specialist at a medical hospital in Wisconsin Rapids. She is also a group exercise instructor with the American Council on Exercise and maintains her E-RTY500 with Yoga Alliance. Yoga has provided Heidi with a sense of peace and balance to her own life, and given her the opportunity to share yoga with others so that they too can experience personal transformation. She firmly believes that whether you are an elite athlete, senior or child - yoga empowers all people in all walks of life to optimize their own health and well-being.



Henry Petersen

Henry Petersen is an Associate Professor at Marshall Goldsmith School of Management, Alliant International University where he researches, teaches and consults in the areas of strategic management and sustainable development. His expertise stems from his scholastic record as well as having experience as a business owner/operator and consultant. His recent publication with H. Vredenburg in the Journal Corporate Governance, won the '2010 Highly Commended Award' from the Emerald Literati Network. Dr. Petersen has a Ph.D. in Strategy, and Sustainable Development, a Master of Science in Energy and Environmental Management and a Bachelor of Science in Cellular, Molecular, and Microbial Biology (CMMBI) and Zoology.



Eric Durak

Eric Durak is the President of Medical Health and Fitness in Santa Barbara, California. He is one of the nation's leading clinical Exercise Physiologists and Health Educators - logging thousands of hours in health and fitness training, body work, and rehabilitation. Eric has 25 years of educational instruction at the college level, and over 150 national /international conference presentations. Eric has served as a consultant to many top CEU agencies in the health and fitness profession. He is also the Director of the Cancer Wellness and Exercise Medicine CEU programs. Eric is the author of 24 books relating to health care, fitness and wellness. He has published scientific articles in medical journals such as - Diabetes Care,

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The International Journal of Sports Medicine, Journal of the American College of Obstetrics and Gynecology, and the Journal of Perinatology.

Joan VanderSchaaf, Ed.D., LMHC, NCC, E-RYT

Joan is a Licensed Mental Health Counselor who maintains her psychotherapy private practice and yoga studio in the Orlando area. Joan works with individuals, couples and groups, specializing in chronic mental illness, mood/adjustment disorders, career counseling, and life coaching. Joan received her RYT at the 200-hour level through Yogafit and continues to teach yoga primarily as a therapeutic modality. Joan received her Doctorate in Counselor Education and Supervision and her Dissertation/research focus was: Integrating Yoga and Psychotherapy. As a Certified Myers-Briggs practitioner, Joan integrates personality-type theory in counseling, training workshops and group work, education, and clinical supervision.



Pam Colby, BSc (FSc), RD, CDE

Pam trained at McGill University and the Royal Victoria Hospital in Montreal. As a Registered Dietitian, Pam has worked for the London hospitals for over 35 years. Positions included Practice Leader and Research Dietitian in Endocrinology, Cardiology and Surgery. Seconded to the Department of Medicine for a decade, Pam was the Coordinator of the land-mark NIH funded trial in type 1 diabetes, the Diabetes Control and Complications Trial (DCCT). Pam has been a Certified Diabetes Educator for over 20 years, working closely with clients, specializing in working with diabetic athletes. Pam was also the volunteer Nutritional Consultant to ONERUN ultra distance runner, Theresa Carriere.



As Research Dietitian Educator at Brescia University College she is a lecturer on the topic of diabetes and Research Dietitian Educator of PREPARE, a clinical trial in prediabetes. Having recently retired from the Diabetes Education Centre of SJHC she has rejoined the diabetes research world, now coordinating a trail of a new ultra-rapid insulin in type 1 diabetes.

An avid cyclist and past rower, a coxswain and an official Judge with Rowing Canada, Pam has always been an active person. When rowing left her with a back injury, Pam discovered the healing benefits of yoga! Frequent attendance at classes led to her becoming a certified fitness instructor and yoga teacher. Inspired by Beth's Shaw's Yoga Fit approach, she is now YogaFit 200 and RYT registered. Currently teaching YogaFit, YogaFit Sweat and BodyFlow at GoodLife Fitness Clubs, Pam is still on the YogaFit path.

Dale Burg

Dale Burg is a writer and ghostwriter, editor, and instructor of writing and editing at the university level. She has written or co-written 25 books, including two New York Times best-sellers, 7 long-running bylined columns for national magazines, and hundreds of magazine and newspaper articles. She has been

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published by major houses including William Morrow, Simon & Schuster, St. Martin's, Random House, and John Wiley. Her work includes prescriptive non-fiction, autobiographical memoirs, essays, advertorials, advice columns, annual reports, television commentary, sitcom scripts and movie screenplays. Dale's collaborators have included the founder of the Geek Squad (for a humorous book on computer repair), and she has written with and for restaurateur B. Smith, businessman Harvey Mackey, and fitness expert Denise Austin, among others. She worked with a wealth management expert (on what the Library Journal called one of 2010's best financial books, and the founders of a woman's investment club (for a book that made the New York Times Business Best Seller List). She specializes in making complex ideas clear, getting the writer's voice, and adding humor. She developed and ran a workshop for television writers at Columbia Pictures Industries, taught a course in how to get published at the New School, co-taught a course on writing sitcoms at NYU with one of the original writers of Saturday Night Live, and for six semesters taught editing and feature writing at Montclair State University. Dale is a graduate of Brown University and has a master's degree from Cornell.

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