

# Yoga Cikitsa:

## Therapeutic Application of Yoga Certification

People come to yoga for many different reasons. Sometimes people attend yoga classes to assist with general physical health, others benefit from the relaxation it offers. Yoga tools are experiential and practical. They can be used by anyone. They allow a person to explore the fullness of life physically, emotionally, mentally and Spiritually. Yoga tools help us transform events and the interpretations of our life into experiences that assist us in attaining insight, growth and wisdom.

Therefore, in one way, all yoga is therapeutic. So what makes yoga, yoga therapy?

The World Health organization defines good health as being a “state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” Yoga is an ancient science, with multiple tools and techniques to support the wellbeing of any individual. They include asana, pranayama, mudra, mantra, drsti, meditation, swara, ritual, yantra, jyotisha and more. The sister sciences of yoga add to our comprehension of life. Ayurveda has assessment tools for wellbeing, lifestyle tools, cooking, cleansing practices and more, to assist us. Sanskrit introduces us to the vibration of our body and the earth. Jyotisha, the Vedic science of astrology, offers insights as we explore our journey. When we combine the sciences, we have a powerful approach to support a person’s health and wellbeing – in all aspects as defined by the World Health Organization.

In all diseases a Yogic patient should carefully take treatment according to the methods prescribed by the science of ancient Indian medicine (ayurveda) and also avail of Yogic treatment.

Hatha Yoga Pradipika 5.22



Classically, yoga was an individualized personal discipline developed to enhance personal growth. It was taught one on one. In the United States, group classes and generic teaching are the predominant methods of yoga lessons. In a unique way, Yoga Cikitsa is a return to our roots. Yoga Cikitsa offers more than guidance in a group class with an asana focus or using yoga personally as a tool for self-discovery. Yoga Cikitsa is when a yoga practitioner facilitates the process with a person in a consciously chosen, guided application of yoga techniques to facilitate them living their life fully physically, mentally, emotionally, in society and Spiritually.

The Yoga Cikitsa process includes an assessment, an agreed upon goal and the movement towards the goal becomes the guide for the choice of yoga techniques. Tools are integrated into a practice facilitating the body, mind and Spirit to unfold homeostatically. Through the facilitated learning of self-awareness, the client gains tools for self-maintenance and growth.

The Yoga Cikitsa training is designed to prepare students, through a deep experience and understanding of yoga, to apply yoga tools in specific situations with the goal of assisting practitioners to bring harmony to their body and mind and to the maturing of their Spiritual journey. The goal of PranaYoga and Ayurveda Mandala is to have a program designed to be realistic for the yoga community, integrating the depth of the yoga tradition and at the same time, credible to the general population, medical, insurance and related health professional communities.

The total Certification program is 1200 hours. The Program is taught in four semesters, each 300 hours. Semesters must be taken in sequential order as they build upon the information in the previous semester.

### Mentored Component

Personal experience and the practice of yoga tools are the foundation of understanding the techniques offered to clients. Transferring of the experienced tools in a clinical setting with a mentor is the best way to learn the application of the tools. Each semester has a strong component of assigned individualized practices with related journaling to assist your experience of the yoga tools.

There is a component of clinical work. Each semester builds the mentored one-on-one component, starting with self-observation, to working with fellow students and finally, practicing in a clinical situation. Students will be encouraged to grow a Yoga Cikitsa practice during/after the second semester focusing on the musculoskeletal issues. Students will be supported to mature their practice and client base. This component acknowledges the reality that issues brought into a private session are intertwined and complex. Teachers will be available to mentor students throughout the program and class presentations will allow group examination of cases.

### **Semester One: Foundations of Yoga Cikitsa: Yoga and Anatomy Basics**

The first semester sets the foundation for the whole program with a review of yoga tools, Samkhya and Yoga philosophy, yoga anatomy, Ayurveda philosophy and anatomy and the western musculoskeletal anatomy and foundations of western anatomy. Students will begin practice adaptations for structural yoga cikitsa and tools for assessment and case taking are introduced.

### **Semester Two: Foundations of Yoga Cikitsa: The Classical Texts**

The classical texts set the groundwork to understand yoga as a therapeutic tool, by a review of basic Raja Yoga, Hatha Yoga and Vedic texts to understand the power of the tools of yoga. Included is an exploration of yoga psychology through an in depth study of the Yoga Sutras. Students will expand their tools for structural yoga cikitsa and begin to apply the knowledge in a practicum sessions. Client and clinical skills will be experienced and discussed.

The semester has a secondary component of integrating medical understanding into the program. Students will explore the interface with psychologists and medical doctors. You will learn the psychological concepts of transference, ethics and establishing healthy boundaries in a therapeutic client relationship. Basic understanding of medical charts, pharmacology and medical research will be taught. Students will learn laws governing medical information. You will work to understand the scope of the practice of yoga cikitsa and the foundations of establishing a network of providers.

### **Semester Three: Yoga Tools and Cikitsa Application**



The depth of yoga tools must be experienced before they can be understood and assigned as therapeutic tools. The semester will focus on understanding and experiencing yoga tools. There will be integration of anatomy from the western, yoga and ayurvedic perspective when applicable. The application of the tools will be processed and discussed as personal experiences and case studies are reviewed. Students will be mentored individually as you present cases and begin your practice in a clinical setting.

The last part of the semester will focus on the application of yoga tools specific to the stages of life and gender specific considerations. Yoga adapted tools will be taught in relation to practices for seniors, children, and the male and female anatomy.

### **Semester Four: Anatomy, Physiology, Pathology and the Application of Yoga Tools**

All the program pieces are synthesized in the final semester. These classes will lead students through the basic systems of the body: cardiovascular, respiratory, nervous, lymphatic, digestive, etc. This semester includes studies of anatomy, pathology of disease, an ayurveda perspective and yoga tools to facilitate equilibrium for the body, mind and Spirit. Students will choose an area of interest, research the topic, possibly take a special training, explore cases specific to the topic and do a final presentation.

## **Practicalities**

### **Prerequisites**

There will be an entrance examination. Registrants must have a 500 RYT or equivalent and be teaching for three years. Past educational history and yoga background may be considered in accepting any student. Students must have a personal yoga practice. You must be actively teaching during the program.

### **Attendance**

Students are required to attend 95% of the program. You must make up missed classes by demonstrating an understanding of the material covered in the class. If a special session is needed due to absence or other reasons, there will be a tutoring fee.

## When

The Yoga Cikitsa program is taught in four semesters. The format of the presentation will vary. You may transfer between the two following presentations during a semester break.

- a) There will be a four-year program with scheduled meetings one weekend per month and once per week format.
- b) A semester “day format” will be five hours of classes, taught during a four-day week. The program schedule for the day format will parallel the tradition school calendar with the four semesters taught over two years.

## Cost of the Program

Students will register by semester. Semesters must be taken in order. If you leave the program for a time period, a reapplication fee is applied. Registration costs are:

First Semester Tuition	\$ <u>3,600.00</u>
Application fee	\$ <u>250.00</u>
Textbooks - per attached list - approximate cost <i>Prices subject to change – when opportunity for choice, the highest price is used in determining costs for the program.</i>	\$ <u>425.00</u>
Cost of Program - First Semester with deposit	\$ <u>4275.00</u>

Second Semester Tuition	\$ <u>3,600.00</u>
Reapplication fee <i>only applicable if you are restarting \$150.00</i>	\$ <u>0.00</u>
Textbooks - per attached list - approximate cost <i>Prices subject to change – when opportunity for choice, the highest price is used in determining costs for the program. Price does not include texts from previous semester. The cost is for the additional books.</i>	\$ <u>275.00</u>
Cost of Program - Second Semester	\$ <u>3875.00</u>

Third Semester Tuition	\$ <u>3,600.00</u>
Reapplication fee <i>only applicable if you are restarting \$150.00</i>	\$ <u>0.00</u>
Textbooks - per attached list - approximate cost <i>Prices subject to change – when opportunity for choice, the highest price is used in determining costs for the program. Price does not include texts from previous semester. The cost is for the additional books.</i>	\$ <u>190.00</u>
Cost of Program - Third Semester	\$ <u>3790.00</u>

Fourth Semester Tuition	\$ <u>3,600.00</u>
Reapplication fee <i>only applicable if you are restarting \$150.00</i>	\$ <u>0.00</u>
Textbooks - per attached list - approximate cost <i>Prices subject to change – when opportunity for choice, the highest price is used in determining costs for the program. Price does not include texts from previous semester. The cost is for the additional books.</i>	\$ <u>135.00</u>
Cost of Program - Fourth Semester	\$ <u>3735.00</u>

Full Tuition	\$ <u>14,400.00</u>
Application Fee	\$ <u>250.00</u>
Textbooks - per attached list - approximate cost <i>Prices subject to change – when opportunity for choice, the highest price is used in determining costs for the program.</i>	\$ <u>1025.00</u>
Cost of Program	\$ <u>15,675.00</u>

You may choose to pay the tuition on a monthly basis. Payments may be made monthly or in a similar convenient payment schedule. An enrollment agreement will be signed with a payment plan included.

### **Textbook Requirements**

The books are listed in totality. There is a separate semester list for each semester. You will be able to purchase the books required in each semester. Many books are used throughout the program. You may, with permission of the school, be allowed to substitute your existing library book for required reading, although we have chosen certain editions because of their value in offering commentary supportive of Yoga Cikitsa.

Ashley-Farrand, Thomas, Healing Mantras, 1999, Ballantine Publishing Group, New York, New York.

Chabner, Davi-Ellen, Medical Terminology. 2005, Elsevier Saunders, St. Louis, Missouri.

Digambaraji, Swami, Gheranda Samhita. 1978, Kaivalyadhama, Lonavla, Pune, India

Dychtwald, Ken. BodyMind. 1977, Los Angeles: Jeremy P. Tarcher.

Frawley, David, Ranade, Dr. Subhash, and Lele, Dr. Avishash, Ayurveda and Marma Therapy, 2003 Lotus Press, Twin Lakes, Wisconsin.

Hansa and Seales, Carrie. Yoga Cikitsa: The Therapeutic Application of Yoga Manual, self published, forthcoming.

Hansa and Searles, Carries, Journal for Yoga Therapy Experiences I, self published, forthcoming.

Hansa and Searles, Carries, Journal for Yoga Therapy Experiences II, self published, forthcoming.

Hansa and Searles, Carries, Journal for Yoga Therapy Experiences III, self published, forthcoming.

Hansa and Searles, Carries, Journal for Yoga Therapy Experiences IV, self published, forthcoming.

Hirschi, Gertrud, Mudras Yoga in Your Hands.2000, Weisner Books, York Beach, Maine.

Johari, Harish, Breath, Mind and Consciousness. 1989, Destiny Books, Rochester, Vermont.

Johari, Harish, Chakras, 1987, Destiny Books, Rochester, VT.

Kripalvanandji, Swami, Kripalvanishad, 1970's Samhit Samaj, Baroda India.

Lad, Vasant, Ayurveda, The Science of Healing. 1984, Lotus Press, Twin Lakes, Wisconsin.

Lad, B.A.M.S., M.A.Sc., Vasant, Ayurvedic Perspectives on Selected Pathologies. 2005, The Ayurvedic Press, Albuquerque, New Mexico.

Lad, Dr. Vasant, Secrets of the Pulse. 1996, The Ayurvedic Press, Albuquerque, New Mexico.

Lad, Dr. Vasant, Textbook of Ayurveda: Fundamentals Principles of Ayurveda Volume 1. 2002, The Ayurvedic Press, Albuquerque, New Mexico.

Lasater, Judith, PhD. P.T., Relax and Renew, 1995, Rodmell Press, Berkeley, California.

Marchand, Peter, Yoga of the Nine Emotions, 2006, Destiny Books, Rochester, Vermont.

Marieb, Elaine, Essentials of Human Anatomy and Physiology. Reviewing for best choice. New edition forthcoming.

McCuiston, Linda and Gutierrez, Kathleen Jo, Saunders Nursing Survival Guide: Pharmacology. 2007, Saunders Elsevier, St. Louis, Missouri.

Poole, Katyayani, Selected Readings on Sanskrit, 2007, self published.

Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. 1997, Bihar School of Yoga, Munger, Bihar.

Shankardevananda, Dr. Swami. The Effects of Yoga on Hypertension. 1998, Bihar School of Yoga, Munger, Bihar. 1998.

Saraswati, Swami Satyananda. Kundalini Tantra. 1996, Bihar School of Yoga, Munger, Bihar.

Saraswati, Swami Satyananda, The Practices of Yoga for The Digestive System. 1979, Bihar School of Yoga, Munger, Bihar, India.

Saraswati, Swami Satyananda. Sure Ways to Self Realization. 1980, Yoga Publications Trust, Munger, Bihar.

Saraswati, Swami Satyananda, Yoga and Cardiovascular Management. 1982, Bihar School of Yoga, Munger, Bihar, India.

Shankardevananda, Dr. Swami, Yogic Management of Asthma and Diabetes. 1977, Bihar School of Yoga, Munger, Bihar, India.

Taylor, Kylea, The Ethics of Caring: Honoring the Web of Life in Our Professional Healing Relationships. 1995, Hanford Mead Publishers, Santa Cruz, CA.

Vasu, Rai Bahadur Srisa Chandra, The Shiva Samhita. 1996, Munshiram Manoharlal, New Delhi, India.

Vivekananda, Rishi, Practical Yoga Psychology. 2005, Yoga Publications Trust, Muner, Bihar, India.

Werner, Ruth, A Massage Therapist's Guide to Pathology. Lippincott Williams & Wilkins, Baltimore, MD. 2005.

**Choice of:**

Kaminoff, Leslie, Yoga Anatomy, 2007, Human Kinetics, Champaign, Illinois. (Preferred).

**Or:**

Long, Ray and Macivor, Chris, Key Muscles of Hatha Yoga: Scientific Keys Volume I, 2006, Bandha Yoga Publications, Plattsburg, New York.

**Choice of:**

Harvey, Paul, Reader's Digest Yoga for Every Body, 2001, Readers Digest Association, Pleasantville, New York.

**Or:**

Kraftsow, Gary, Yoga for Wellness. 1999, Penguin, New York, New York.

**Or:**

Le Page, Joseph and Lilian, The Yoga Toolbox. 2005, Integrative Yoga Therapy, USA.

**Or:**

Mohan, A.G., Yoga for Body, Breath, and Mind: A Guide to Personal Reintegration. 1993, Rudra Press, Portland, Oregon.

**Or:**

Mohan, A.G., Mohan, Indra, Yoga Therapy. 2004, Shambhala Publications, Boston, Massachusetts.

**Or:**

Pierce, Margaret and Martin, Yoga for Your Life, 1996, Sterling Publishing Co., New York, New York.

**Or:**

Stiles, Mukunda, Structural Yoga Therapy. 2000, Samuel Weiser, Inc, York Beach, Maine.

**Choice of:**

Sargeant, Winthrop, The Bhagavad Gita. 1994, State University of New York Press, Albany, New York.

**Or:**

Yogananda, Paramahansa, The Yoga of the Bhagavad Gita, 2007, Self Realization Fellowship, Los Angeles, California.

**Choice of:**

Digambaraji, Swami, Hathapridipka of Svatomarama. 1970, Kaivalyadhama, Lonavla, Pune, India.

**Or:**

Saraswati, Swami Satyananda with Muktibodhananda, Swami. Hatha Yoga Pradipika. 1985, Bihar School of Yoga, Munger, Bihar, India.

**Choice of:**

Buck, William, Mahabharata, 1973, University of California Press, Berkeley, California

**Or:**

Dharma, Krishna, Mahabharata, 1999, Torchlight Publishing, Badger, California.

**Choice of:**

Easwaran, Eknath, The Upanishads. 1987, Nilgiri Press, Tomalas, California.

**Or:**

Nikhilananda, Swami, The Principal Upanishads. 2003, Dover Publications, Mineola, NY.

**Or:**

Prabhavananda, Swami. The Upanishads, Breath of the Eternal, 1947, Vedanta Press, Hollywood, California.

**Choice of:**

Iyengar, BKS, Light on the Yoga Sutras of Patanjali. 1993, Thorsons, San Francisco, California.

**Or:**

Saraswati, Swami Satyananda. Four Chapters on Freedom. 1997, Yoga Publications Trust, Munger, Bihar.

**Or:**

Taimni, I.K. The Science of Yoga. 1961, Theosophical Publishing House, Adyar, India.

**Plus Choice of:**

Bouchaud, Bernard, The Essence of Yoga, 1997, Rudra Press, Portland Oregon.

**Or:**

Devi, Nischala, The Secret Power of Yoga, 2007, Three Rivers Press, New York, New York.

**Or:**

Satchidananda, Swami. The Yoga Sutras of Patanjali, 1978, Integral Yoga Publications, Yogaville, Virginia.

**Choice of:**

Desikachar, T.K.V., Yogayajnavalkya Samhita: The Yoga Treatise of Yajnavalkya. 2000, Krishnamacharya Yoga Mandiram, Chennai, India.

**Or:**

Mohan, A.G. Yoga-Yajnavalkya, Ganesh and Company, Madras, India.

**Choice of:**

Miller, Ph.D., Richard C., The Principles and Practice of Yoga Nidra. Anahata Press, Sebastopol, California.

**Or:**

Saraswati, Swami Satyananda. Yoga Nidra. 1976, Yoga Publications Trust, Munger, Bihar.

**Choice of:**

Atreya, Secrets of Ayurvedic Massage. 2000, Lotus Press, Twin Lakes, Wisconsin.

**Or:**

Douillard, Dr. John, The Encyclopedia of Ayurvedic Massage. 2004, North Atlantic Books, Berkeley, California.

**Or:**

Johari, Harish, Ayurvedic Massage: Traditional Indian Techniques for Balancing Body and Mind. 1996, Healing Arts Press, Rochester, Vermont.

**Choice of:**

Frawley, David, Tantric Yoga and the Wisdom Goddesses. 2003, Lotus Press, Twin Lakes, Wisconsin.

**Or:**

Johari, Harish, Tools for Tantra. 1986. Destiny Books, Rochester, Vermont.

**Competencies**

The Yoga Cikitsa Certification is designed to introduce the basic concepts of yoga as a therapeutic based practice. You will be required to have all homework assignments completed before class. You will need to pass tests throughout the program to assess your comprehension of the information.

At the end of the program, the student will be well grounded in the basic yoga philosophy through a thorough study of the yoga scriptures: Hatha Yoga Pradipika, Gheranda Samhita, Vedic and Minor Upanishads, Shiva Samhita, Yoga Yajnavalkya, and Yoga Sutras. You will understand basic ayurveda and its influence on health and wellbeing. Students will understand the basics of Jyotisha. You will know, through practice, the many yoga tools including: asana, pranayama, meditation, mudra, mantra, drsti, dharana, pratipaksha bhavana, marma point therapy, dinacarya and understand their application.

Students will have a deep understanding of western anatomy, physiology and the pathology of disease. You will know how to relate to mental, medical and complementary practitioners. Students will have practical experience in a clinical setting through practicing case taking, assessment, developing a yoga therapy protocol for an individual and be able to maintain appropriate records.

A complete Competency Statement for you to review and sign will be enclosed in your Enrollment Packet.

**Certification**

A Certificate as a Yoga Cikitsa Practitioner will be issued after completion of the program.