



Life In Yoga

"BE IN THE MOMENT, WHERE LIFE EXISTS"

member of **CYA International**



TRAINING & CERTIFICATION for Measured Yoga Therapy™

2021 Program

Who Should Attend:

- Health care providers seeking to expand their knowledge and provide a holistic and integrative medicine solution to their patients
- Yoga trained or interested persons who seek to use this knowledge to provide lifestyle counseling to enable yoga therapy solutions for clients

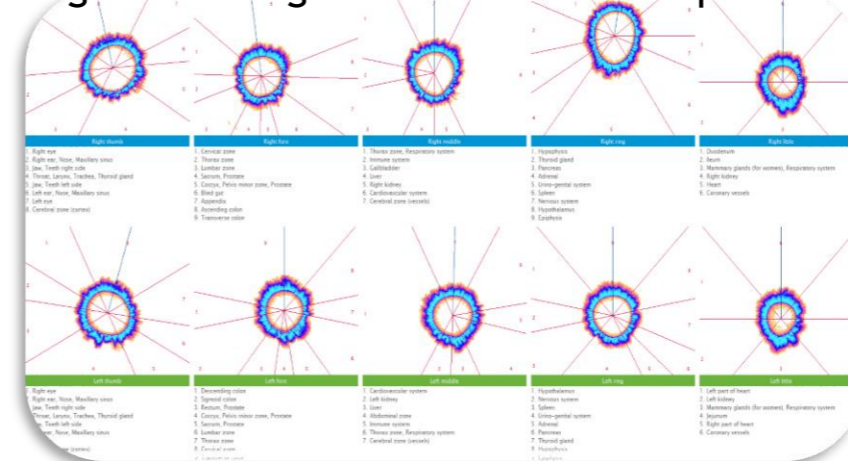
What Will You Learn:

Prior to beginning the program you will need to acquire a Bio-well system – which we will supply and provide basic training – and become familiar with its use. Thereafter, we will begin a case-based approach to learning the following components of knowledge: (a) Applications of specific yoga therapy practices; (b) Applications for specific health disorders; (c) Use of Bio-well for therapy applications. In addition, through attending regular yoga sessions, lectures, special sessions, recommended videos and reading lists, one is expected to learn about philosophy of yoga, mastery of practices, and acquire sufficient medical knowledge to provide therapy for a wide variety of conditions.

Your Average Weekly Commitment

- Minimum commitment is about 6 hours:
 - 2 hours in weekly class sessions – online face-to-face
 - Assignments: case analysis and review material
 - Working with individual clients hands-on with support and supervision of a Life in Yoga Measured Yoga Therapy Practitioner
- Those without medical background may need to spend additional time with review of videos and reading material

Biograms that generate assessment parameters



Bio-well Camera



Measured Yoga Therapy is the unique development of Life in Yoga Institute that combines the wisdom of yoga and traditional medicine systems (such as Ayurveda or Chinese system of meridians) with a scientific measurement approach.

Thus, it becomes a bridge between modern medicine and traditional medicine systems. It has proven to be efficacious in many conditions that are incurable or difficult to manage, like autoimmune and chronic conditions.

To Apply Click Here

Make sure you read the next 2 pages before you click here

Duration of Training and Nature of Certification

Duration of the training varies based on prior preparation:

- Physicians, given their medical background, would be able to train faster - probably in a year or so.
- Others may take longer and probably as long as 3 years before having the Practitioner level certification.

Content is organized as follows:

- First eight months is review of different practices, their nuances and cases studies of how they impact the psycho-physiological processes.
- The remaining training with case studies is by disease categories: cardiovascular, respiratory, metabolic, neurological, psychiatric, auto-immune, etc.
- The First year also includes exploration in the philosophy and approaches to yoga practices that provide linkage to understanding the human body, purpose of life and healing mechanism.
- For people with non-medical background, primer in anatomy and physiology is provided through videos and discussions.

Training Leading to Certification Levels is as follows. The two initial levels are simply intended as interim level of competency.

- Assistant Measured Yoga Therapist (Asst MYT) – Certifies ability to take Bio-well readings and to instruct clients on the 25 or so regular yoga practices used in therapy safely and effectively
- Associate Measured Yoga Therapist (Assoc MYT) – Certifies adequacy of yoga, bio-well and medical knowledge to apply Measured Yoga Therapy under supervision
- Measured Yoga Therapy Practitioner (MYTP) – Certifies ability to practice Measured Yoga Therapy Independently

Certification for each level is based on examinations that may be written and oral:

- Asst Measured Yoga Therapist will need to exhibit safe and correct instruction of our list of yoga practices used for therapy. Correct reading of Bio-well is also a requirement.
- Assoc Measured Yoga Therapist will be judged on overall knowledge in both written and oral formats. Further, record keeping of client cases will be an important contributor to credits for certification.
- Measured Yoga Therapy Practitioner will require a higher level of screening on medical knowledge and in addition, review will involve observing treatment of about 10 cases of varied conditions, and record keeping associated with them over the period of client recovery.

Testimony of a practicing
Physician



To Apply
Click Here

Fees and Circumstances of Training:

Life in Yoga Institute as a non-profit seeking to apply this knowledge for the benefit of humanity invites both volunteers and professional practitioners. Fees and terms of training are different.

- ❑ Volunteers will have free training, but have a commitment to serve Life in Yoga as a volunteer therapist for at least 3 years. A deposit of \$5,000 is required, which is returned after 12 months if the person attends 90% of all the sessions, has a passing grade in 90% of all the assignments and exams, and services at least 12 clients during the first 12 months. The deposit can be waived by a Life in Yoga Board member who will pledge the equal amount instead.
- ❑ Professional Practitioner aspirants who seek to earn an income from Measured Yoga Therapy have a fee of \$5,000 every 3 months over period of training. Loans may be provided for qualified candidates.
- ❑ Selection of participants is at the sole discretion of the Institute. Those seeking knowledge, e.g. physicians, without need for certification, many attend group sessions with annual fees of \$5,000.
- ❑ Irrespective of participant status (as Volunteer, Professional Practitioner or attendee), knowledge acquired from training and special techniques developed by Life in Yoga Institute are considered confidential and only for use by the learner as per contractual agreement.

Tentative Schedule

Based on registered participant size, geographic presence and needs, the following schedule may be modified:

- February 1 to February 28, 2021 - Pre-training mentorship on Bio-well (Electro-photonic Imaging) and educational videos on anatomy and physiology for those outside medical fields
- From Saturday March 6, 2021 - 10 am to 12 noon Eastern USA Time weekly Zoom-based face-to-face training of Measured Yoga Therapy

For further information, contact Jayashree Prakash at 954-326-6531 or email jrajan.201963@gmail.com.



**To Apply
Click Here**

Measured Yoga Therapy™ Curriculum Map

1 YOGA

Practices: Tantra and Intermediate Hatha Yoga

Philosophy: Primarily Yoga Sutras; Touched on Others

Discussions: History of Yoga, Tantra and Bhakti Yoga, Different Traditions; Research

2 KNOWLEDGE OF DIFFERENT MEDICINE SYSTEMS

Conventional-Western: Organ Systems - Physiology: Functionality and Relationships; Reading Lab/Imaging Reports

Ayurveda: Concept; Pulse Reading; Five level Naadis; Hand-Finger Representation

Chinese Medicine: Concept

3 EPI and MEASURED YOGA THERAPY

Bio-well: Getting Correct Readings;

Hand and Finger and Representations;

Flow of Information: Immune-Nervous to Endocrine and below

System of MYT: Pre-post analyses

Case Studies Review

Practicum: Working with clients

4 OTHER INTERVENTIONS

Food and Drugs

Psychic (Reiki, Pranic healing, etc)

Measurement of such Interventions

5 CLIENT PRACTICE MANAGEMENT

Individual Conduct

Client Behavior and Appropriate Response

6 FOUNDATIONAL DEPTH KNOWLEDGE

Chemistry & Bio-chemistry

Detailed Anatomy and Physiology

REGISTRATION PROCESS - Application, Acceptance, Payment, Program Commencement

To Apply, [Click here](#) . Application deadline is Jan 31, 2021 - No application fees.

Between Jan 31 and Feb 15, you will know about the status of acceptance and payment requirement.

THERAPY ANALYSIS BY DISEASE CATEGORIES

- Autoimmune Conditions
- Cardiovascular Disorders
- Respiratory Disorders
- Sleep Disorders
- Pain and Neurological Conditions
- Musculoskeletal Disorders (Arthritis, Frozen Shoulders, etc)
- Metabolic Disorders
- Gastrointestinal Disorders
- Psychiatric Disorders
- Other Disorders (other endocrine, reproductive, etc.)

**To Apply
Click Here**