



**Yoga Therapy Rx Certificate Program**  
**Level I, YTRx 811 01**  
Loyola Marymount University Extension

# **COURSE SYLLABUS**

**2016 - 2017**

**Director, Larry Payne Ph.D., E-RYT 500, YTRX**  
**Associate Director—Level I, Rick Morris D.C., CYT, YTRX**  
**Managing Director, Kathleen Ross-Allee, RYT 500, YTRX**



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**COURSE OVERVIEW**

Yoga Therapy Rx is a marriage between Yoga Therapy and complementary medicine. It is designed to train Yoga teachers to be Yoga therapists and apply classical applications of Yoga in clinical settings to help treat common ailments and conditions.

The **Yoga Therapy Rx Level I** certificate program will focus on the musculoskeletal system. Students will have twelve (12) class meetings over the course of eleven (11) months where they will address principles of practice, anatomy for yoga teachers, the origin and treatment of common low back, upper back, knee and hip problems. The course will cover communication tools for working with doctors including reading reports and understanding medical terminology and clinical notes such as S.O.A.P. notes.

**LEARNING OUTCOMES**

Upon successful completion of the course, students will be able to:

1. Use Yoga therapy to understand and address the origin and treatment of musculoskeletal problems including common lower back, upper back, and ailments of the hip and knee.
2. Incorporate a safe, modified approach to group Yoga classes, which allows their one-on-one Yoga therapy clients to evolve to the group experience.
3. Work with doctors, physical therapists and other health professionals by learning how to read and understand basic medical terminology, reports and clinical notes such as S.O.A.P. notes.



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**ATTENDANCE AND MAKEUP GUIDELINES**

*(see "Attendance Policy" document for more details)*

- A student is allowed 4 missed days in a year, and can still receive a certificate with no effect on his/her grade.
- If a student misses 5 or 6 days and wants to graduate on time, they must complete an additional make-up term paper, details outlined on Blackboard.
- If a student misses more than 6 days, they must contact LMU Extension ([pranftl@lmu.edu](mailto:pranftl@lmu.edu)) to request a year-long grace period/extension to make up these classes. Grace period ends August 31<sup>st</sup> of the following year.

***It is the student's responsibility to contact us in order to complete their requirements.***

Please keep a personal record of your absences and assignments.

Extensions usually are given only to students who have completed **at least 80% of the course**. These students have one academic year to complete and submit all outstanding coursework, including making up absences. Until all course requirements are fulfilled, you will have an incomplete or empty grade. An "incomplete grade" not removed by the deadline will default to NC—No Credit.

Any student needing this extension/grace period must send an email to **Pat Ranftl at [pranftl@lmu.edu](mailto:pranftl@lmu.edu)** formally requesting one. If the year-long extension/grace period expires but the student still wants to complete the course, they will be charged a \$250 fee to do so, and will have to seek special approval from LMU and Samata International.

**GRADING POLICY**

Submission of the term assignments or projects, attendance of required number of days, and a grade of B- or better are all required for issuance of a certificate of completion. The grading criteria are based on the following:

**Attendance – 50%**

There are 12 weekends in the YTRx course for each level (24 class dates). In accordance with our attendance policy, students can miss up to 4 classes (2 weekends) and still be eligible to graduate on time. If a student fails to complete their attendance requirement during the term for which they are registered, in accordance with the attendance policy



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they can make these classes up next term, but their overall grade in the course will be lowered by half a letter (A will become A-, A- will become B+, etc).

**Term Assignments - 25%**

Term assignments are graded pass/fail. If a student submits their term assignment after the deadline of **July 31<sup>st</sup>**, they will automatically be deducted 10% on their term assignment grade, which will bring their percentage down to 15% and their overall grade in the course down a half letter grade (A will become A-, A- will become B+, etc.).

**Class Participation - 25%**

Your class participation grade is affected by completion of homework assignments, preparedness for class, punctuality, and participation.(For Level II, this includes weekly quizzes. For Level III, this includes SOAP notes.)

You will be graded and issued a certificate at the end of the course if all the requirements are met. (If you have not completed the requirements, a grace period of one year is given to make up classes.) At the end of the term (or grace period, if necessary) you will be graded:

a) NC-No Credit - if all the requirements are not met. No certificate will be issued.

**OR**

b) Graded C or less if only one of the requirements is met. No certificate will be issued.

**OR**

c) Graded B- or better if all the requirements are met. Certificate will be issued.



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**COURSE OUTLINE AND SCHEDULE**

**CLASS WEEKEND #1**

**SATURDAY, OCTOBER 1, 2016**

**Definition & History of Yoga Therapy**

**Instructor: Larry Payne, Ph.D., E-RYT 500, YTRX**

**1:00pm-6:00pm**

- *Observation and Evaluation of Yoga Clients*

**SUNDAY, OCTOBER 2, 2016**

**8-Step Wellness & Prime of Life Yoga (POLY) Basics**

**Instructors: Larry Payne, Ph.D., E-RYT 500, YTRX, Fay Levinson, Ph.D. and Rick Morris, D.C., CYT, YTRX**

**10:00am-5:00pm**

- *Yoga Rx 8-Step Wellness Program*
- *Introduction to Prime of Life Yoga (POLY) Basics*

**HOMEWORK**

1. Read **YOGA RX**—Part I, Introduction to Yoga therapy Pages 3-32 and Part II Pages 33-93
2. Read **YOGA FOR DUMMIES, 3<sup>RD</sup> EDITION**--Chapters 1, 3-5, 13, 20 and 24
3. Read **YOGA THERAPY & INTEGRATIVE MEDICINE**—Introduction and “The Yoga Therapy Rx Program at Loyola Marymount University” chapter by Larry Payne, Ph.D.

**CLASS WEEKEND #2**

**SATURDAY, NOVEMBER 5, 2016**

**Anatomy 1**

**Instructor: Eden Goldman, D.C., E-RYT 500, YTRX**

**1:00pm-6:00pm**

- *Human Anatomy and Physiology*
- *Skeletal System (Lower Body)*

**SUNDAY, NOVEMBER 6, 2016**

**Anatomy 1**

**Instructor: Eden Goldman, D.C., E-RYT 500, YTRX**

**10:00am-5:00pm**

- *Muscular System (Lower Body)*
- *Medical Terminologies*
- *Anatomy and Kinesiology of Asanas*



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**HOMEWORK**

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3<sup>RD</sup> EDITION** by Dr. Ray Long--Pages 8 - 19, 22 - 27, 36 - 47 and 210 – 211. Scan through pages 50 - 111 and 202 - 205 to familiarize yourself with the names and general locations of the muscles. Write down questions and learning objectives that you come up with while reading.

**CLASS WEEKEND #3**

**SATURDAY, DECEMBER 3, 2016**

**Anatomy 2**

**Instructor: Eden Goldman, D.C., E-RYT 500, YTRX**

**1:00pm-6:00pm**

- *Human Anatomy and Physiology*
- *Skeletal System (Upper Body)*

**SUNDAY, DECEMBER 4, 2016**

**Anatomy 2**

**Instructor: Eden Goldman, D.C., E-RYT 500, YTRX**

**10:00am-5:00pm**

- *Muscular System (Upper Body)*
- *Medical Terminologies*
- *Anatomy and Kinesiology of Asanas*

**HOMEWORK**

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3<sup>RD</sup> EDITION** by Dr. Ray Long--Pages 118 – 132. Scan through pages 135 - 194 and 206 - 209 to familiarize yourself with the names and general locations of the muscles. Write down questions and learning objectives that come up while reading.

2. Read article—<http://yogadoctors.com/let%e2%80%99s-talk-poses-part-one-%e2%80%93-chaturanga-dandasana>

**CLASS WEEKEND #4**

**SATURDAY, JANUARY 7, 2017**

**Therapeutic Aspects of Meditation & Intro to Yoga Nidra**

**Instructor: Richard Miller Ph. D., ERYT-500, YTRX**

**1:00pm-6:00pm**



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**SUNDAY, JANUARY 8, 2017**

**Therapeutic Aspects of Meditation & Intro to Yoga Nidra**

**Instructor: Richard Miller**

**10:00am-5:00pm**

**HOMEWORK**

1. Read **THE IREST PROGRAM FOR HEALING PTSD**
2. Listen to **THE IREST PROGRAM FOR HEALING MEDITATIONS** (42 Recording MP3 Audio Download: [www.irest.us/products/MP3/iRestforHealing](http://www.irest.us/products/MP3/iRestforHealing))

**Optional:**

Miller, Richard. 2015. *iRest Meditation: Restorative Practices for Health, Resiliency and Well-Being*. Sounds True. Boulder, CO.

**CLASS WEEKEND #5**

**SATURDAY, JANUARY 21, 2017**

**Lower Back**

**Instructor: Rick Morris, D.C., CYT, YTRX**

**1:00pm-6:00pm**

- *Review of Lower Back Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Lower Back Problems (Flexion and Extension Faults)*

**SUNDAY, JANUARY 22, 2017**

**Lower Back**

**Instructor: Larry Payne, Ph.D., E-RYT 500, YTRX**

**10:00am-5:00pm**

- *Yoga Therapy for Common Lower Back Problems (Flexion and Extension Faults)*

**HOMEWORK**

1. Read **YOGA RX**--Chapter 7
2. Review **COMMON LOWER BACK PROBLEMS** DVD

**Recommended Reading**

**BACK PAIN REMEDIES FOR DUMMIES** by Mike Sinel M.D.

**HEALING BACK PAIN NATURALLY** by Art Brownstein M.D.

**THE BACK PAIN BOOK** by Mike Hage P.T.

Wikipedia article—Low Back Pain [https://en.wikipedia.org/wiki/Low\\_back\\_pain](https://en.wikipedia.org/wiki/Low_back_pain)



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**CLASS WEEKEND #6**

**SATURDAY, MARCH 4, 2017**

**Upper Back**

**Instructor: Rick Morris, D.C., CYT, YTRX**

**1:00pm-6:00pm**

- *Review of Upper Back and Neck Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Upper Back and Neck Problems*
- *Reading Doctors' Reports, including X-rays and MRIs*

**SUNDAY, MARCH 5, 2017**

**Upper Back**

**Instructor: Lori Rubenstein Fazzio, DPT, PT, MAppSc, YTRX**

**10:00am-5:00pm**

- *Yoga Therapy for Common Upper Back and Neck Problems*

**HOMEWORK**

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3<sup>RD</sup> EDITION**—Upper Back and Neck.
2. Review **YOGA RX**, Chapter 7.
3. Review **COMMON UPPER BACK PROBLEMS DVD**
4. Wikipedia article—Common Problems of the Upper Back/Upper Back pain  
[http://en.wikipedia.org/wiki/Back\\_pain](http://en.wikipedia.org/wiki/Back_pain)
5. Wikipedia article—Common Problems of the Neck/Neck Pain [http://en.wikipedia.org/wiki/Neck\\_pain](http://en.wikipedia.org/wiki/Neck_pain)

**CLASS WEEKEND #7**

**SATURDAY, APRIL 1, 2017**

**Prime of Life Yoga**

**Instructor: Larry Payne, Ph.D., E-RYT 500, YTRX (w/ Surendra Mehta & Kyona Beatty)**

**1:00pm-6:00pm**

- *Prime of Life Yoga and Lifestyle Techniques*

**SUNDAY, APRIL 2, 2017**

**Spine, Osteoporosis, Osteoarthritis, Scoliosis, SOAP Notes**

**Instructor: Jamie Champion, M.P.T., CYT, YTRX**

**10:00am-5:00pm**

- *Yoga Therapy for Osteoporosis, Scoliosis, Osteoarthritis and S.O.A.P. Notes*





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**HOMEWORK**

1. Teaching Skills Survey Form (to be provided in class)
2. Read **YOGA FOR DUMMIES, 3<sup>RD</sup> EDITION**—Chapters 5, 7, 10, 11 and 21
3. Read **YOGA RX**—Chapters 6 and 7
4. Review **IMMUNE BOOSTER & GENERAL CONDITIONING, LEVELS 1 & 2** DVD's
5. Wikipedia articles—Osteoporosis <http://en.wikipedia.org/wiki/Osteoporosis> and Scoliosis <http://en.wikipedia.org/wiki/Scoliosis>

**Recommended:**

**POLY CLASSIC BEGINNER'S PROGRAM DVD**

**CLASS WEEKEND #8 – BRING YOGA TOOLS KIT TO CLASS**

**SATURDAY, APRIL 29, 2017**

**The Standard Evaluation Technique**

**Instructor: Rick Morris, D.C., CYT, YTRX**

**1:00pm-6:00pm**

- *Morris-Payne Functional Yoga Evaluation Procedure*
- *Overview of the System*
- *Lung Capacity*
- *Quality of Life Test*
- *Testing Procedures*

**SUNDAY, APRIL 30, 2017**

**The Standard Evaluation Technique**

**Instructor: Rick Morris, D.C., YTRX**

**10:00am-5:00pm**

- *Review and hands-on practice of techniques*

**Please make sure to bring the Yoga Tools Kit (Standard Evaluation Manual, blood pressure cuff, goniometer, stethoscope, and measuring tape) to class both days.**

**HOMEWORK**

1. Read **MORRIS-PAYNE STANDARD EVALUATION MANUAL** (in Yoga Tools Kit) & watch DVD
2. Familiarize yourself with the Yoga Tools--blood pressure cuff, the stethoscope, measuring tape and the goniometer. If you have not already purchased the Yoga Tool Kits, you can do so at **www.samata.com** or buy them on your own.



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3. Review—Notes and handouts on Upper Back and Lower Back
  4. Review--Yoga Therapy Evaluation Forms to be used for case studies on Blackboard
- There are links to 2 forms that you will need for your client evaluations for this weekend: **Client Intake Sheet** and **Standard Evaluation Form**

**CLASS WEEKEND #9**

**SATURDAY, MAY 20, 2017**

**Introduction to Ayurveda**

**Instructor: Felicia Tomasko, RN, E-RYT 500, YTRX**

**1:00pm-6:00pm**

- *Introduction to the Principles and Practice of Ayurveda*

**SUNDAY, MAY 21, 2017**

**Business of Teaching Yoga (BOTY)**

**Instructor Larry Payne, Ph.D., E-RYT 500, YTRX**

**10:00am-5:00pm**

- *Business of Teaching Yoga*
- *Ethics of Teaching Yoga*
- *Qualities of a Yoga Teacher*
- *Modern Media and Social Networks*

**HOMEWORK**

1. Read **TEXTBOOK OF AYURVEDA**
2. Read **THE BUSINESS OF TEACHING YOGA**--Chapters 1 – 12

**CLASS WEEKEND #10**

**SATURDAY, JULY 8, 2017**

**Shoulder**

**Instructor: Rick Morris, D.C., YTRX**

**1:00pm-6:00pm**

- *Review of Shoulder Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Shoulder Problems*



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**SUNDAY, JULY 9, 2017**

**Shoulder**

**Instructor: Linda Lack, Ph.D., YTRX**

**10:00am-5:00pm**

- *Yoga Therapy solutions to Common Shoulder Problems*
- *Case Studies*

**HOMEWORK**

**Saturday**

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3<sup>RD</sup> EDITION**--Chapters on Shoulder Girdle
2. Wikipedia article—Shoulder Problems [http://en.wikipedia.org/wiki/Shoulder\\_problems](http://en.wikipedia.org/wiki/Shoulder_problems)

**Sunday (For Linda Lack)**

3. Read **THE PSOAS BOOK**
4. **WRITING:** “Your own body is your first and primary resource toward therapeutic understanding. Please be thoughtful and circumspect about your own shoulder-girdle strengths/weaknesses/issues. Do some writing on where you believe any issues began and why. Have you been successful in understanding and resolving them, and, if not, what questions would you like addressed? If you do not have shoulder girdle issues, address those of your students/clients, or write about your shoulder girdle’s general health and strength in a thoughtful manner.”

Writing is **due Wednesday, June 28th** before our meeting on Sunday, July 9. Please send to [amanda@samata.com](mailto:amanda@samata.com). Linda Lack will review these assignments before class, and they will form a basis for class discussion.

**Recommended Reading**

**LISTEN TO YOUR PAIN: THE ACTIVE PERSON’S GUIDE TO UNDERSTANDING, IDENTIFYING AND TREATING PAIN AND INJURY**—Pages 6-9, 204-207, 210-225  
**DYNAMIC ALIGNMENT THROUGH IMAGERY** by Eric Franklin—Chapters 14 and 15

**TERM ASSIGNMENTS DUE JULY 31<sup>ST</sup>**

**2 Case Studies & Stick Figure Assignment**

*Details are on the Blackboard*

**CLASS WEEKEND #11**

**SATURDAY, JULY 29, 2017**

**Knees**



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**Instructor: Steve Paredes, D.C., CYT, YTRX**

**1:00pm-6:00pm**

- *Review of Knee Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Knee Problems*

**SUNDAY, JULY 30, 2017**

**Knees**

**Instructor: Steve Paredes, D.C., CYT, YTRX**

**10:00am-5:00pm**

- *Yoga Therapy for Common Knee Problems*
- *Case Studies*

**HOMEWORK**

1. Review—Anatomy notes for knees

**CLASS WEEKEND #12**

**Please take note of change in hours Saturday**

**SATURDAY, AUGUST 12, 2017**

**Hips**

**Instructor: Matthew J. Taylor, PT, PhD, RYT, YTRX**

**10:00am-6:00pm**

- *Evaluation and Observation of Hip Problems*
- *Gait Training*

**SUNDAY, AUGUST 13, 2017**

**Hips**

**Instructor: Matthew J. Taylor, PT, PhD, RYT, YTRX**

**10:00am-5:00pm**

- *Yoga Therapy for Common Hip Problems*

**A GRADUATION CELEBRATION will take place immediately following class (location TBA).**

This is a small, informal ceremony to acknowledge the efforts of the students throughout the term. The ceremony is open to students and faculty only. Certificates will NOT be issued at the ceremony, but by mail at a later date. Attendance is mandatory unless granted excused prior to graduation by Larry Payne.



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**REQUIRED READING AND MATERIALS**

**BOOKS**

- **THE IREST PROGRAM FOR HEALING PTSD** by *Richard Miller*. New Harbinger Press. Oakland, CA. (Available on Amazon.com)
- **YOGA FOR DUMMIES, 3<sup>RD</sup> EDITION** (Revised 2014) by *Georg Feuerstein, Ph.D., Larry Payne Ph.D.*; Wiley Publishing. Available at <http://www.samata.com>
- **YOGA RX** by *Larry Payne Ph.D., Richard Usatine M.D.*; Broadway Books. Currently out of print, but available on [Amazon](#) used books, downloadable on Kindle and [Barnes and Noble](#).
- **THE BUSINESS OF TEACHING YOGA** (Revised 2010) by *Larry Payne Ph.D.*; Samata International. Available at <http://www.samata.com>
- **THE KEY MUSCLES OF YOGA, VOLUME 1, 3<sup>RD</sup> EDITION** by *Ray Long, M.D.*
- **TEXTBOOK OF AYURVEDA (VOLUME 1)** by *Vasant Lad*
- **THE PSOAS BOOK** by *Liz Koch*
- **YOGA THERAPY AND INTEGRATIVE MEDICINE** by *Larry Payne Ph.D., Terra Gold L.A.c, and Eden Goldman D.C.*

**DVDs**

- **Common Upper Back Problems**
- **Common Lower Back Problems**
- **Prime of Life Yoga General Conditioning Level 1**
- **Prime of Life Yoga General Conditioning Level 2**

**YOGA TOOLS KIT—**

**Must be purchased by 5:00pm on Monday, April 25th and brought to CLASS WEEKEND #8.**

Available for purchase through Samata International Inc. at [www.samata.com](http://www.samata.com). You may also purchase each item separately from an alternative retailer if you so choose.

- Standard Evaluation Manual and DVD set
- Blood pressure monitor
- Goniometer (for measuring range of motion)
- Stethoscope
- Measuring tape (**NOT** included in kit, please bring your own to class!)

\*\*\*Current YTRx students will receive a 15% discount when purchasing Larry Payne's Prime of Life Yoga DVDs and the Business of Teaching Yoga with the discount code YTRXDIS at the time of checkout. Discount does not apply to Yoga Tools Kit or individual items in the Yoga Tools Kit. Yoga Tools Kit **MUST** be purchased separately from books/DVDs. Students have the option to purchase items in the Yoga Tools Kit at any medical supply store. Standard Evaluation Manual and DVD set only available for purchase at <http://www.samata.com>.

When ordering from <http://www.samata.com>, students have the option to have orders shipped via USPS (standard shipping rates apply), delivered in class (free), or available for pick up at Samata International's offices (free). All orders for class materials should be made no later than three (3) weeks prior to class weekend where those materials are required.\*\*\*



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**RECOMMENDED READING AND MATERIALS**

**BOOKS**

- **YOGA ANATOMY** by *Leslie Kaminoff*
- **ANATOMY OF MOVEMENT** by *Blandine Calais-Germain*
- **BACK PAIN REMEDIES FOR DUMMIES** by *Michael Sinel*
- **DYNAMIC ALIGNMENT THROUGH IMAGERY** by *Eric Franklin*
- **FEELING GOOD, THE NEW MOOD THERAPY** by *David D. Burns, M.D.*
- **HEALING MOVES** by *Carol Krucoff and Mitchell Krucoff, M.D.*
- **IREST MEDITATION: RESTORATIVE PRACTICES FOR HEALTH, RESILIENCY, AND WELL-BEING** by *Richard Miller PhD*
- **HEALTH HEALING AND BEYOND YOGA AND THE LIVING TRADITION OF KRISHNAMACHARYA** by *T.K.V. Desikachar and R.H. Cravens*
- **HOW TO DRAW YOGA STICK FIGURES** by *Mikelle Terson*
- **LISTEN TO YOUR PAIN: THE ACTIVE PERSON'S GUIDE TO UNDERSTANDING, IDENTIFYING AND TREATING PAIN AND INJURY** by *Benjamin, Ben E., Ph.D., with Gale Borden, M.D.*
- **MEDITATION: AN EIGHT-POINT PROGRAM** by *Eknath Easwaran*
- **MEDITATION** by *T.K.V. Desikachar*
- **PRANAYAMA** by *Swami Kuvalayananda*
- **STRUCTURAL YOGA THERAPY: ADAPTING TO THE INDIVIDUAL** by *Mukunda Stiles*
- **THE BACK PAIN BOOK** by *Mike Hage*
- **THE COMPLETE WATERPOWER WORKOUT BOOK** by *Lynda Huey and Robert Forster. P.T.*
- **THE CREATIVE VISUALIZATION WORKBOOK: USE THE POWER OF YOUR IMAGINATION TO CREATE WHAT YOU WANT IN YOUR LIFE** by *Shakti Gawain*
- **THE YOGA OF THE YOGI: THE LEGACY OF T KRISHNAMACHARYA** by *Kausthub Desikachar*
- **VINIYOGA OF YOGA** by *T.K.V. Desikachar*
- **WALK YOURSELF WELL ELIMINATE BACK PAIN, NECK, SHOULDER, KNEE, HIP AND OTHER STRUCTURAL PAIN FOREVER-WITHOUT SURGERY OR DRUGS** by *Sherry Brouman*
- **YOGA FOR EVERY BODY** by *Paul Harvey*



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- **YOGA THERAPY: A GUIDE TO THE THERAPEUTIC USE OF YOGA AND AYURVEDA FOR HEALTH AND FITNESS** *by A. G. Mohan*
- **YOGA FOR BODY, BREATH AND MIND A GUIDE TO PERSONAL REINTEGRATION** *by A.G. Mohan*
- **YOGA FOR WELLNESS: HEALING WITH THE TIMELESS TEACHINGS OF VINIYOGA** *by Gary Kraftsow*
- 

**DVDS—LARRY PAYNE’S YOGA THERAPY & PRIME OF LIFE YOGA ([www.samata.com](http://www.samata.com))**

- **Weight Management for People with Curves**
- **Restorative Health for Women**
- **The Classic Beginner’s Program Yoga for Men and Women**



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**FREQUENTLY ASKED QUESTIONS:**

**What do I do if I know I'm going to miss class?**

If you know you are going to miss class, please send an email to [amanda@samata.com](mailto:amanda@samata.com) notifying Samata.

**Is the course material provided to us?**

Students have access to handouts for each class on LMU student site Blackboard. You should have received your Blackboard log-in information when you registered. The handouts for class will be accessible on the Blackboard at least one week prior to that class. Occasionally, the instructor may have last minute additions to the handouts prior to the class. It is the responsibility of the student to download and print them out before the class, or have offline access to the handouts on their laptops and iPads. We do not provide paper handouts in class, and internet/wireless access can be unreliable and is not guaranteed.

**What is the Mentorship Program?**

The Mentorship Program is an *optional* addition to the YTRx program, and a chance for students to earn Continuing Education Credits and an additional certificate. Students contact the instructor directly to book mentoring sessions, paying a rate of \$95 per hour, directly to the instructor. Each participating student who wants to receive a Mentorship certificate must complete 6 hours of mentoring for each level of certificate. (Level I certificate -- 6 hours, Level II certificate – an additional 6 hours, Level III certificate -- an additional 6 hours totaling 18 hours).

At the end of all three (3) levels, participating students should have 18 completed mentoring sessions (maximum). The certificate levels *do not* correspond to the levels of the courses. Students may choose to have the same mentor for all of their sessions or they may choose a combination of mentors from the list. They will need to have a private yoga practice from at least one (1) of their mentors. Mentorship forms can be found on Blackboard, and must be submitted to our office by **September 1<sup>st</sup>**, at the end of the course.

**What is the requirement for a certificate of completion?**

Submission of the term assignments, attendance of required number of days and a grade of B- or better is a must for issuance of certificate of completion.

The grading criteria are based on the following: Attendance – 50%, Class participation (including homework) - 25%, and Term Assignments - 25%.

The student will be graded and issued a certificate at the end of the course if all the requirements are met. Potential grades include:

- B- or better if all the requirements are met. Certificate will be issued.
- C or less if not all of the requirements are met. No certificate will be issued.
- NC-No Credit - if all the requirements are not met. No certificate will be issued.

**When can I call myself a yoga therapist, and use the YTRX designation?**





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Anyone can call themselves a Yoga Therapist, as there are currently no city, state, or federal guidelines on what a Yoga teacher or Yoga therapist is. Credibility is all based on the reputation of the Yoga therapy school or organization and their credentials.

When you graduate from the YTRx program, you will receive a Certificate of Completion from Loyola Marymount University. However, Loyola Marymount University does not certify anyone. Graduating from the YTRx Level II program will qualify you to apply for the Yoga Alliance RYT-500 and/or YTRX-500 in the Samata International Credential Program. In order to use the Samata YTRX designation, you must register for the Samata International Credential Program described here: [http://www.samata.com/?page\\_id=68](http://www.samata.com/?page_id=68)

**Is the YTRx certificate from LMU recognized by Yoga Alliance?**

Yes, if a student is Yoga Alliance RYT-200 registered at the start of Level I course, upon completion of Levels I & II, they can apply for Yoga Alliance RYT-500 registration. Please note that we are registered as "Yoga Studies at LMU" with Yoga Alliance, not "YTRx".  
[http://www.yogaalliance.org/ya/b/Instructions/Registering\\_Online\\_as\\_a\\_RYT\\_500.aspx](http://www.yogaalliance.org/ya/b/Instructions/Registering_Online_as_a_RYT_500.aspx)

**What are the credentialing opportunities with IAYT?**

For those of you interested in the highest possible accreditation, IAYT's new 800-hour program will be available in 2016. Here are the details:  
<http://www.iayt.org/?page=IAYTAccreditationFAQ>

The new YTRx 800-hour program was among the first group of courses to be approved for the IAYT credential. It consists of completion of YTRx levels 1-4 and another 200 hours through LMU Yoga Studies on Mindfulness (100) and an Introduction to Ayurveda (100).

For further information, take a look at the link above or visit our website: [www.samata.com](http://www.samata.com)

**What is the timeline of the course?**

Level I course is for 12 weekend classes between the months of October and August of the following year. Please refer to schedule for accurate dates. Credit Hours: 150, which includes 133 classroom hours.