



**Yoga Therapy Rx Certificate Program  
Level II, YTRx 822 01  
Loyola Marymount University Extension**

# **COURSE SYLLABUS**

2016 - 2017

**Director, Larry Payne Ph.D., E-RYT 500, YTRX  
Associate Director—Level II, Richard Usatine M.D.  
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 II** focuses on the circulatory, respiratory, digestive, nervous, reproductive and endocrine systems. Students will have twelve (12) class meetings over the course of eleven (11) months where they will address a diverse variety of topics. 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 the remaining systems of the body including the on the circulatory, respiratory, digestive, nervous, reproductive and endocrine systems.
2. Understand the relationship between Yoga therapy and Ayurveda, the ancient Indian holistic approach to life and healing.
3. Work with various medical specialists and learn additional and more advanced medical terminology.



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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.

**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 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 be deducted 10% of 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:



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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.

### **BLACKBOARD**

Students are required to have access to a computer with an internet connection and basic knowledge of logging in, viewing, and downloading materials from the Blackboard, LMU's student portal— <https://my.lmu.edu/portal/page/portal/mylmu/welcome>

All course materials, including class handouts, homework, student information, assignment guidelines, and announcements/updates will be posted on the Blackboard. Class materials are made available 1-2 weeks prior to each class weekend. Access to a computer in the classroom is not necessary. All students are required to print and/or download materials prior to class and bring to each class weekend.

Each student should set up their log-in and password prior to the start of the course. Students should contact LMU's IT Helpdesk at (310) 338-7777 to set up their ID if they do not get this information upon registration or for further assistance. Once the course ends, students will have access to the course on Blackboard until **September 30, 2017**.

### **QUIZZES**

Students are required to complete a brief 5-15 question quiz after each class weekend, available on Blackboard under "monthly quizzes". This is a tool for the students to see what they learned from the weekend, and where they could use more research or clarification.

Students will have until **midnight of the Sunday a week from class** to complete and submit the quiz. Quizzes are graded on a credit/no credit basis, and are part of the student's "Class Participation" grade. After the deadline, a downloadable version of the quiz with answers will be made available for studying purposes.

### **TERM ASSIGNMENTS**

Term assignments for YTRx Levels I-III are **due on July 31<sup>st</sup>, 2017**. All term assignments must be completed and turned in to receive certification of completion. The Level II term assignment includes a Term Paper and one Case Study. Guidelines are available on the Blackboard in the **TERM ASSIGNMENT GUIDELINES** document. Late submission of assignments will result in a grade deduction. If you are going to be late in submitting your assignment, you **MUST** notify Samata **PRIOR** to the term assignment deadline.



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**COURSE OUTLINE AND SCHEDULE**

**CLASS WEEKEND #1**

**SATURDAY, OCTOBER 8, 2016**

**Yoga Sutra I**

**Instructor: Robert Birnberg, CYT, YTRX**

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

- *Four Great Attitudes*
- *Four Guiding Principles of Yoga*
- *Yoga Sutra Summary, Chapter One*

**SUNDAY, OCTOBER 9, 2016**

**Yoga Sutra II**

**Instructor: Robert Birnberg CYT, YTRX**

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

- *Yoga Sutra Summary, Chapters Two through Four*

**CLASS WEEKEND #2**

**SATURDAY, NOVEMBER 12, 2016**

**Chronic Pain**

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

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

- *Definition of Pain*
- *Classification of Pain*
- *Biology of Pain*

**SUNDAY, NOVEMBER 13, 2016**

**Chronic Pain**

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

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

- *Definition of Chronic Pain*
- *Classification of Chronic Pain*
- *Pathophysiology of Chronic Pain*
- *Diagnoses*
- *Management*
- *Yoga Therapy Solutions to Chronic Pain*
- *Case Studies*



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**HOMEWORK**

1. Read article **BIPSYCHOSOCIAL APPROACH TO CHRONIC PAIN**—Posted on Blackboard

**CLASS WEEKEND #3**

**SATURDAY, DECEMBER 10, 2016**

**Ayurveda**

**Instructor: Arun Deva, DASc, AYT, E-RYT 500, YTRX**

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

- *Introduction to Ayurveda, Part 1*

**SUNDAY, DECEMBER 11, 2016**

**Ayurveda**

**Instructor: Arun Deva, DASc, AYT, E-RYT 500, YTRX**

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

- *Introduction to Ayurveda, Part 2*

**HOMEWORK**

1. Read **AYURVEDA: THE SCIENCE OF SELF-HEALING**
2. Review other recommended readings on this topic provided in the **HOMEWORK** section on the Blackboard.

**CLASS WEEKEND #4**

**SATURDAY, JANUARY 14, 2017**

**Endocrine System**

**Instructor: Vikram Kamdar, M.D.**

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

- *Components of the Endocrine System*
- *Interrelationships Between the Endocrine System and Other Major Systems*
- *Common Disorders of the Endocrine System*
- *How and why Yoga Therapy helps*

**SUNDAY, JANUARY 15, 2017**

**Endocrine System**

**Instructor Amy Wheeler, Ph.D., CYT, YTRX**

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

- *Yoga Therapy Poses and Sequences for the Endocrine System*
- *Proven Case Studies*



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**HOMEWORK**

1. Read **DAVIDSON'S ESSENTIALS OF MEDICINE**

**CLASS WEEKEND #5**

**SATURDAY, FEBRUARY 4, 2017**

**Cancer/Chronic Illness**

**Instructor: Jnani Chapman, R.N., CYT, YTRX**

**\*\*DIFFERENT TIMES!\*\* 12:00pm-6:00pm**

- *Understanding Cancer and Chronic Illnesses*
- *Guiding Principles to Yoga Based Health Recovery, Part I*

**SUNDAY, FEBRUARY 5, 2017**

**Cancer/Chronic Illness**

**Instructor: Jnani Chapman, R.N., CYT, YTRX**

**\*\*DIFFERENT TIMES!\*\* 10:00am-4:00pm**

- *Guiding Principles to Yoga Based Health Recovery, Part II*
- *Yoga Therapy Solutions to Cancer and Chronic Illnesses*

**HOMEWORK**

1. Read Wikipedia article—Cancer <http://en.wikipedia.org/wiki/Cancer>
2. Review Wikipedia articles on cancer signs and symptoms, treatments, and causes

**CLASS WEEKEND #6**

**SATURDAY, FEBRUARY 18, 2017**

**Respiratory System**

**Instructor: Richard Usatine, M.D.**

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

- *Definition of Respiration*
- *Anatomy and Physiology of the Respiratory Tract*
- *Mechanics of Breathing*
- *Pulmonary Function Tests*
- *Respiratory Diseases*

**SUNDAY, FEBRUARY 19, 2017**

**Respiratory System**

**Instructor: Chase Bossart, CYT**

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

- *Yoga Therapy Solutions to Respiratory Diseases*
- *Case Studies*



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**HOMEWORK**

**Saturday**

1. Read **YOGA RX**—Chapter 4, The Wind in your Sails.
2. Read Wikipedia articles on the **RESPIRATORY SYSTEM**
3. Review the following articles:

Asthma: <http://emedicine.medscape.com/article/296301-overview>

[http://www.emedicinehealth.com/asthma/article\\_em.htm](http://www.emedicinehealth.com/asthma/article_em.htm)

Emphysema/ COPD: <http://www.emedicine.com/MED/topic373.htm>

Pneumonia: <http://www.emedicine.com/MED/topic3162.htm>

**Sunday**

1. Read **YOGA THERAPY: A GUIDE TO THE THERAPEUTIC USE OF YOGA AND AYURVEDA FOR HEALTH AND FITNESS**
2. Read **YOGA BODIES, YOGA MINDS: HOW INDIAN ANATOMIES FORM THE FOUNDATION OF YOGA FOR HEALING** <http://featheredpipe.com/yoga-bodies-minds/>
3. Read **YOGA OF HEALING: EXPLORING YOGA'S HOLISTIC MODEL FOR HEALTH AND WELL-BEING** <http://healingyoga.org/pdf/TheYogaofHealing.pdf>
4. Read **THE HEART OF YOGA: DEVELOPING A PERSONAL PRACTICE**—Pages 3-44 and 53-70

**CLASS WEEKEND #7**

**SATURDAY, MARCH 11, 2017**

**Circulatory System**

**Instructor: Art Brownstein, M.D., D.Y.Ed.**

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

- *Anatomy and Physiology of the Heart and Blood Vessels*
- *Structure and Function of the Heart*
- *Disorders of the Circulatory System*

**SUNDAY, MARCH 12, 2017**

**Circulatory System**

**Instructor: Art Brownstein, M.D., D.Y.Ed.**

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

- *Principles of Yoga*
- *Principles of Yoga Therapy*
- *Yogic Approach to the Treatment and Prevention of Circulatory System Diseases*

**HOMEWORK**

1. Read **PROGRAM FOR REVERSING HEART DISEASE**





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**CLASS WEEKEND #8**

**SATURDAY, APRIL 8, 2017**

**Digestive System**

**Instructor: David Allen, M.D.**

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

- *Overview of the Digestive System and Its Function(s)*
- *Common Digestive Problems*

**SUNDAY, APRIL 9, 2017**

**Digestive System**

**Instructors: Robert Birnberg, CYT, YTRX and Eleni Tsikrikas, CAS, YTRX**

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

- *Yoga Therapy Solutions to Digestive Problems*
- *Case Studies*

**HOMEWORK**

1. Read article **DIGESTIVE SYSTEM**—Chapters 1 and 2 (posted on Blackboard)
2. Read **IAYT** Articles 1 and 2 (posted on Blackboard)

**CLASS WEEKEND #9**

**FRIDAY, MAY 12, 2017 \*\*DIFFERENT DAY!\*\***

**Nervous System**

**Instructor: Lorne Label, M.D., MBA, FAAN, CPE**

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

- *Review of the Nervous System*
- *Diagnostic Procedures*
- *Common Neurological Problems*

**SATURDAY, MAY 13, 2017 \*\*DIFFERENT DAY!\*\***

**Nervous System**

**Instructor: Amy Wheeler, Ph.D., CYT, YTRX**

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

- *Yoga Therapy Solutions to Neurological Problems*
- *Case Studies*

**HOMEWORK**

1. Review website (Dr. Lorne Label) [www.drllabel.fromyourdoctor.com](http://www.drllabel.fromyourdoctor.com)
2. Read the following Wikipedia articles:  
Nerve <http://en.wikipedia.org/wiki/Nerve>  
Glial <http://en.wikipedia.org/wiki/Glial>



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Brain <http://en.wikipedia.org/wiki/Brain>  
Spinal Cord [http://en.wikipedia.org/wiki/Spinal\\_Cord](http://en.wikipedia.org/wiki/Spinal_Cord)  
Neurotransmitter <http://en.wikipedia.org/wiki/Neurotransmitter>

**CLASS WEEKEND #10**

**SATURDAY, JUNE 10, 2017**

**Mental Health, Anxiety, Depression**

**Instructor: Julie Carmen, LMFT, ERYT-500, YTRX**

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

- *Overview of Mental Health and Common Disorders, Focus on Anxiety and Depression*

**SUNDAY, JUNE 11, 2017**

**Mental Health, Anxiety, Depression**

**Instructor: Julie Carmen, LMFT, ERYT-500, YTRX**

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

- *Yoga Therapy for Anxiety and Depression*

**HOMEWORK**

1. Read Wikipedia article—DSMMD

[http://en.wikipedia.org/wiki/Diagnostic\\_and\\_Statistical\\_Manual\\_of\\_Mental\\_Disorders](http://en.wikipedia.org/wiki/Diagnostic_and_Statistical_Manual_of_Mental_Disorders)

**CLASS WEEKEND #11**

**SATURDAY, JULY 15, 2017**

**Women's Reproductive System**

**Instructor: Norman Solomon MD**

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

**SUNDAY, JULY 16, 2017**

**Women's Reproductive System**

**Instructor: Veronica Zador, E-RYT500, YTRX**

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

- *Yoga Therapy Solutions for Common Women's Reproductive Problems including PMS, Menopause and Pregnancy*
- *Case Studies*

**HOMEWORK**

1. Read Wikipedia—Pregnancy <http://en.wikipedia.org/wiki/Pregnancy>



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

Term Paper, Case Study

*Details on Blackboard*

### CLASS WEEKEND #12

SATURDAY, AUGUST 5, 2017

Addiction

Instructor: Robert Birnberg, CYT, YTRX

1:00pm-6:00pm

- *Yoga and Addiction, Part I*
- *Western Definition of Addiction*
- *Widespread Effects/Personal Experience with Addiction*
- *Addiction as Holistic Disease*
- *Addictive Process*
- *Western Treatment Models/12 Step Program*
- *Discussion of Codependency in the Healing Process*

SUNDAY, AUGUST 6, 2017

Addiction

Instructor: Robert Birnberg CYT, YTRX

10:00am-5:00pm

- *Yoga and Addiction, Part II*
- *5 Mayas Human System, Vedic Mental Health Model*
- *Yoga Sutras Approach to Habit Reformation/Refinement*
- *Yoga Practice and Case Studies*
- *Available tools and their application, adaptation, modifications*

### HOMEWORK

1. Read articles **ADDICTION**—Robert Birnberg's website [www.longexhale.com](http://www.longexhale.com)
2. Read series **THE RECOVERY SUTRAS**—Robert Birnberg's website [www.longexhale.com](http://www.longexhale.com)

**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 LIST**

- **YOGA THERAPY & INTEGRATIVE MEDICINE** by Larry Payne, Ph.D., Terra Gold L.Ac., Eden Goldman D.C.
- **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 & Noble](#).
- **YOGA CHIKITSA Application of Yoga as Therapy** by Ananda Balayogi Bhavanani M.D. (Free download)
- **THE HEART OF YOGA: DEVELOPING A PERSONAL PRACTICE** by T. K. V. Desikachar
- **PROGRAM FOR REVERSING HEART DISEASE** by Dr. Dean Ornish
- **YOGA THERAPY: A GUIDE TO THE THERAPEUTIC USE OF YOGA AND AYURVEDA FOR HEALTH AND FITNESS** by A. G. Mohan
- **EXTRAORDINARY HEALING: THE AMAZING POWER OF YOUR BODY'S SECRET HEALING SYSTEM** by Art Brownstein
- **AYURVEDA: THE SCIENCE OF SELF HEALING** by Vasant Lad
- **YOGA BODIES, YOGA MINDS: HOW INDIAN ANATOMIES FORM THE FOUNDATION OF YOGA FOR HEALING** by Chase Bossart <http://featheredpipe.com/yoga-bodies-minds/>
- **YOGA OF HEALING: EXPLORING YOGA'S HOLISTIC MODEL FOR HEALTH AND WELL-BEING** by Kausthub Desikachar <http://healingyoga.org/pdf/TheYogaofHealing.pdf>

**RECOMMENDED READING LIST**

- **THE YOGA OF HEALING** by T.K.V. Desikachar and Dr. Arjun Rajagopalan \*\*out of print\*\*
- **SELF REALIZATION IN KASHMIR SHAIVISM THE ORAL TEACHINGS OF SWAMI Lakshmanjoo** by John Hughes
- **PREVENTING ARTHRITIS A HOLISTIC APPROACH TO LIFE WITHOUT PAIN** by Ronald M. Lawrence, M.D., PH.D. and Martin Zucker
- **YOGA FOR COMMON AILMENTS** by Dr. Robin Monro, Dr. Nagarathna, Dr. Nagendra
- **HEALING FROM THE HEART** by Mehmet Oz, M.D.
- **THE HEART AND SCIENCE OF YOGA A BLUEPRINT FOR PEACE, HAPPINESS AND FREEDOM FROM FEAR** by Leonard Perlmutter with Jenness Cortez Perlmutter
- **ALL ABOUT ASTHMA: STOP SUFFERING AND START LIVING** by Irwin J. Polk, M.D.
- **A MATTER OF HEALTH INTEGRATION OF YOGA AND WESTERN MEDICINE FOR PREVENTATIVE AND CURE** by Dr. Krishna Raman
- **YOGA ON HYPERTENSION** by Dr. Swami Satyananda Saraswati
- **YOGA MANAGEMENT OF COMMON DISEASES** by Dr. Swami Satyananda Saraswati
- **ASTHMA AND DIABETES** by Dr. Swami Shankardevananda Saraswati
- **SPONTANEOUS HEALING** by Andrew Weil, M.D.
- **AYURVEDA: LIFE, HEALTH & LONGEVITY** by Robert Svoboda
- **YOGA & AYURVEDA** by David Frawley
- **AYURVEDA & PANCHAKARMA** by Sunil Joshi
- **AYURVEDIC COOKING FOR WESTERNERS** by Amadea Morningstar
- **TEXTBOOK OF AYURVEDA I & II** by Dr. Vasant Lad
- **DAVIDSON'S ESSENTIALS OF MEDICINE** edited by J. Alastair Innes, BSc MB ChB PhD FRCP Ed



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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 & quizzes) - 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.



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

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 II 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 132 classroom hours.