

YOGACAMPUS

True Yoga



# The Therapy Course 2022

22

Months

600

Hours Therapy Training

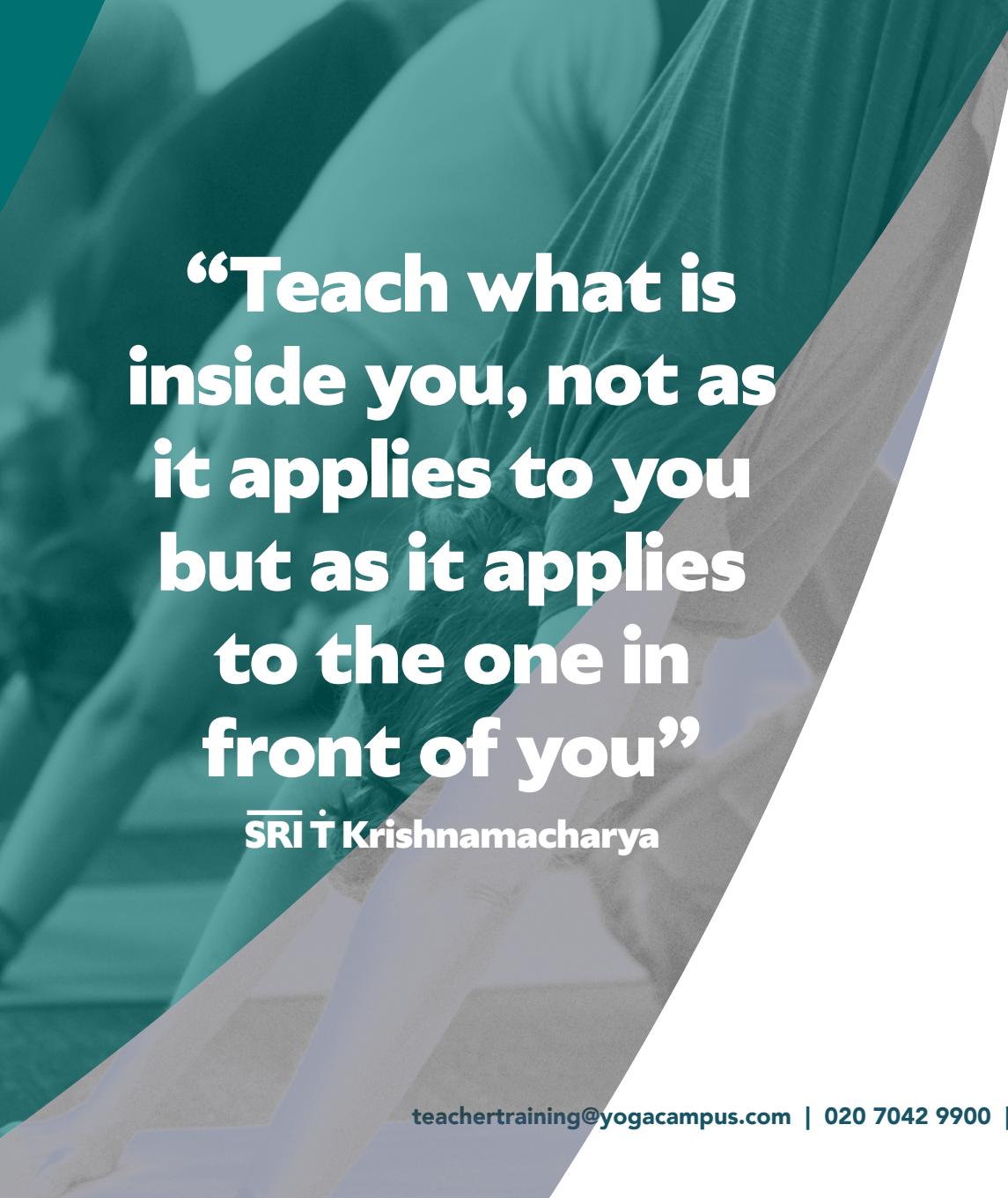
**Start Date**

June 2022

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teachertraining@yogacampus.com  
020 7042 9900  
[www.yogacampus.com](http://www.yogacampus.com) and  
[www.trueyoga.co.uk](http://www.trueyoga.co.uk)

Accredited by the British Council of Yoga Therapy ([www.bcyt.org](http://www.bcyt.org)) upon completion of the course, graduates are eligible to register with the CNHC ([www.cnhc.org.uk](http://www.cnhc.org.uk)). This course also meets the standards of National Occupational Standards for Yoga Therapy upheld by the Complementary and Natural Healthcare Council. \*Insert certificates\*



**“Teach what is  
inside you, not as  
it applies to you  
but as it applies  
to the one in  
front of you”**

**SRI T Krishnamacharya**

## Welcome!

Are you looking to use Yoga Therapy as a tool to treat disease, illness and trauma? This year, True Yoga and Yogacampus are collaborating to provide an exciting new integrated course. The Therapy Course will be taught by world renowned yoga therapists as well as NHS healthcare professionals, to deliver a transformative journey for patients and therapists alike. With a practical grounding in key yoga therapy skills, the training will provide a balance of theory and practical work in the classroom and in the clinics.

Yoga is for everybody, but everybody is unique. Our faculty have a deep knowledge and understanding of this fundamental concept of yoga therapy and have been selected based on their specialised skill and expertise. Having undergone extensive training, our therapists recognise the importance of adapting practices and techniques to address the needs of the individual in front of them. There is no specific formula to Yoga Therapy, everything given is based on the individual's unique constitution and situation.

Total cost for the course: £6500  
(payment options available)

**Dates TBC - please visit our website for more information**

## **Module 1 Structural foundations and the art of observation**

### **Face to Face & Live Online**

Our patterns are born and reside within the body - we will introduce the art of observation and the purpose of using body movement to create an effect to assess the way traumas, emotions and memories have inhabited themselves within the system. These themes will run throughout the entirety of the course, deepening trainees' understanding within different contexts.

## **Module 2 The power of breath and assessing the human structure**

### **Face to Face & Live Online**

*"If you can breathe, you can do yoga." — PROFESSOR T. KRISHNAMACHARYA*

This module will explore the power of breathing in isolation and in conjunction with sound for therapy and relaxation. Trainee therapists will explore and experience the use of eastern yoga tools and perspectives in therapy.

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## **Module 3**

### **The essence of the mind**

#### **Live Online**

This module is centred around the mind, disease, illness, trauma and healing. We will introduce the construct of the mind and how to affect it using the tools of eastern therapy. We will explore conscious communication in clinical and therapeutic relationships, introducing the student to clinical and therapeutic practice, approaches to learning and how to create evolution.

## **Module 4 Belief, placebo and truth**

### **Live Online**

We have two relationships, our relationship with ourselves and our relationship with the world. Interpersonal interactions combined with roles and habitual patterns make up the way we interact on a daily basis. This module will delve into the tools available to change perspectives and begin to explore the purpose of meditation (part 1). We will explore questioning and listening techniques as tools to change perspectives and how we prioritise in therapy and how to choose the most appropriate tools for what is observed.

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## **Module 5**

### **Emotion, feeling and trust**

#### **Live Online**

Every experience we have takes place within our bodies, so it's only right that when examining the body and the mind, we honour the interdependent relationship they hold. Emotion and feeling and their link with belief will be explored throughout this module using Eastern therapy to view the human emotional construct. Student's understanding of the body, pain and deeper feelings will be enhanced.

## **Module 6**

### **Is it possible to change**

#### **Face to Face & Live Online**

The possibility of change is what often takes one person from one place to another. Trainee therapists will broaden their understanding of change and evolve their way of interacting with a patient. This module is all about development; personal growth within both the therapist and the patient/client.

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## **Module 7**

### **Internal battles and conflict**

#### **Live Online**

Module 7 will study internal battles and conflicts and how they play out externally. Trainee therapists will learn how internal conflict can manifest as a physical symptom and ways to identify trauma and pain. Quite often, the person standing in front of us will tell a story, an experienced yoga therapist will begin to unravel deep patterns that have been created over time and prioritise a course of action.

## **Module 8**

### **Cause and effect: consequences and responsibility**

#### **Face to Face & Live Online**

We will revisit and develop a deeper understanding of cause and effect in therapy. Everything that is put into the system will have an effect, whether it be drugs, food or relationships with others. This module will deepen the student's understanding of cause and effect. An intense investigation of the spine and causes of pain will take place. Trainee therapists will also dive into therapeutic approaches to managing issues in the circulatory system, respiratory system and asthma.

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## **Module 9** **Higher power** **Live Online**

Are role models helpful? The benefits and limitations of role models within therapy will be discussed through the lens of eastern therapy. How do we achieve a state of yoga and can role models help? This module will also provide a foundation of knowledge that will be built surrounding the digestive system and the therapeutic approaches to nutritional advice.

### **Module 10**

#### **Are goals useful? - could we make the 10 smaller?**

##### **Live Online**

Goals, are they productive or restrictive? In module 10, trainee therapists will gain knowledge of symptoms and causes of goals and how to use tools in therapy. We will flip to look at ways to influence the nervous system, and trainee therapists will be exposed to Neurological issues and therapeutic approaches in yoga.

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### **Module 11**

#### **How do we know we're going in a good direction?**

##### **Face to Face & Live Online**

This module will address the application and power of meditation – part 2 and working with anxiety and the depressive mind. Trainee therapists and trainers will discuss the implementation of therapy with patients with addiction and eating disorders and how to create success in sessions and beyond. We will also compare and contrast western and eastern approaches to issues of the reproductive system.

## **Module 12** **Navigating the relationship with oneself and also the outside world** **Live Online**

This module will look at successfully teaching therapeutic groups. The student will understand how to use symbolism, ritual and healing in therapy, navigate the predictable habits in relationships, and deconstruct and identify behaviours which can be harmful

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## **Module 13**

### **Priorities when there is trouble**

#### **Live Online**

An exploration of trauma and mental health will take place, trainee therapists will become familiar with the approaches to dealing with conflict and decision making. We will begin to look at working with cancer with the consideration of predisposition and hereditary factors.

## **Module 14**

### **Cycles of life – part 1**

#### **Face to Face & Live Online**

Yoga believes there are transitional phases in life and each phase presents new obstacles but also opportunities. Pregnancy and therapeutic skills will be established along with relationship management within the client - therapist dynamic. The use of sound as a technique will be revisited and approaches to autoimmune diseases will be investigated.

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## **Module 15**

### **Cycles of life – part 2**

#### **Live Online**

Trainee therapists and teachers will unravel the eastern and western approach to end of life and palliative care along with the healthy ways to close off relationships. The process of meditation will be revisited as trainees continue to enrich their awareness of the power of the tool. We will then learn the logistics and nuances of setting up your own Therapy practice.

## **Module 16**

### **Evolution, change and keeping stability**

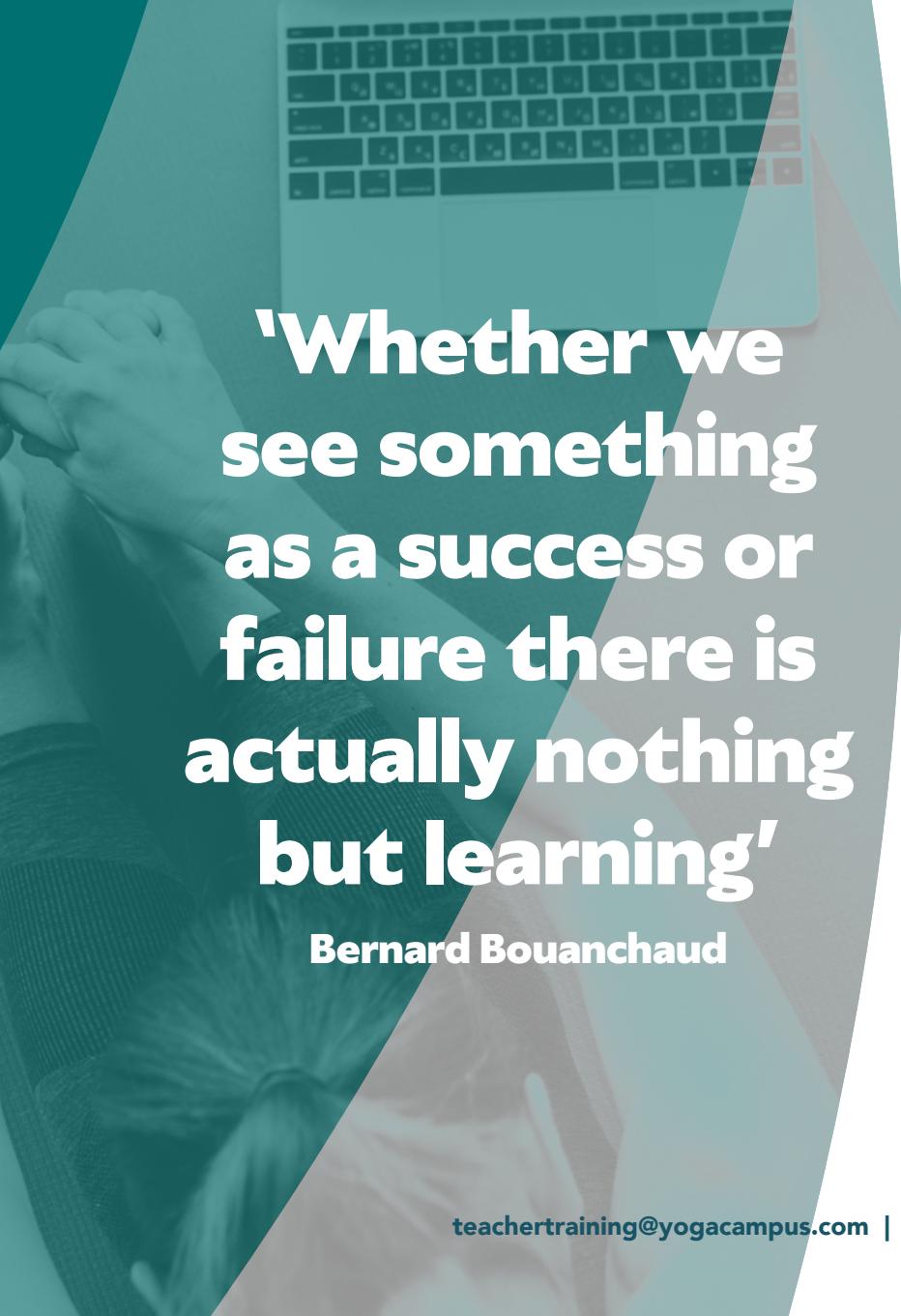
#### **Face to Face & Live Online**

Our concluding module will analyse the regulations as a therapist in terms of bias, judgment, compensation and injustice. We will discover; if it is possible to remove trauma, how to maintain health and boundaries and how to keep evolving a patient.

# 16

## **Our Faculty**

**Collectively True Yoga and Yogacampus have worked with numerous world class therapists. We are dedicated to making the most knowledgeable and inspiring yoga teachers available to you, bringing differing perspectives to the curriculum. The organisation takes pride in pushing the boundaries whilst honouring the traditions of yoga. This combination makes for a high-quality and educationally robust course that will equip the yoga therapist with all the tools they need to help individuals remove the obstacles that prevent healing.**



**'Whether we  
see something  
as a success or  
failure there is  
actually nothing  
but learning'**

**Bernard Bouanchaud**

## **Blended Learning**

The Therapy Course face to face training will take place in the Yogacampus training centre based in Finsbury Park: 7, Thane Works, Thane Villas, London, N7 7PH.

The Therapy Course ensures efficient learning and education through a hybrid of online and in person training. Trainee therapists will undergo over 600 hours of training which will consist of seminars and lectures face to face alongside individual learning and personal practice supported by regular guided reading and set tasks.

We believe effective communication and learning requires instantaneous and responsive multi-platforms provided by e-Learning and digital technology. Therefore we offer trainee therapists the benefit of a unique blended learning experience through a university-style integrated learning platform. Together, with face-to-face interaction we offer greater freedom and accessibility for both teacher and student.

The Online Platform is an intuitive, reliable and accessible e-learning environment to ensure trainee therapists can connect to peers and teachers anytime and anywhere and enable trainee therapists to consolidate their learning after training weekends.

Trainee therapists will collaborate and work together for mutual success across different learning platforms/ modalities working towards a common goal.

# What you will learn

The background of the slide features a photograph of a person wearing a white robe, possibly a monk or a traditional figure, performing a yoga pose. The person is shown from the waist up, with their hands in mudras and their body in a curved position. The background is a soft, out-of-focus green and yellow.

The art of yoga therapy using therapeutic techniques: body movement, breathing, symbolic and power seals, sound, diet, lifestyle

Be able to work with any client in any situation in a therapeutic environment

Build therapeutic relationships through practical sessions with clients under the supervision of experienced yoga therapists

How to design practices for clients experiencing physical, mental and emotional issues using consultation skills and examination methodology

Use yoga's philosophical texts to help understand health, healing and relief of suffering

We are proud to offer additional supervision and clinic sessions to aid learning



# The Therapy Diploma course is for those who:

- have completed a recognised Yoga Teacher Training that can be referenced;
- have been teaching yoga for at least one year post teacher training graduation;
- have a passion for yoga and wish to use this training to help themselves and others;
- are mentally and emotionally stable, committed to continuing self-development and happy being a trainee.



# **Successfully finishing the course will mean you have completed:**

- 4 case studies
- a personal therapy plan
- an 8 week group course plan around a condition
- a research review
- clinic attendance
- 2 practical assessments

In addition, modules will include preparatory work and follow up quizzes which will not be formally marked with a grade.

# Testimonials

'This course has taken me on an amazing journey. I have learnt more than I could ever have imagined through the expertise, guidance and support. I now feel confident teaching Yoga and working as a Therapist. I've also progressed personally way beyond any expectation in my life and my relationships now reflect this. I can't recommend this course enough and look forward to continuing my studies with the organisation.'

'This course has been transformational for me, helping to gain greater concentration, focus and clarity in my life.'

'Colin has taken us from where we were, to fully fledged, confident and passionate therapists. I cannot recommend his training course more - for the committed and serious students of yoga. You will not find a more considered, thoughtful, exciting and demanding course.'

'Online learning during the pandemic far surpassed any expected standard as Colin delivered great teaching and more. As well as his enriched teaching layered with all his experience and learning, he makes us feel seen, heard and involved from the other side of the screen. If you are looking for great yoga teaching both in person and remotely, I definitely recommend Colin Dunsmuir.'

'I deeply thank the board, the supervisors, and the teachers. It was a great experience, and I learned a lot about life, human beings and myself in this journey - it has no price.'

# Fees

Total cost: £6500  
(monthly payment plans are available)

# Dates

Open days TBC, please check our website for more information.

# How to apply

- 1 Fill out an online application form via [www.yogacampus.com](http://www.yogacampus.com)
- 2 Application details will be sent to the Board members
- 3 Invitation to interview with Board member
- 4 Provide relevant documents
- 5 Digital Terms and Conditions to be signed via email
- 6 Payment is made
- 7 Receive log in to the Online Learning Platform

# Statements and Policies

## A. Non-Discrimination Policy

Consistent with the Equality Act 2010, there are no restrictions to acceptance based on the grounds of disability, pregnancy or maternity, race, sex, sexual orientation, occupation, religious or political affiliation, age or gender. Equal opportunity and diversity policies are supported in line with the applicant being in a place where they show commitment to the learning requirements of the course. Please note, this course is suitable for those with or without religious beliefs. It presents Yoga, as it always has been, acceptable to all belief systems – including agnostics.

## B. Drug abuse statement

Applicants should be free from illegal drugs and consumption of alcohol during the course is not permitted. All medication will need to be declared on the Health Questionnaire.

## C. Cancellation Policy

In the event of any cancellation or drop out from a module, any fees once paid will not be Refunded.

## D. Complaints Procedures

If any student has a complaint regarding a module or any member of the faculty it will be taken seriously, looked into and addressed by True Yoga and if need be by the verifying organisations.

A full list of policies and procedures will be given to trainee therapists with their course confirmation letter.

## Questions

While we hope that we have answered your questions about The Therapy Course 2022 please do get in touch by sending us an email to [teachertraining@yogacampus.com](mailto:teachertraining@yogacampus.com) or by phone on 020 7042 9900