



YOGA THERAPY APPLIED IN MEDICAL SETTINGS

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Synchronous and Asynchronous Learning

This program is a combination of synchronous and asynchronous sessions. Each week students review a set amount (9-13 hrs) of asynchronous recordings on their own schedule in preparation for weekend live sessions. Six synchronous weekend sessions are spaced intermittently to review, assess, and apply yoga therapy techniques with the support of Kripalu Integrative Yoga Therapy faculty.

ONLINE SYNCHRONOUS

Wednesday, October 22

5:00–8:00 pm

ASYNCHRONOUS RECORDINGS

Saturday, November 8–Friday, November 14

Approx. 13 hours

ASYNCHRONOUS RECORDINGS

Wednesday, October 22–Friday, October 31

Approx. 13 hours

ONLINE SYNCHRONOUS

Saturday, November 15

9:00 am–12:00 pm

ONLINE SYNCHRONOUS

Saturday, November 1

9:00 am–12:00 pm

ASYNCHRONOUS RECORDINGS

Saturday, November 15–Friday, December 5

Approx. 11 hours

ASYNCHRONOUS RECORDINGS

Saturday, November 1–Friday, November 7

Approx. 9 hours

ONLINE SYNCHRONOUS

Saturday, December 6

9:00 am–12:00 pm

2:00–5:00 pm

ONLINE SYNCHRONOUS

Saturday, November 8

9:00 am–12:00 pm

Sunday, December 7

9:00–11:00 am

Saturday, December 13

9:00 am–12:00 pm

2:00–5:00 pm

5:30–6:30 pm