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Graduate Courses

In January, 2021, YTI launched our Graduate program for graduates of our Certified Yoga Therapist Training Program ^[1]. C-IAYTs from other accredited programs are also welcome to join us to continue their Yoga Therapy education as well as Yoga Teachers or Yoga Students with relevant experience.

These courses are provided on Zoom to allow students to join from around the Globe!

Certificates will be provided upon request to allow C-IAYTs to petition for CE credits with the IAYT.^[2] C-IAYTs need 24 hours of Approved Professional Development (APD) every 3 years for re-accreditation of C-IAYT credentials.

Please email **Maggie** ^[3] to request a certificate.

Patanjali's Yoga Sutra-s with D.V. & Radha Sridhar

In this series of courses, Mr. & Mrs. Sridhar will guide us through both the chanting and philosophy of Patanjali's Yoga Sutra-s step by step. Study materials will be provided each term. Graduates, C-IAYTs, or Yoga Teachers/Students with relevant experience may join these on-going classes at the beginning of each term, as we will focus on a different set of Sutra-s during each course. Series are both progressive and stand alone.

During the first 30 minutes, we will chant the Yoga Sutras together (call-response) with Mrs. Radha Sridhar. For the final hour, Mr. D.V. Sridhar will guide us through both the general concepts and specific sutra-s/Sanskrit terms for the series of Sutra-s being covered each term.

Spring Series - Exploring In-Depth the 8-Limbs of Yoga: Chapter II, 28-55

April 19 to June 7, 2021 (includes class on May 24th)

8 -Week Series

Mondays, 6:30-8am PST

\$126 CAN for 8 Live Synchronous Classes including 5% GST

\$63 CAN for 8 Virtual Asynchronous Classes including 5% GST

Email Maggie [3] to register & e-transfer in Canada or PayPal internationally from your bank account to avoid transfer fees using maggie@yogatherapyinternational.com [3]

Vedic Chanting ? Healing Chants with Maggie Reagh

In this graduate class, you will refine your knowledge the Vedic chants that you learnt during the program with a focus on Healing. We will also continue your education by introducing new chants as you progress. This will help you gain confidence so that you can start teaching these chants in your Yoga Therapy practice. Study materials will be provided each term. We will cover new chants during each course so that each series is both progressive and stand alone.

During classes we will both chant together (call-response) and individually in breakout rooms, where Maggie will provide each person with individual feedback. Each class is recorded and loaded to YouTube for individual practice in breakout rooms and at home.

Each term, we will also work on a *B?ja Mantra/Japa Mantra* linked to our longer Vedic Chant. This mantra can be practiced as a meditation and to time breath ratios during *pr?n?y?ma*, called *Mantrika Pr?n?y?ma*.

Graduates, C-IAYTs, or Yoga Teachers/Students with relevant experience may join these on-going classes at the beginning of each term, as we will focus on a different set of Vedic chants during each course. Series are both progressive and stand alone.

Spring Series: Healing Chants with the Full Moon: *Candra Namaskrtya Mantra?*

Wednesdays 7:15-8:15am PST

April 21 ? June 9, 2021

Tuition: Sliding Scale \$50-100 + 5% tax for class series done Synchronously or Asynchronously

Email Maggie [3] to register & e-transfer in Canada or PayPal internationally from your bank account to avoid transfer fees using maggie@yogatherapyinternational.com [4]

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Links

[1] <http://www.yogatherapyinternational.com/yoga-therapy-training>

[2] https://cdn.ymaws.com/www.iayt.org/resource/resmgr/docs_certification_all/docs_certification/c-iayt_policies_and_procedures/2020-09_ce_reqmts.pdf

[3] <mailto:maggie@yogatherapyinternational.com>

[4] <mailto:mag>

[5] <https://youtube.com/playlist?list=PLbkGbbqWncIF9OGU5li9DH6GIQoOvznaRT>

[6] <https://twitter.com/share>