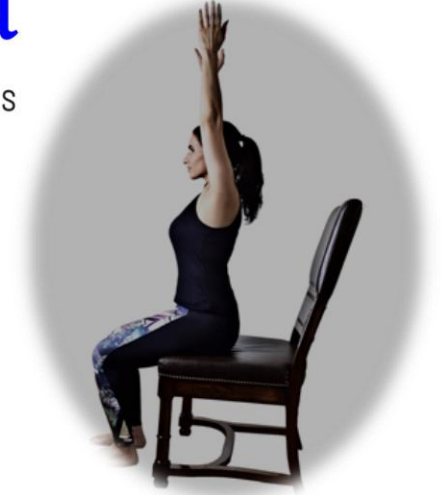




Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

Lifeinyoga.org



Measured Yoga Therapy[®] (MYT) Training & Certification Program

A Life in Yoga Institute Offering
in collaboration with Council for Yoga Accreditation International

July 2024 through May 2025

CONTENTS

1. What	Pg 2
2. For Whom	Pg 3
3. How	Pg 3
4. Prerequisite & Application	Pg 6
5. Costs	Pg 6
6. Course Listing, Schedule & Fees	Pg 7
7. Certification Exam/Evaluation Fees	Pg 8
8. Course Descriptions	Pg 9
9. Program Faculty	Pg 12



1. WHAT

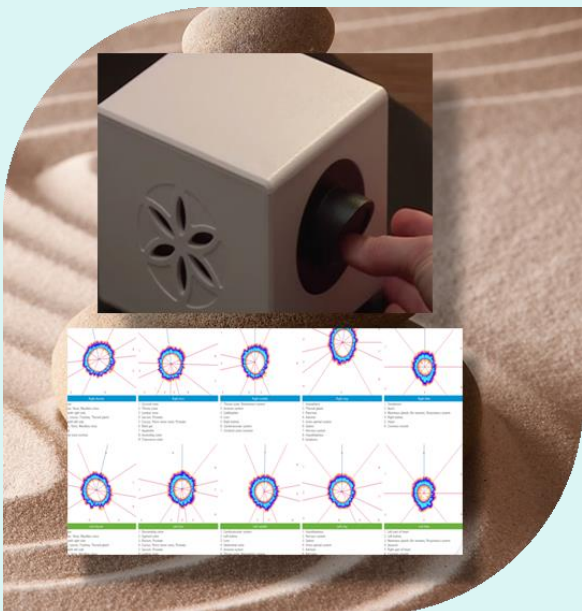
This program offers an introduction and detailed discussion into yoga philosophy, the system and measurement in the mechanism of yoga practices, for therapeutic and health management applications. Some will perceive it as an integrative understanding of yoga philosophy, Ayurveda and Chinese Medicine perceived through instrumental measurements of modern science.



Approach of Measured Yoga Therapy

People scarcely realize almost all medicine systems in the world are not deterministic sciences, but rather based on correlations and probabilities of therapeutic effectiveness. Except for yoga and traditional medicines systems associated with yoga, there is no conceptual understanding of the meaning of life. Without knowing the nature of spiritual existence, the models of health are incomplete. When the famous author, Dr. Deepak Chopra, notes cases of sudden cures of incurable conditions, modern medicine cannot explain. But yoga's spiritual philosophy can.

While we begin with modern medicine diagnosis, we take assessments with scientific tools that relate to traditional medicine and spiritual approaches to measure the body's 'energetics'. Then based on our experience we test different yoga practices. Immediately after each tested practice we take the same 'energetics' reading to see what changes it impacted and whether it would be predictive to address a specific disorder or help general improvement of health. This is personalized and specific to each individual.



Electro-photonic Imaging captures Bio-meridian communication in different organ systems



2. FOR WHOM



The program is designed to target two audiences:

- 1. Those Seeking to Learn** to deepen their understanding of yoga in a scientific way. This group has little or no interest in certification for becoming a measured yoga therapist.
- 2. Those with Professional Interests** seeking certification that will allow them to offer therapy services to clients using the MYT system.

3. HOW

The program is offered as a set of courses, each of **2 to 9 weeks** duration covering **42 weeks through a 11-month cycle**. It is done primarily through zoom video conference as a **live session of 2 hours on Saturdays**.

Additional details are as follows:



Participation level and fees -

(a) **Interactive Participants** can attend as *'panelists'* on Zoom like in a live classroom that permits asking questions, engaging in discussions, and taking quizzes and exams to sharpen one's understanding. Further they will also be given assignments. Such attendees will need to spend on average about 4 to 5 hours a week in addition to the Zoom class participation to stay up on the course content.

(b) **Observing Participants** may choose to attend as *'attendees'* in zoom and cannot participate interactively, nor take tests. There is no demand on their time outside the 2-hour weekly session.

**The two options carry different fees where the second option as attendee will cost about one-third of the first option.*



Certification versus Course Quizzes & Exams

Certifications are based on separate evaluations different from the courses. Courses are preparatory knowledge for certification. No course attendance is needed to apply for certification exams/evaluations. Certifications exams/evaluations carry separate fees.

Courses' Content in Sequence

The courses are designed as sequential preparation for the certifications for those who need it. Thus, a participant may choose to attend only those courses where they perceive a need. The flow of course content over two years is as follows:



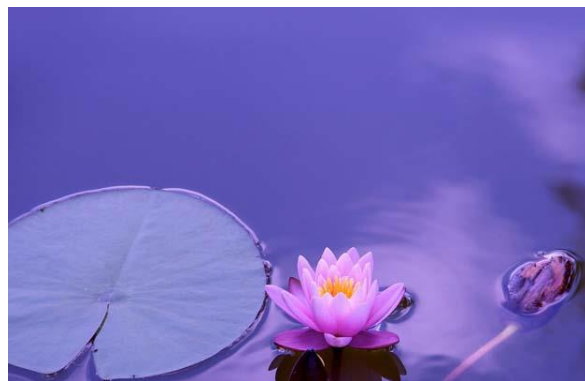
- Begin with understanding yoga view of existence and the approach of yoga with line-by-line review of the Yoga Sutras of Patanjali.
- Then we explore the mechanism of yoga through the Naadi-Chakra system and the 5-Pranas, and with different practices.
- Thereafter we explore the common model of existence and health and how different systems of health (allopathy, traditional systems like ayurveda, yoga system) fit within the model. This provides a top-level understanding of health, disease management, healing and side-effects from the different systems.
- Then we introduce measurement approaches and the system of Measured Yoga Therapy. At that time participants will need to purchase their own measurement instruments.
- From this point on we focus on the measured impact of commonly used yoga protocol on the Naadi system.
- Then we get into looking at the relationship between allopathic diagnosis and the Naadi system.
- Finally we get into application elements for MYT: first, discussing appropriate use and thereafter (in the second year) getting into case reviews of a variety of disorders.



Certification Levels

All certifications require some form of detailed evaluation. Some of them require standardized exams.

Certifications relate to Life in Yoga Institute and CYAI are as follow



- (a) **CYAI Instructor Certification** - After developing understanding of the content of the first three courses (MYT301-MYT303), if a person has been doing daily practice of any system-based protocol and has also led group sessions, one may apply to take the exam. CYAI partner institutions including Life in Yoga can facilitate the practice and group session requirements.
- (b) **Competency in Measurement Certification** – This is actually certification in the use of one instrument, Bio-well, which does electro-photonic imaging, that facilitates pre-post measurements for any yoga intervention for measured yoga therapy.
- (c) **Assistant MYT Certification** – When (a) and (b) above are met and competency in all the two dozen or so therapeutic practices of MYT is attained, one can apply for this certification.
- (d) **Associate MYT Certification** implies that a person understands all aspects of applying MYT including assessment and proper use of therapeutic techniques. However, the person feels a need to have a Therapist available for consulting on assessments and right protocol to test.
- (e) **Full MYT Certification and CYAI Yoga Therapist Certification** coincide with the same standard requirement to function effectively as a full therapist.

Note 1: CYAI has three levels of certification. Between instructor and therapist is the teacher level. A good therapist usually has teacher level knowledge. Associate MYT certified may consider taking the teacher level CYAI exam.

Note 2: MYT certification levels allow one to work with clients with minimal or active supervision of a Therapist, and there is commensurate revenue sharing at each level.



4. PREREQUISITE & APPLICATION

There is no pre-requisite to participate as an *'attende'* on Zoom other than ability to understand and interact in the English language. However, for *'panelist'* participation and/or those seeking certification, please note the prerequisite for each course in the course description below.

To register/apply
Click Here



5. COSTS

The annual cost for 2024-2025 is discounted by 50% to 60% as promotional for only CYAI members. Against a regular cost of \$5,500 per year, it will now be only \$2,520 split by courses, and for Observers (zoom *'attende'*s) it will be \$855 or approximately one-third.

Those who continue beyond the first three courses will need to invest an additional \$2,500 for purchasing the Bio-well equipment. For CYAI members we will expect a 10% discount. Bio-well also requires a subscription that can be activated just for a day or month whenever needed based on expected usage. See Bio-well details at <https://www.bio-well.com/>



6. COURSE LISTING, SCHEDULE & FEES

The fees below apply only to CYAI members* when paid at least 30 days before the course begins. There is a 10% surcharge for late registrants during the immediate 29 days before the course.

*For CYAI non-members, there is an additional fee of \$10 per course for ‘attendees’ while ‘panelists’ pay the full price that adds to \$5,500 for the first year.

To become a CYAI member, see <https://cyai.org/membership.html>

To keep the timing 8 to 10 pm in India, in summer-time we begin at 10:30 am Eastern USA Daylight Saving time, and in winter we begin at 9:30 am.

Weekends during the October festival season and Christmas-New Year season are skipped allowing for 42 weeks of sessions.

FIRST YEAR COURSES	Total Fee >	\$5500 \$2520	\$855	
Content	Timing Eastern USA	Fee 'Panelist'	Fee 'Attendee'	Dates July 2024 to May 2025
MYT301 Nature of Existence as Understood from the Yoga Sutras (18-hour course)	10:30a - 12:30p	\$900 \$360	\$120	Jul 13, 20-21, 27, Aug 3, 10, 17, 24, 31
MYT302 Mechanism of Yoga and the Three Basic Approach to Practices (18-hour course)	<u>10:30a - 12:30p</u> 9:30-11:30a	\$900 \$360	\$120	Sep 14, 21, 28, <u>Oct 19, 26, Nov 2,</u> Nov9, 16, 23
MYT303 Understanding Anatomy, Physiology, Health, and Mechanism of Health Systems (12-hour course)	9:30-11:30a	\$600 \$250	\$90	Dec 7, 14, 21 Jan 11, 8, 25
MYT400 Measurement Approaches & Measured Yoga Therapy (12-hour course)	9:30-11:30a	\$900 \$450	\$150	Feb 1, 8, 15, 22 Mar 1, 8
MYT501 Common Therapeutic Yoga Practices and their Impact on Yoga Mechanism (10-hour course)	10:30a - 12:30p	\$900 \$450	\$150	Mar 15, 22, 29 Apr 5, 12
MYT502 Allopathic Diagnosis of Disorders and Possible Correlation with Yoga Mechanism (10-hour course)	10:30a - 12:30p	\$900 \$450	\$150	Apr 19, 26, May 3, 10, 17
MYT503 Sensitivity in the Application of Measured Yoga Therapy (4-hour course)	10:30a - 12:30p	\$400 \$200	\$75	May 24, 31



SECOND YEAR SESSIONS (MYT600) run on the same day as the course schedule for the first-year courses between July 2024 and May 2025. The timing will be two hours before or after the first-year courses according to suitability of time zones of enrolled participants. Second year sessions discuss case studies related to specific practices and disorders. Disorders covered will encompass Cardiovascular, Respiratory, Metabolic-Endocrine, Musculoskeletal, Neurological, Sleep, Mental Health and Autoimmune conditions. Fees are payable in three segments: \$1,800 for July thru November; \$600 for December and January; \$1,800 for February thru May. CYAI members get 20% discount on these fees.

Course registrations can be done at

For Course Registration
Click Here

7. CERTIFICATION EXAM/EVALUATION Fee for 2024-2025

- (a) CYAI Instructor Certification – See <https://cyai.org/Individual-certification.html> .
- (b) Bio-well Competency Certification – \$250.
- (c) Assistant MYT Certification – \$250.
- (d) Associate MYT Certification - \$1,000.
- (e) Full MYT Certification and CYAI Yoga Therapist Certification - \$6,000



To become a
CYAI member

Click Here



8. COURSE DESCRIPTIONS

1. MYT301 Nature of Existence as Understood from the Yoga Sutras – July 13 - Aug 31, 2024 – 18-hour course

Yoga is all about connecting into the source of existence and imbibe the understanding of the nature of existence, the role of the individual and purpose of life. The Yoga Sutras of Patanjali is discussed in detail, in a line-by-line study, to understand the structure of existence, the purpose of living, and the step-by-step approach to experience it. Understanding the mind and role of innate awareness (*Atma Vidya*) and its impact on the human system is part of the discussion. The historical place of the Yoga Sutras and its relationship to the Vedas and other philosophies is also discussed. A combined modern interpretation of the source and structure of creation is presented.

Prerequisite: None

2. MYT302 Mechanism of Yoga and the Three Basic Approach to Practices – Sep 14 -Nov 23, 2024 - 18-hour course

While the Yoga Sutras provide the philosophy and the basic principles for ‘Self-Realization’, the application for good health of the body-mind-spirit complex resides in the mechanism and methods which form the application principles of all traditional systems of medicine. The mechanism is discussed in terms of Naadis and Vayus that are common to Yoga and Ayurveda. [Some people may find some similarity with Traditional Chinese Medicine.] Also, correlation is made with allopathic understanding of the human system, which would seem like a reductionism from the higher knowledge of Naadis and Vayus. Non-invasive yoga methods used for healing come from Hatha-Tantra-Bhakti Yogas, Power of Breath, Higher Realization, Role of Meditation, Individual and Cosmic Harmony in Lifestyle – individual and group activities.

Prerequisite: Basic understanding of the Yoga Sutras and system of Yoga OR MYT301

3. MYT303 Understanding Anatomy, Physiology, Health, and Mechanism of Health Systems – Dec 7 2024 – Jan 25 2025 - 12-hour course

The discussion related to integrative understanding of modern allopathy and traditional medicine systems begun in the previous course is discussed in greater detail in this course. It requires understanding of the basic human anatomy and physiology, from organs down to cellular level and physiology of energy production, digestion, cellular respiration and production of hormones, enzymes, and neurotransmitters. Since participants will come with varying backgrounds, this course will mostly direct participants to YouTube videos for deeper understanding. Also, a key focus of this course is to explore commonality with other traditional systems of medicine outside yoga and ayurveda, namely Siddha, Chinese Medicine, Homeopathy, Unani, Shamanism, African systems, and Spiritual Healing methods like Reiki and Pranic healing.

Prerequisite: Basic understanding of the yoga system impact on Naadis OR MYT302



4. MYT400 Measurement Approaches & Measured Yoga Therapy – Feb 1 – Mar 8, 2025 - 12-hour course

Measured Yoga Therapy requires scientific measurement tools that are comparable to Naadi-Vayu assessment. This course begins with an introduction to scientific research in measurement concepts in the last 100 years or so. Thereafter, Bio-well, a system based on Electro-photonic Imaging (EPI) is presented as the standard for Measured Yoga Therapy. Those whose interest is more than simply observing the course will need to invest in the equipment and system. Most of the course time will be spent on Bio-well training. The last session will introduce the system of Measured Yoga Therapy and how Bio-well is used. The system of Measured Yoga Therapy involves intake of client information, baseline scan with Bio-well, correlating it with the client's disorder, testing different interventions, scanning again with Bio-well immediately after each intervention, and based on comparison of the scans deciding whether a specific intervention is effective or not. Time permitting, the last session will provide a short introduction to the Metatron technology as a further research tool. Metatron technology is not standard for Measured Yoga Therapy.

Prerequisite: Basic understanding of yoga system, human anatomy and physiology OR MYT302-303

5. MYT501 Common Therapeutic Yoga Practices and their Impact on Yoga Mechanism – Mar 15 – Apr 12, 2025 - 10-hour course

Yoga and traditional medicine systems view disorders labelled by allopathy as simply symptoms at the anatomical or physiological levels. Yoga and traditional medicine systems have an interest in the underlying communications of the Naadi-Vayu within the human system that cause the disorder. Yoga practices like the variety of breathing, physical or sound vibration practices work differently on different Vayus and the consequent impact on the Naadi communication. The ability to measure the impact with Bio-well provides significant insight into what type of yoga practices may impact the different underlying communications to address specific weakness. Thus, this course is designed as an overview of the underlying communication impact of each type of yoga practice typically used for therapy.

Prerequisite: Advanced understanding of the Bio-well system, yoga system and human anatomy and physiology OR MYT400 and preceding course content.

6. MYT502 Allopathic Diagnosis of Disorders and Possible Correlation with Yoga Mechanism – Apr 19 – May 17, 2025 - 10-hour course

MYT requires that all the clients presented for therapy must first have consulted a licensed physician to test or diagnose their health issue. Thus, when presented for MYT we would have diagnosis and lab or scan reports. Underlying each allopathic diagnosis can be a variety of communication imbalances. In combination with their lifestyle information provided in the intake form an effective therapist may quickly consider the possibility of different kinds of communication failures, and the best yoga protocols to address them. This course provides an overview of probable underlying communication issues for a variety of disorders and the yoga approach to address them. The range of disorders include Cardiovascular, Respiratory, Neurological, Musculoskeletal, Endocrine-Metabolic, Autoimmune and Mental Health.

Prerequisite: Advanced understanding of the Bio-well system, yoga system and human anatomy and physiology OR MYT400 and preceding course content.



7. MYT503 Sensitivity in the Application of Measured Yoga Therapy– May 24-31, 2025 - 4-hour course

This is a short course that provides a standardized protocol in applying MYT with clients. The previous courses would have provided insight into the therapeutic aspect of the MYT system. However, application requires proper client communications, data collection, managing client expectations, legal observances, and proper documentation.

Prerequisite: Content of all previous courses from MYT301 to MYT502.

8. MYT600 Practicum and Additional Case Studies – Jul 13, 2024 to May 31, 2025

(no registration needed for this course – only relevant for previous MYT trainees)

In every discipline, classroom learning is essentially theoretical. Real learning comes from application. In the second year of the program, assuming that participants of the first year will have attained some level of certification, we encourage them to work with clients with the support of our therapists as mentors. Each week these become case studies for discussion. In addition, we have a large bank of case studies that cover Cardiovascular, Respiratory, Neurological, Musculoskeletal, Endocrine-Metabolic, Autoimmune, and Mental Health disorders. This forum provides experiential learning for advancing in certifications noted above towards the full therapist certification. This second-year forum continues a continuing education opportunity after the second year.

Prerequisite: Content of all previous courses from MYT301 to MYT503.

To register for any course, please

[Click Here](#)



9. PROGRAM FACULTY



C. Rajan Narayanan, PhD, is the program director and primary faculty member of this program and is also the Executive Director of Life in Yoga Institute. He developed this system of Measured Yoga Therapy in 2015 and published it as *Bioenergy and its Implication for Yoga Therapy* and is available at the National Library of Medicine at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5934952/>
In conducting this program, he is assisted by his colleagues in Life in Yoga and Council for Yoga Accreditation International (CYAI):

- **Sreejith Chundayil Kalam**, MYT Specialist
- **Stephen Parker (Stoma)**, a retired clinical psychologist, spiritual guide, and a senior yoga teacher trainer in the Association of Himalayan Yoga Societies International (AHYMSIN)
- **Sanjeev Krishnan**, Yoga Acharya of Sanjeev Krishna Yoga in Dubai, UAE and member of the Governing Council of ARYIC (Arab Region Yoga Instructors Council)
- **Ratna Nandakumar**, LIY Yoga teacher, Professor Emerita, University of Delaware
- **Avani Presswala**, LIY Yoga teacher and MYT coordinator for Life in Yoga

Life in Yoga is a charitable non-profit established in the state of Maryland in the USA with the mission of researching and dissemination the knowledge of yoga and allied disciplines. It consists of two entities: Foundation established in 2006 and Institute established in 2011.

<https://lifeinyoga.org/>

CYAI (Council for Yoga Accreditation International) was established in 2012 as an Association of Yoga and Related Institutions to establish and certify standards in yoga dissemination.

<https://cyai.org/>

READY TO APPLY?

To register for this program, please

[Click Here](#)

For further information, please contact:

• Avani Presswala at +1 301 257 7766 (also on WhatsApp) or email

sitaarap@netscape.net

• Alternate Contact: Ratna Nandakumar at +1 302 220 8486 (also on WhatsApp) or email

ratna.nandakumar@gmail.com

