



Life In Yoga

"BE IN THE MOMENT, WHERE LIFE EXISTS"

member of **CYA International**



TRAINING & CERTIFICATION for Measured Yoga Therapy™

2022 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

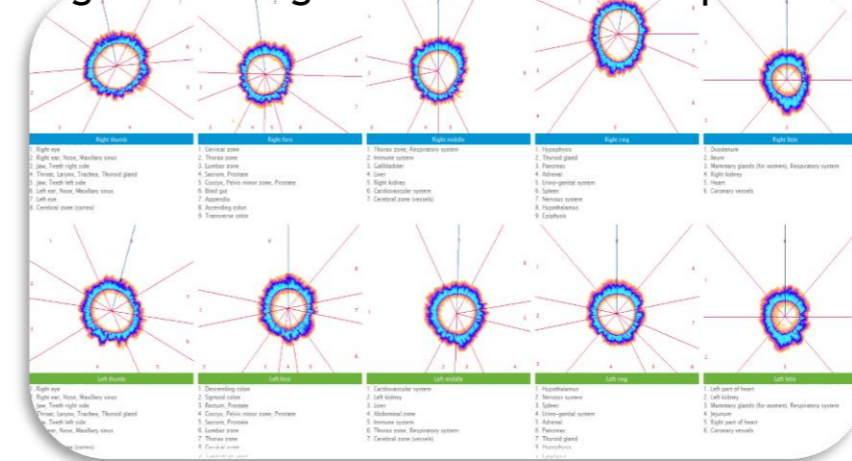
What Will You Learn:

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.

Applications accepted anytime

No application fees

New Groups start approximately every 6 months

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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 levels 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



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Fees and Circumstances of Training:

Life in Yoga Institute as a non-profit seeking to apply this knowledge for the benefit of humanity invites applications from interested individuals. Fees and terms of training are different.

- ❑ 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.
- ❑ Those seeking knowledge, e.g. physicians, without need for certification, many attend group sessions with annual fees of \$5,000.
- ❑ Selection of participants is at the sole discretion of the Institute. 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.

Scheduling

Based on registered participant size, geographic presence and needs, a suitable schedule will be determined according to the following parameters:

- Zoom-based face-to-face training of Measured Yoga Therapy during weekends
- Weekend timings on either every Saturday or Sunday for a period of 2 hours to cover case studies and general therapy discussions.
- Special sessions on weekends a few times in a year where sessions may be longer than 2 hours and may include both days of the weekends.
- One week retreat once a year is planned provided COVID and such issues don't disrupt the plan.

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



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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 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

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

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Faculty and Guest Lecturers



Rajan Narayanan, PhD
Executive Director
and Chief Yoga
Therapist of Life in
Yoga Institute
MYT Training Director



Marsha Billes, DO
Chair of Board of Life
in Yoga Institute and
Integrative Medicine
Practitioner using
Measured Yoga
Therapy
Application in Clinical Care



Konstantin Korotkov, PhD
Director of Life in Yoga
Institute and scientist
who developed Electro-
phonic Imaging
Ultimate Expert on Electro-
Photonic Imaging



Manjusha Coonjan, MD
Integrative Medicine
Practitioner
specializing in Yoga
Therapy
Anatomy and Physiology
Lectures



Anjana Dhingra, MD
Retired Pediatrician
trained in Yoga
Therapy
Principles of Yoga as
related to Asanas and
Pranayama



Sreejith Chundayil Kalam
MYT Specialist and Yoga
practitioner
Bio-well and Therapy Management
Processes



Kulbhusan Gulati, MD
Internal Medicine
Practitioner in Kingston, and
Westpoint, NY
Trained in Measured Yoga
Therapy
Medical Interpretation of Cases



Sushma Mahajan, MD Retired
pathologist, Board certified
in Clinical and Anatomic
pathology trained in
Measured Yoga Therapy
Pathology Reports Assessment

Learning Support

MYT Experienced Team available to provide individual support

- **Dawn Giel** - Trained in Life, Wellness, and Yoga based in Florida
- **Bal Mukund Dhar, PhD** - Scientist, based in Boston
- **Hema Chandra** - Expert Life in Yoga Therapist based in Houston
- **Anu Goyal** - Therapist based in Phoenix, AZ