

YOGA THERAPY DIPLOMA COURSE



22
Months

600- plus
hour teacher training

Accredited by British Council of Yoga Therapy (www.bcyt.org)
graduates can register with the CNHC (www.cnhc.org.uk)

teachertraining@yogacampus.com

0207 042 9900

yogacampus.com

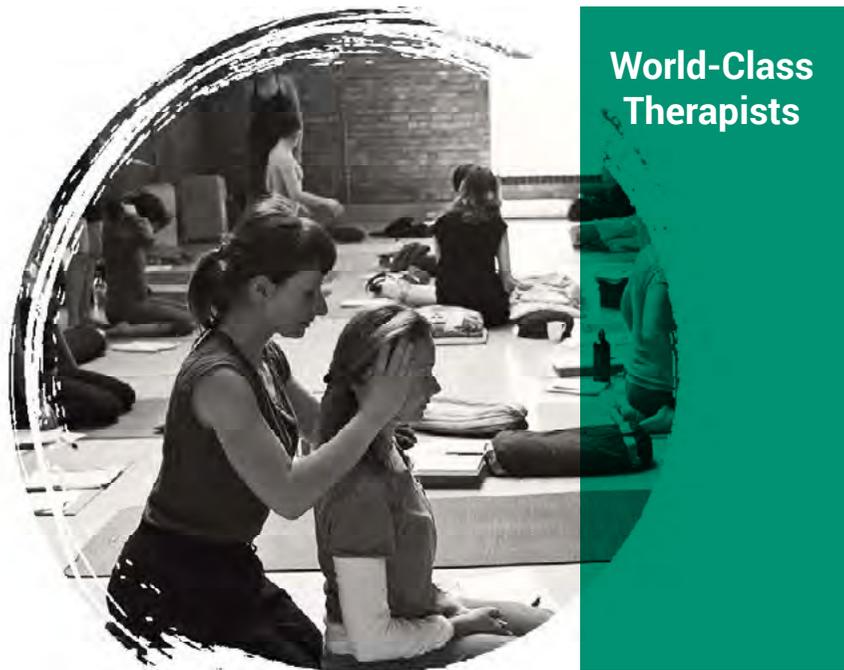
WELCOME!

The Yogacampus Yoga Therapy Diploma course is playing a leading role in developing the complementary health profession of Yoga Therapists, within the natural health care community. Taught by leading yoga therapists, our course complies with UK standards for Yoga Therapy and is accredited by the British Council of Yoga Therapy (BCYT). It meets the National Occupational Standards (NOS) for yoga therapy upheld by the Complementary and Natural Healthcare Council (CNHC).

With a practical grounding in key yoga therapy skills, as well as a synthesis of yoga therapy approaches from different traditions, the training provides a balance of theory and practical work. We view individuals holistically: our therapists are taught to adapt yoga practices and techniques and apply them to the needs of each individual, rather than prescriptive practices for particular conditions. Yoga is for everybody but every body is unique.



The Yoga Biomedical Trust (YBT), established by Robin Monro, Ph.D., in 1983, pioneered the development of Yoga Therapy in the United Kingdom, and between 2006 and 2010 Yogacampus trained yoga therapists in conjunction with the YBT. Since then we have been training world class therapists, offering our diploma course annually.



We believe effective communication and learning requires instantaneous and responsive multi-platforms provided by e-Learning and digital technology. We offer students the benefit of a unique blended learning experience through a university-style integrated learning platform, together with face to face interaction. This virtual learning environment affords greater freedom and accessibility for both teacher and student. The Yogacampus Online Platform is an intuitive, reliable and accessible e-learning environment to ensure students can connect to peers and teachers anytime and anywhere and enable students to consolidate their learning after training weekends.

Interested? Please read on for more information. If we can answer anything further, please contact our dedicated team. See contact details below.

**Take a tour of the
Yogacampus Online
Learning Platform**

THE TEACHING FACULTY

Like our highly acclaimed Yoga Teacher Training Diploma, we have a core faculty of widely respected teachers and yoga therapists, supplemented by experts in relevant fields to bring their differing perspectives to the course.

The Yoga Therapy Board meets regularly to review all aspects of the course and has the primary responsibility for assessing students' progress. Our core course faculty include:

Anna Blackmore

Lisa Kaley-Isley

Penny Roberts

Rebekah Hay-Brown

Susanne Lahusen

Our visiting specialist guest teachers include:

Adelene Cheong

Charlotte Watts

David Charlton

Jude Murray

Kate Binnie

Lisa Sanfilippo

Melissa Sargaison

Ranju Roy

Sherezade Ruano-Santana

Uma Dinsmore-Tuli

Our teachers may have different approaches to those you have previously been exposed – but each brings a unique and complementary perspective to the course and we hope that they will challenge you to view the topics covered in a fresh light.



WHY CHOOSE US

We believe Yoga Therapy is both an art and a science. Our course reflects this by teaching a comprehensive and in-depth perspective of yoga therapy whilst supporting individual learning styles. Modules focus on the importance of the therapeutic relationship and effective communication as well as yoga practice, yoga models, anatomy, physiology and how to adapt these for students with specific medical conditions. Our graduates are equipped with the essential tools to practice as Yoga Therapists – awareness and compassion coupled with technical knowledge.

We are proud to have set up the first Yoga Therapy Student Clinic at The Life Centre in Islington, London. Here, students have a unique opportunity not available on other training courses: to gain over 70 hours of practical experience with real clients, under the supervision leading yoga therapists.



Take a look at
our Student Clinic
in action



WHY CHOOSE US

Yogacampus recognise's that yoga therapy is a new, emerging discipline, not a long-established cut-and-dried subject. We therefore encourage debate and diversity among teachers and students and take a non-dogmatic approach to our teaching.

As well as theory, the course is rooted in the development of practical skills based on the student's own explorations and experience of working with clients with medical conditions or specific needs, both during supervised training clinic and independently, with the support of tutors and mentors. Students will spend over 70 hours in our Yoga Therapy Clinic. During these clinic sessions students learn to design personalised practices for real clients experiencing a range of physical, mental and emotional issues.

In addition, we are proud to offer the following:

- Individual pastoral care and supervision for case studies
- Opportunity for ongoing learning with annual CPD courses
- Opportunity for post graduate involvement on the course
- Discounted classes at The Life Centre



COURSE STRUCTURE

This course takes place over 22-months with 370 contact hours:

Diploma Modules: 41 days of mandatory tuition spread over 12 modules. The first five of these modules are 4 consecutive days (Friday to Monday) and thereafter modules are 3 days (Friday to Sunday). Modules occur roughly once every 7 weeks and are from 09.30 to 17.30 each day.

Significant practical work within our **student led yoga therapy clinic at Islington, London N1**, which we believe is the only dedicated UK yoga therapy clinic. This is where you will integrate your learning and conduct yoga therapy under supervision. You will be required to initially attend the clinic as an observer. Thereafter you will be required to be a trainee yoga therapist in the clinic a total of 9 times.

Course Structure

The core tuition of 41 days will include teachings on:

- How to use asana, pranayama and meditation practices in yoga therapy
- Building the therapeutic relationship: communication and listening skills
- The body as an energetic system and its impact on internal disorders
- What yoga philosophy can tell us about health, healing and the relief of suffering
- Case history taking and client assessment
- Common medical conditions, including a focus on yoga for cancer and insomnia
- Less widely known practices particularly suitable for use in yoga therapy, including yoga nidra, restorative yoga, pawanmuktasana
- Pain and its management and psychological issues around pain
- Yoga Therapy for mental health and trauma
- Yoga approaches to structural therapy and yoga for back care

Assessments and written work

After each module there will typically be some post module work to be completed – this is often of a more reflective nature to ensure you integrate the tuition. In addition the course includes a number of assessed written assignments where a pass grade will be required. These include:

- A Personal Yoga Therapy Plan
- 3 in-depth Case Studies. You will be assigned a Case Study Supervisor with whom you will work as you complete your 3 case studies
- A Research Project
- An 8-week Course Plan for a Therapeutic Group, choosing a condition which you have studied for the
- Research Project and applying Yoga Tools found in the research on that condition
- Quizzes on medical and structural conditions

In addition you will have 2 practical assessments of you working as a yoga therapist. All assignments are to be submitted using the Yogacampus Online Platform.



ABOUT YOU

The course is open to all qualified yoga teachers who have at least 2 years of regular teaching experience of at least 120 hours. Your prior training course must have included at least 180 contact hours of tuition and since qualifying you will have undertaken continuing professional development of at least 15 hours per year. We also ask that you have been practising yoga regularly for at least 4 years and provide references from your primary yoga teacher and from someone who knows you as a yoga practitioner.

Insurance and a valid first aid certificate must be maintained throughout the course.

Lastly, we ask that you be open to the benefits of blended learning and e-learning. You will receive support on how to interact on the Yogacampus Online Platform and we hope that your enthusiasm for Yoga Therapy will extend to working creatively with our digital platform.

TESTIMONIALS



I am entirely impressed with the course content, the delivery and the structure. Each teacher has something very different to offer and they have so much experience of their subject.

Feeling truly blessed to have the opportunity to participate on this course and am so very satisfied with every aspect.



Joanne Burningham

**Take a look at our short
video to give you a taste of
life on the course**



QUESTIONS?

While we hope that we have answered your questions about the Yogacampus Yoga Therapy Diploma, please do get in touch by sending us an email to teachertraining@yogacampus.com or by phone on **020 7042 9900**