



Sample Daily Schedule

The IYT training schedule is designed to provide an intensive exploration of yoga therapy philosophy, practice, and teaching techniques. The International Association of Yoga Therapists requires students attend all sessions, without exception. A typical daily schedule is as follows:

6:00–7:30 am	<i>Morning Practice</i> A guided therapeutic yoga class designed for experiential learning. Integrates the teachings and philosophy of Yoga therapy that are taught throughout the course.
7:30–8:30 am	<i>Breakfast</i>
8:30–10:00 am	<i>Yoga Philosophy</i> A discussion of the evolution of yoga and its relevance as a healing modality.
10:15–12:00 pm	<i>Body Systems</i> Review of the major systems of the body and the use of yoga therapy for each system. Students study the anatomy and physiology of the physical body, analyze how yoga and meditation affect each system, and explore how the physical systems of the body work in unison to maintain balance.
12:00–2:00 pm	<i>Lunch</i>
2:00–2:30 pm	<i>Yoga Nidra</i> Students learn practices that integrate body, breath, mind, intellect, and emotions. This practice integrates the daily topics from the <i>Philosophy and Psychology of Yoga Therapy</i> class for embodied learning, and prepares students to design and lead yoga nidra in module two.
2:45–4:30 pm	<i>Kinesiology</i> A discussion of the anatomy of movement, global postural evaluation principles, and evaluation of normal range of motion for the joints.
4:45–6:00 pm	<i>Applied Methodology</i> Students become familiar with various group dynamics and learn effective communication skills, demonstrate their ability to adjust and adapt teaching methods to specific populations, and manage the subtleties of the therapist/group relationship.
6:00–7:00pm	<i>Dinner</i>
7:00–8:00 pm	<i>Integration</i> This section integrates evidence-based research in the field of yoga therapy, and also includes professional development, as well as classes on somatic movement, restorative yoga, and meditation are offered to support student well-being.