

# Student Information Material

## **1. Program Curriculum**

Personal practice and research homework assignments do not count towards program hours except where they form part of asynchronous learning.

***Mentoring hours are charged separately from course fees. Students are permitted to attend mentoring sessions in groups, under guidance from faculty, to share costs.***

### Sat Sangat Yoga Therapy: The Mind

*Yogic, Ayurvedic and Western Perspectives*

#### Course Description

Yoga therapy has proved helpful for many chronic mental health conditions, and these are explored with an overall orientation to body-mind integration. This course covers a multi-dimensional view of psychology and mental health, from Western, Ayurvedic, Yogic and Subtle Energy perspectives, all of which are addressed to guide the therapist's choice of interventions. Vedic meditation, Tantric meditation, pranayama, kriyas to change brain chemistry and tested protocols for various conditions of the mind are taught and practiced in class.

A basic overview of some yogic texts is explored, including amongst others, the Bhagavad Gita, Hatha Pradipika, the Vedas, the Upanishads, and Patanjali's sutras, with a focus on mental health from a Yoga and Ayurveda perspective. Therapeutic skills for communicating with and teaching clients are taught in class. Also covered are working therapeutically with groups, practicing ethically, and how to develop and use referral networks with mental health practitioners.

Students are expected to demonstrate their expertise in the use of these skills, among others, during practicum. These three modules provide a basic introduction to many areas of yoga therapy subject matter and are a prerequisite for many other modules in this training. The modules, including asynchronous learning hours and practicum, total 224 hours.

**Total hours = 224 hours**

**Live classes (online): 108 hours (36 hours for each module)**

**Asynchronous Learning: 26 hours**

**Practicum: 90 hours**

#### Prerequisite

Graduate of a Yoga Teacher Training course (RYS -200 program or equivalent), one year of personal practice, and one year of experience teaching Yoga (minimum of 80 hours).

OR graduate of Sat Sangat teacher development program, Level 1, on how to teach therapeutically. A year of teaching yoga and a year's personal practice is included in the training.

## Faculty

Itta Roussos (C-IAYT).

## Teaching Format

Three five-day modules which include a combination of lecture, discussion, case study research, group work, asynchronous learning, and practicum. Students are expected to complete reports for asynchronous learning exercises and practicum processes and outcomes.

## Learning Objectives

At the end of this course, students will:

- Know basic pathophysiology, symptoms, treatments (including allopathic medications) and medical terminology of a variety of common mental health conditions, ranging from psychological distress to psychiatric conditions, including how they impact a person's life physically, mentally, emotionally, and spiritually.
- Demonstrate (via documented case studies) their ability to incorporate contraindications related to mental health conditions into the development of a yoga therapy program for clients.
- Understand how models of human development and influences of familial, social, cultural, and religious conditioning influence mental health conditions and healing.
- Know how Yogic, Vedic, Upanishadic, and Ayurvedic philosophical views of the mind and personality help the yoga therapist create appropriate yoga therapy programs for those with a variety of psychological and mental health conditions.
- Apply basic research skills by forming a hypothesis after the administration of a simple assessment instrument and using this to draw up a simple yoga therapy program.
- Understand how to establish therapeutic relationships with volunteers or clients, with clear professional and ethical boundaries.
- Demonstrate the ability to recognise and manage the subtle dynamics in the therapeutic relationship.
- Demonstrate good communication skills, including listening, presence, directive, and nondirective dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Display the ability to speak succinctly and knowledgeably about yoga therapy in different environments.
- Create an action plan to bring yoga therapy into different professional and social environments.
- Demonstrate the ability to do a basic evaluation of a person's mental and emotional dimensions of well-being, and to know when it is appropriate to refer to a mental health professional.
- Demonstrate (via case studies) the ability to apply appropriate yoga therapy to those with common mental health conditions.
- Understand how to collaborate with mental health practitioners as needed.
- Develop therapeutic ways to design and manage group classes for people with some psychological/mental health conditions.

## Assessment

- Attendance at all classes.
- Completing all assigned readings and participating in exercises based on the readings.

- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, and Q&A, indicating achievement of stated course learning objectives.
- Peer feedback during class activities is assessed for its relevance.
- Communication skills, appropriate therapeutic boundaries, and a client-centred approach in the therapeutic relationship is assessed in class activities mentioned in the point above, and in reports on practicum, where applicable. Students indicate where these competencies were used and why.
- Providing suggestions for the safe and appropriate application of yoga therapy programs. Students are assessed on observation, assessment, decision-making, planning, teaching and record-keeping skills.
- Completing Asynchronous Learning exercises and submitting required documentation and reporting, as described in the Asynchronous Learning segment in this document.
- Completing 90 hours of one-on-one yoga therapy (roughly 30 hours for each module) with an individual volunteer client or with a volunteer group according to guidelines outlined in the Practicum segment in this document. Time to complete this is negotiated with the course facilitator.
- Written report for practicum will follow traditional reporting outlines (all reports must be as brief and concise as possible):
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the volunteer client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on the student's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the student's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for practicum and asynchronous learning assignments.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

## Dates

The three mind modules are repeated every two years. The next dates are as follows:

Mind Module One: 10-14 December 2026

Mind Module Two: 28 January – 1 February 2027

Mind Module Three: 29 July, 2027 – 2 August, 2027

## Fees

Module Three: R14000

Module One: R13500

Module Two: R14000

## Sat Sangat Yoga Therapy: Foundations

### Course Description

This in-depth 5-day program is the foundational module of Sat Sangat's Yoga Therapy Training. It provides many practical foundational skills necessary for a safe and effective yoga therapy practice including intake interviews, yoga therapy assessments using yogic and Ayurvedic philosophy, and documenting skills from Western and Yogic perspectives. The course explores a therapeutic understanding of structure and function, postural alignment, breath, subtle anatomy, prakruti, vikruti, and the gunas. Yogic philosophical models such as panchamaya kosha, human chariot theory, the prana vayus and others are studied using Bhagavad Gita, Sutras, Vedas, Samkhya Yoga, Ayurveda, and Upanishads. The cultivation of intuition and energy healing are taught as essential skills for yoga therapists. Therapeutic relationships are discussed as well as practiced by working with volunteers in class and at home for practicum. Documentation skills for the purpose of referrals to medical practitioners, and interpretation of referrals from medical practitioners is included, as well as the basics of the business aspects of becoming a yoga therapist. Study of the IAYT scope of practice and code of ethics is included in this course. Role playing is an important mode of instruction in this module.

**Total hours = 80 hours**

- **Online:** 42 hours (with 6 hours classroom exercises with a volunteer)
- **Practicum:** 30 hours
- **Asynchronous Learning:** 8 hours
- **Classroom assignment:** 6 hours

### Prerequisite

Graduate of a Yoga Teacher Training course, one year of personal practice, and one year of experience teaching Yoga (minimum of 80 hours).

OR

graduate of Sat Sangat teacher development program, Level 1, on how to teach therapeutically. A year of teaching yoga and a year's personal practice is included in the training.

### Faculty

Itta Roussos (C-IAYT).

### Teaching Format

This is a 5-day course which includes a combination of lecture, discussion, case studies, asynchronous learning exercises, and practicum. Students are expected to complete reports for asynchronous learning exercises and practicum process and outcomes.

## Learning Objectives

- Gain practical client assessment skills (including and not limited to structural and functional assessment, panchamaya kosha, vayu, klesha, and guna assessments, assessment of basic Ayurvedic constitution and imbalances) using the teachings and philosophies of the yogic tradition including Samkhya Yoga, Vedas, Upanishads, Ayurveda, Bhagavad Gita, and Charaka Samhita.
- Ability to take a client history. Create, document, and evaluate individualized yoga therapy programs.
- Develop a deeper understanding of anatomy and physiology.
- Understand how subtle anatomy affects client's physical, mental, emotional, and spiritual well-being and how this knowledge informs choice of techniques used in yoga therapy routines.
- Know how Yoga and Ayurveda work together to promote well-being of body, mind, and spirit.
- Demonstrate an understanding of the breadth of Yoga teachings (asanas, meditation, pranayama, diet, yoga philosophy, and more), any contraindication that may apply to each, and how they can be used to help a client therapeutically.
- Know the principles of energy healing and demonstrate how to send healing energy to others, as well as the roles of prayer and intention.
- Demonstrate understanding of the importance of the power of the mind, the use of affirmations, visualizations, and mantra.
- Be familiar with important issues in conducting the business of yoga therapy, how to communicate with health care professionals and how to generate and interpret referral information.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate the ability to recognise and manage the subtle dynamics in the therapeutic relationship.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Demonstrate an understanding of IAYT scope of practice and code of ethics.

## Assessment

- Attendance at all classes.
- Completion of all assigned readings.
- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Participation reflects that the student is assimilating the information from assigned readings, theory, and practice from class activities according to learning objectives and relevant competencies.
- Communication skills, appropriate therapeutic boundaries, and a client-centred approach in the therapeutic relationship are assessed in class activities mentioned above, and in practicum reports, where applicable. Students must indicate where these competencies were used and why.
- Satisfactory performance on all aspects of observation, assessment, decision-making,

- planning, teaching, and record-keeping skills during classroom exercises.
- Peer feedback during classroom exercises is assessed for its relevance.
  - Completing Asynchronous Learning exercises and submitting required documentation and reporting, as described in the Asynchronous Learning segment in this document.
  - Completing 30 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
  - Satisfactory completion of all requirements for practicum outlined in the Practicum segment of this document.
  - Written reports follow traditional reporting outlines:
    - Introduction including hypothesis and how and why it was derived.
    - Brief literature review with existing research if it exists, validating the hypothesis.
    - Methodology describing the volunteer client, their condition, methods used and why.
    - Results section includes footage time codes supporting any observations and claims made.
    - Discussion:
      - Whether tools used were appropriate or not.
      - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
      - How monitoring and evaluation were conducted during the process and changes that were made, if any.
      - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
      - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
    - Conclusion.
  - Passing grade is 80% for the practicum and asynchronous learning assignments.
  - If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
  - All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

#### Dates:

The Foundations module is repeated every two years. The next date is as follows:

26-31 May 2027.

Wednesday 26<sup>th</sup> May 6-8pm

Thursday 27<sup>th</sup> to Monday 31<sup>st</sup> May 9am to 6pm daily.

#### Fees

R16000

## Sat Sangat Yoga Therapy: Patanjali's Yoga Sutras

### Course Description

This seven-day training course gives participants a deep understanding of Patanjali's Sutras, as they were written in his own time. The context of the philosophies of the day are explored and commentaries written by Vyasa, Swami Rama, Swami Veda, and other philosophers are explored.

Participants are guided in the exploration of Patanjali's eight-fold path in their own sadhana. Obstacles to their practice, as expounded in the Sutras and commentaries, are explored in peer groups. Understanding samādhi, in this first book of Patanjali's Sutras is a primary goal of this course. Participants are encouraged to develop bhava (attitude/mood/feeling) in their sadhana and led to a deeper understanding of why this is an integral part of the journey of Yoga, which is samādhi. Students are taught to apply the sutras when teaching asana, pranayama, and meditation, and in their personal sadhana. Contemporary social justice issues, and personal and socio-political issues are explored from the perspective of the Sutras, the yamas and niyamas, Bhagavad Gita, Vedas, and Upanishads. Students gain a deep understanding of how the yoga sutras apply to the practice of yoga therapy.

**Total hours** = 46 hours

**Live classes (online)** = 42 hours

**No practicum or asynchronous learning exercises for this module.**

### Prerequisites

Graduate of a Yoga Teacher Training course, one year of personal practice, and one year of experience teaching Yoga (minimum of 80 hours).

OR graduate of Sat Sangat teacher development program, Level 1, on how to teach therapeutically. A year of teaching yoga and a year's personal practice is included in the training.

### Faculty

Itta Roussos (C-IAYT).

### Teaching Format

This 6 ½ day module can also take place over consecutive weekends. This is an online course. The course consists of a combination of lectures, discussion, peer group work, and advanced experiential meditation practice.

### Learning Objectives

- Understand the relevance of Patanjali's teachings in contemporary life and ground them in earlier and later teachings and philosophies of the yogic tradition including the Vedas, Samkhya Yoga, Tattva samāsa sutras, and Bhagavad Gita.
- Utilise Patanjali's eight-fold path to enhance student and client growth, development, and spiritual understanding in relation to the use of yoga therapy.
- Develop enhanced understanding of the Sutras to identify and overcome obstacles in personal lives and in the lives of clients.
- Gain enhanced clarity on the state of Oneness that is samādhi; how to achieve this in daily sadhana and how to help clients achieve a greater understanding of this.
- Understand the importance of cultivating attitude (bhava) in sadhana and teach this to clients.
- Explore the concept of social justice as a spiritual practice using the teachings and philosophies of the yogic traditions including the Vedas, Samkhya Yoga, Tattva samāsa sutras, and Bhagavad Gita.
- Apply the sutras to daily life as a yoga practice, with reference to the yamas and niyamas to

achieve wholistic health across all species and forms of life.

- Learn to take the practice of yoga off the mat and into daily life; apply this to yoga therapy as a field of study.
- Learn how to use your understanding in service of the healing process with clients.

### Assessment

- Students are expected to attend all lectures, and participate in all discussions, meditation practices, and classroom exercises, and to complete all required readings.
- Students complete all written assignments as part of class work and participate in sharing their insights with the group.
- Students assess each other with instruments based on kleshas, samskaras, memories, dreams, attachments, edge behaviours and antarāyas.
- Suggestions to their peers on practices based on the assessment process.
- Completion of the module and all components constitutes a pass.

### Dates

13 – 15 March 2026 (9am to 5pm)

19 – 22 March 2026 (Thursday 4pm to 8pm; Friday to Sunday 9am to 5pm).

### Fees

R16000

## Sat Sangat Yoga Therapy: Insights into the Bhagavad Gita

### Course Description

Students learn to unravel the deeper layers of meaning in the Bhagavad Gita and to apply the eternal wisdoms contained therein to their own internal growth and spiritual development. The course guides students to examine how attachment and desire, and their partner states of anger, greed, and spiritual pride, are foundational to obstructing spiritual growth and how the application of techniques recommended in the Gita expel these. The Gita is explored through the writings of three Indian masters: Paramhansa Yogananda, Swami Chidbhananda, and Swami Rama. Their insights on the Gita are expounded and applied to the use of yoga therapy in contemporary healing environments. The teachings in the Gita are contextualised by examining earlier and later texts from the yogic tradition including and not limited to the Vedas, Samkhya Yoga, Tattva samāsa sutras, and Patanjali's Sutras. The teachings contained in the Gita are explored with reference to several yoga practices and their application in yoga therapy, and how the use of these enhance the yoga therapist's intuition in service of the healing process.

**Total hours = 46 hours**

**Online participation: 46 hours**

**No practicum or asynchronous learning exercises for this module.**

### Prerequisites

Graduate of a Yoga Teacher Training course (RYS -200 program or equivalent), one year of personal practice, and one year of experience teaching Yoga (minimum of 80 hours).

OR graduate of Sat Sangat teacher training program on how to teach therapeutically which includes

a year of teaching yoga and a year's personal practice.

## Faculty

Itta Roussos (C-IAYT).

## Teaching Format

This is a six-day module which can also be held over three weekends. This module can be attended online and in person. It consists of a combination of lectures, discussion, peer group work, and advanced experiential meditation and asana practice.

## Learning Objectives

- Svadhyaya: understand inner obstacles as described in yogic texts, and the techniques given in the text of how to overcome them; apply this understanding to personal behaviours.
- Understand the interplay of duality or maya (illusion) and awaken to the true nature of the singularity of reality; apply this understanding in personal life.
- Understand how the energies of Prakriti and Purusha affect the nature of reality.
- Understand how personal karma including vasanas and samskaras affect spiritual development and apply this understanding to personal sadhana.
- Demonstrate how understanding personal karma enhances and expedites spiritual growth.
- Understand and apply the right use of will, duty, and dharma personally.
- Understand Karma yoga, Jñāna yoga, Bhakti yoga, and Raj Yoga, and how they suit different healing processes.
- Understand how to use the gunas to assess people and their situations, to serve the healing process.
- Recognise attachment, aversion, anger, and greed/desire, and how to get past them personally, and how to assist others to recognise and transform these emotional teachers.
- Demonstrate the understanding of when it is appropriate to refer to a mental health professional.
- Demonstrate an understanding of how good communication skills, therapeutic boundaries and a client-centred approach is inherent in Arjuna and Sri Krishna's relationship.
- Contextualise the Bhagavad Gita in the earlier teachings and philosophies of its time.

## Assessment

- Students are expected to attend all lectures, and participate in all discussions, meditation practices, and exercises, and to complete all required readings.
- Students complete all written assignments as part of class work and participate in sharing their insights with the group.
- Complete peer group assignment on how the Gita portrays an archetypal therapeutic relationship and how this is applied to contemporary settings using communication skills,

appropriate therapeutic boundaries, and a client-centred approach.

- Students are also assessed in their use of the previously mentioned therapeutic skills in role plays using assigned contemporary situations.
- Students complete a 40-day personal practice and journal the application of Gita theory and practice to their lives.
- Completion of the module and all exercises constitutes a pass.

## Dates

10-12 April 2026 (9am to 5pm)

16-19 April 2026 (Thursday 4pm to 8pm; Friday to Sunday 9am to 5pm).

## Fees

R15500

# Sat Sangat Yoga Therapy: Musculoskeletal I

## Course Description

This course conducts a review of anatomy and physiology as it relates to the musculoskeletal system and yoga therapy. It includes common pathologies, structural imbalances, functional imbalances and more. Intake procedures, especially as they relate to musculoskeletal issues, are reviewed and practiced. A review of evaluation procedures, decision-making, and delivery of yoga therapy programs is conducted. For musculoskeletal conditions, "Quick Fixes" (those protocols which work in most cases), Level I Therapeutics (more in-depth), and Maintenance Therapeutics are covered. More severe conditions are discussed but yoga therapy practices for these are not covered in-depth in this course as they will be covered in more detail in Musculoskeletal II. Adaptations as needed for daily functioning are covered for different conditions. Surgery basics are covered, including Total Hip and Knee Replacements. Students will participate in a residential clinic/workshop and be assigned one or more volunteers to work with for two days under supervision. Students prepare and deliver a presentation on an assigned musculoskeletal yoga therapy topic. The course combines lectures, group discussion, case-study observation, experiential components, student presentations and in-class practicum with volunteers. Q&A sessions are included in every segment so students and faculty keep abreast of material that may need reviewing. Classroom exercises with volunteers includes intake and assessment, one-on-one yoga therapy sessions, small group sessions, and program instruction for the client to do at home. Students meet with faculty and peers during the training to discuss their cases and design of their yoga therapy plan. Other areas of study such as assessment theory and practice, Ayurveda, spiritual counselling, yoga therapy with members of marginalised communities, chakras, meditation, Bhagavad Gita, and more, are brought into the discussion, instruction, and practice. This prepares students for practicum.

**Total hours** = 108 hours

**Online:** 73 hours (with 12 hours classroom exercises with volunteers)

**Asynchronous Learning:** 11 hours

**Practicum:** 24 hours

## Prerequisites

To be eligible for acceptance into Musculoskeletal I, students should complete the following:

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).

- The Mind (three modules).
- Foundations module.

## Faculty

Itta Roussos (C-IAYT).

## Teaching Format

This course is spread out over some months to give students the opportunity to work on the home practicum component and bring their observations and questions to the group. Students are expected to complete reports for asynchronous learning exercises and practicum processes and outcomes.

## Learning Objectives

- Learn principles of anatomy and physiology as they relate to the practice of yoga therapy.
- Gain the ability to communicate across health care disciplines regarding mutual clients.
- Develop the capacity to research musculoskeletal conditions from a western and yoga therapy perspective.
- Learn current best practices from a yoga therapy perspective, and medical terminology as it relates to these conditions.
- Understand yoga therapy scope of practice and when to refer clients or students to other healthcare practitioners.
- Demonstrate the ability to recognize and manage subtle dynamics inherent in the therapeutic relationship.
- Develop greater skill with the practice and delivery of level 1 yoga therapy protocols pertaining to treating conditions of misalignment and imbalance which may involve acute conditions of the musculoskeletal system.
- Display understanding of the contraindications of yoga therapy protocols for musculoskeletal conditions.
- Develop greater skill with the practice and delivery of yoga therapy protocols that pertain to maintenance and prevention once acute conditions of misalignment and imbalance are resolved.
- Develop capacity in recommending daily living practices that enhance maintenance schedules.
- Assess a client's unique needs to supplement and complement physically based therapeutic, maintenance and prevention yoga therapy protocols with interventions that work on subtle energy levels to assist with emotional, social, mental, and spiritual adjustments.
- Build capacity in analysing and developing a structured process towards a treatment plan for assigned case studies and research assignments.

## Assessment

- Full participation in all oral and written assessments.
- Presentation of reports on assigned musculoskeletal topics involving research on the topic as it relates to yoga therapy.
- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant

competencies.

- Display an understanding of how to recognise and balance the subtle dynamics in the therapeutic relationship during class activities mentioned above, and in written practicum reports, where applicable, indicating how this competency was applied and in what circumstances.
- Satisfactory performance on all aspects of observation, assessment, decision-making, planning, teaching, and record-keeping skills during classroom exercises with volunteers.
- Classroom exercises with volunteers during the residential module is assessed on:
  - Appropriate intake interviews.
  - Assessment instruments chosen and why they have been chosen.
  - Treatment plans with reasoning for chosen yoga therapy techniques.
  - Delivery of musculoskeletal yoga therapy interventions to meet competencies, level of care and safety, and spiritual sensitivity.
  - Safety for clients is treated as a priority and forms the foundation for assessment.
- Peer feedback is assessed for its relevance.
- Completing Asynchronous Learning exercises and submitting required documentation and reporting, as described in the Asynchronous Learning segment in this document.
- Completing 24 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all requirements for practicum outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for the practicum and asynchronous learning assignments.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

## Dates

Part A:

March 1<sup>st</sup> to 5<sup>th</sup>, 2027.

Monday 1<sup>st</sup> 9am to 6pm  
Tuesday 2<sup>nd</sup> 9am to 5.30pm  
Wednesday 3<sup>rd</sup> to Friday 5<sup>th</sup> 9am to 5pm  
Part B:  
November 2<sup>nd</sup> to 6<sup>th</sup>, 2027.  
Tuesday 2<sup>nd</sup> 9am to 6pm  
Wednesday 3<sup>rd</sup> 9am to 5.30pm  
Thursday 4<sup>th</sup> to Saturday 6<sup>th</sup> 9am to 5pm

Fees:  
R28000

## Sat Sangat Yoga Therapy: Musculoskeletal II

### Course Description

This course involves additional training in acute and chronic care. It focuses on integrating all areas of learned subject matter and putting it into practical use for people with primarily musculoskeletal issues. The course builds upon the knowledge gained in the Musculoskeletal I module and practicum. Anatomy and physiology are reviewed in the context of working with clients with musculoskeletal issues and communicating with other health care providers. Students will have opportunities to practice:

- Intake and assessment.
- Evaluation of treatment plans.
- Critical thinking skills.
- Communicating with potential clients and service providers.
- Leading and teaching appropriate yoga therapy techniques including both subtle and gross interventions.
- Conducting one-on-one and group yoga therapy sessions.
- Providing daily living advice for maintenance and upkeep.
- Giving home routines as appropriate to clients' needs, constitution, and circumstances.
- Follow-up.

Classroom exercises with volunteers is included in the module, with peer and faculty observation and feedback. During this clinic, students are expected to teach group and individual sessions under supervision of faculty with a focus on integrating and practicing learned concepts, techniques, and skills. Practicum for this module includes 10.5 hours of one-on-one therapy with a volunteer client based on the structure shared in the module.

**Total hours** = 47.5 hours

**Online:** 37 hours (with 6 hours classroom exercise with volunteers)

**Practicum:** 10.5 hours

### Prerequisites

To be eligible for acceptance into Musculoskeletal I, students should complete the following:

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).
- The Mind. (three modules).
- Foundations module.
- Musculoskeletal I module.

## Faculty

Itta Roussos (C-IAYT).

## Teaching Format

The course is delivered as a 5-day in person module. It includes pre-recorded slides, lectures, case studies, instruction on therapeutic interventions, and information that can be used for assignments due in class and as part of home study. Students are expected to complete reports for practicum process and outcomes.

## Learning Objectives

By the end of this course students will be able to:

- Work in private sessions, group class settings, and group classes in hospital or clinic environments with clients who have musculoskeletal issues.
- Understand what professional and ethical boundaries are in the therapeutic relationship; display listening and communication skills.
- Demonstrate the ability to recognize and manage subtle dynamics inherent in the therapeutic relationship.
- Work with more acute cases and know when to refer to another health care provider.
- Design class plans as well as adapt their plans to new situations that clients may present.
- Apply a wide variety of yoga therapy interventions to best suit the needs of the musculoskeletal compromised client.
- Display understanding of the contraindications of yoga therapy protocols for musculoskeletal conditions.
- Demonstrate the ability to research unfamiliar conditions and present findings to peers and other health care providers.
- Know how to assist clients with the researched condition from the perspective of yoga therapy.

Learning objectives are demonstrated through assignments, in-class participation, and practicum.

## Assessment

- Students are expected to deliver a 10-minute talk on their assigned musculoskeletal issue (assigned in Musculoskeletal I); assessment of the topic includes:
  - Adequate coverage of research on yoga therapy and western methods.
  - Outlining applicable yoga therapy techniques.
  - Giving reasons for chosen techniques.
  - Providing hypotheses for effectiveness of the treatment plan.
- Classroom exercises with volunteers during the residential module is assessed on:
  - Appropriate intake interviews.
  - Assessment instruments chosen and why they have been chosen.
  - Treatment plans with reasoning for chosen yoga therapy techniques.
  - Delivery of musculoskeletal yoga therapy interventions to meet competencies, level of care and safety, and spiritual sensitivity.
  - Safety for clients is treated as a priority and forms the foundation for assessment.
  - Satisfactory performance on all aspects of observation, assessment, decision-

making, planning, teaching and record-keeping skills.

- Peer feedback is assessed for its relevance.
- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.
- Students must display increasingly evolving communication skills within the therapeutic relationship, use a client-centred approach, and know how to recognise and balance the subtle dynamics in the therapeutic relationship during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.
- Completing 10.5 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all practicum requirements as outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for practicum.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

## Dates

TBC for 2028.

## Fees

TBC

## Sat Sangat Yoga Therapy: Restorative Yoga

### Course Description

The Recovery Yoga course is designed to deliver yoga therapy to chronically ill, injured, postoperative, and traumatised people. The course considers any person who feels their body is not operating the way they would like it to, whether it is the result of a physical injury, a chronic physical condition, or a mental malaise from any kind of trauma. The aim of the program is to encourage clients to take responsibility for their own health maintenance, providing practical tools to feel better physically, mentally, and emotionally. An additional component to this course considers the impact of ethnic and race-based stress and trauma. Students are expected to teach a restorative yoga class in a group and individual session during the supervised classroom exercise component with volunteers using techniques learned in previous modules, that is, conducting intake interviews, assessments, and designing a group and individual yoga therapy plan with provision for monitoring and evaluation. Students present poses to the group while catering to the individual needs of each person. Though the course focuses on restorative yoga, other areas of study and of yoga therapy (such as pranayama, chakras, visualisation techniques, yantra meditation, chanting, and meditation) are brought into discussion, instruction, and practice. Common cautions and contraindications and/or injuries are covered relating to each restorative asana.

**Total hours** = 68 hours

**Online:** 48 hours (with 6 hours classroom exercises with volunteers)

**Asynchronous Learning:** 4 hours

**Practicum:** 16 hours

### Prerequisites

For students who are **not enrolled** in Sat Sangat Yoga Therapy training:

- Graduate of a Yoga Teacher Training course (RYS -200 program or equivalent), one year of personal practice, and one year of experience teaching Yoga (minimum of 80 hours).
- OR graduate of Sat Sangat teacher training program on how to teach therapeutically. This includes a year of teaching yoga and a year's personal practice.

For students who **wish to certify** as Sat Sangat yoga therapists and use this module as a credit:

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).
- The Mind (three modules).
- Foundations module.

### Faculty

Itta Roussos (C-IAYT).

### Teaching Format

This is a 6-day course which combines lecture time, discussion, experiential practices, practice teaching restorative yoga asanas and programs for individuals and small groups, and classroom exercises with volunteers. Students are expected to complete reports for asynchronous learning exercises and practicum processes and outcomes.

### Learning Objectives

- Develop capacity to safely guide a restorative yoga session.
- Gain the skills to put together a therapeutic restorative yoga sequence that enhances the well-being of the client and follows the aim of the ancient science of Raja Yoga.
- Teach two coherent restorative yoga routines during classroom exercises with volunteers with appropriate modifications as needed by individuals, including guiding, and instructing: breath, posture, alignment, safety mechanics, and common cautions and contraindications.
- Demonstrate restorative yoga asanas and their common modifications and variations needed for clients with or without special conditions.
- Explain common conditions/cautions and/or complaints experienced in restorative poses and how to provide guidance to ensure safe and comfortable practice.
- Teach relaxation with awareness.
- Develop skill with the provision of a variety of props in real-life situations.
- Experience restorative poses that focus on releasing specific physical and mental tensions and how to guide others into these poses.
- Use affirmations, visualizations, meditation, and music to deepen personal and clients' practice of restorative yoga.
- Work one-on-one with 2 or more yoga clients who need individual assistance and modifications.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate the ability to recognise and manage the subtle dynamics in the therapeutic relationship.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Develop skill and sensitivity towards ethnic and race-based stress and trauma.

### Assessment

- Students must demonstrate sufficient understanding of course learning objectives in their residential practicum.
- Classroom exercises with volunteers is assessed on:
  - Appropriate intake interviews.
  - Assessment instruments chosen and why they have been chosen.
  - Treatment plans with reasoning for chosen yoga therapy techniques.
  - Delivery of restorative yoga therapy interventions to meet competencies, level of care and safety, and spiritual sensitivity.
  - Safety for clients is treated as a priority and forms the foundation for assessment.
  - Satisfactory performance on all aspects of observation, assessment, decision-making, planning, teaching, and record-keeping skills.
- Peer feedback is assessed for its relevance.
- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies and all learning from previous modules.
- Students must display increasingly evolving communication skills within the therapeutic relationship, use a client-centred approach, and know how to recognise and balance the

subtle dynamics in the therapeutic relationship during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.

- Completing Asynchronous Learning exercises and submitting required documentation and reporting, as described in the Asynchronous Learning segment in this document.
- Completing 16 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all requirements for practicum outlined in the Practicum segment of this document.
- Written practicum reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for the practicum and asynchronous learning assignments.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

### Dates

June 10-15, 2026: 9am to 6pm

### Fees

R18500

## Sat Sangat Yoga Therapy: Basic Ayurveda

### Course Description

This course, which builds on the introduction to Ayurveda and basic Ayurvedic assessment that was part of The Mind and Foundations modules, addresses a variety of medical conditions from an Ayurvedic perspective, and introduces simple/basic Ayurvedic therapies appropriate for inclusion in yoga therapy sessions. Basic concepts such as prakruti/constitution, vikruti/current state of doshas,

the doshas and their relationships to the elements, dosha qualities, and signs of balance and imbalance in the doshas are reviewed. The course has a residential clinic in which students gain experience with volunteers in assessing predominant doshas, dosha imbalances, status of the gunas, and doshic responses to stress. Students learn how to lead yoga postures and pranayama in a session of restorative yoga, with a focus on 'dosha awareness', and to help keep the doshas balanced.

The module covers how to bring doshas back into balance via appropriate yogic and ayurvedic therapies that are appropriate for use by yoga therapists. It reviews Ayurvedic perspectives on stress, anxiety, depression, insomnia, and immunity. The course also presents the study of a range of fundamental Ayurvedic concepts to understand Ayurvedic perspectives of:

- health and disease.
- anatomy & physiology.
- mental & emotional correlates with doshas.
- the disease process (Samprapti).
- how Ayurveda views the integration of body, mind, emotion, and spirit.

An overview (and review) of the Vedic Sciences and how they apply to Ayurveda and Yoga and the practice of yoga therapists is provided, with emphasis on Sankhya, Vedanta, Tantra, and Yoga philosophies and how they impact the practice of yoga therapy. Students also learn about Ayurvedic therapies beyond the scope of practice of a yoga therapist, knowledge of which is important for appropriate referrals to qualified Ayurvedic practitioners. The course does not prepare yoga therapists to be Ayurvedic practitioners, nor does it qualify them to determine a person's constitution/prakruti. The goal of the course is to learn enough about Ayurveda to identify probable doshic dominance, signs of doshic imbalances, and to apply simple Ayurvedic therapies relevant to yoga therapy, assisting clients to restore doshic balance (including using asana, opposite qualities, and basic Vata management). Students are also instructed in very basic Ayurvedic approaches to proper eating and diet for balancing doshas. Basic tenets of Ayurvedic lifestyle (vihara) are also presented.

Because of the Ayurvedic view of its critical role in health, a variety of digestive disorders are discussed. Students learn the importance of how lifestyle, diet and digestion are key factors in the maintenance of health or the development of disease. They learn simple Ayurvedic strategies for keeping digestion healthy, with some variations for each dosha.

Student practicum consists of a basic assessment of the primary dosha/s, the guna constitution, and any obvious dosha imbalances with a volunteer, and to develop and deliver a yoga therapy plan which demonstrates their ability to apply the knowledge of Ayurveda into the practice of yoga.

**Total hours** = 46 hours

**Online:** 36 hours (with 4 hours in class exercises with a volunteer)

**Practicum:** 10 hours

### Prerequisites

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).
- Foundations.
- The Mind (three modules).
- Restorative Yoga.

## Faculty

Itta Roussos (C-IAYT).

## Teaching Format

This is a 5-day residential course which includes a combination of lecture, discussion, review sessions, case studies, and practicum. 36 hours are classroom hours (which include in-class exercises with volunteers of 4 hours) and 10 hours for practicum. Students are expected to complete reports for practicum process and outcomes.

## Learning Objectives

At the end of this course, students will be able to know or do the following:

- Explain briefly how Vedic Philosophies relate to Yoga and Ayurveda and the practice of yoga therapy.
- Understand some of the original texts of Ayurveda, including Charaka Samhita, and how this relates to yoga therapy.
- Describe what doshas are, their elemental (gross and subtle) components, their qualities, and their signs of being balanced and imbalanced.
- Explain the meaning of prakruti and vikruti and how they influence the yogic and Ayurvedic therapeutic approaches to yoga therapy.
- Briefly explain how stress manifests in different doshas.
- Describe how yoga practices can be used to specifically reduce dosha imbalances in stress, anxiety, insomnia, and depression (using general Ayurvedic principles of calming/pacifying, strengthening, and purifying, as they relate to yogic practices).
- Explain why 'Vata Management' is an important guideline for use by yoga therapists.
- Briefly explain the Ayurvedic view of the development of the disease process (samprapti).
- Discuss why it is important to focus on digestive system function and symptoms when applying Ayurvedic principles to yoga therapy.
- Discuss the role of Ayurvedic Lifestyle and its key components as it relates to the practice of yoga therapy.
- Explain 'healthy eating' from an Ayurvedic perspective.
- List the basic qualities of foods that help to balance each of the three doshas.
- Explain why 'time of day' is an important consideration in Ayurveda and how it can be used in the practice of yoga therapy.
- Describe the qualities in the practice of asana, pranayama, meditation, relaxation techniques, and affirmation that will help to balance each of the three doshas and any contraindications involved in their use.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Understand when to refer a client to an Ayurvedic doctor.

## Assessment

- Students must demonstrate sufficient understanding of course learning objectives in the residential clinic with volunteers.
- Practicum during the residential module is assessed on:
  - Appropriate intake interviews.
  - Assessment instruments chosen and why they have been chosen.

- Treatment plans with reasoning for chosen yoga therapy techniques.
- Delivery of yoga therapy interventions to meet competencies, level of care and safety, and spiritual sensitivity.
- Safety for clients is treated as a priority and forms the foundation for assessment.
- Satisfactory performance on all aspects of observation, assessment, decision-making, planning, teaching, and record-keeping skills during exercises with volunteers.
- Peer feedback is assessed for its relevance.
- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.
- Students must display increasingly evolving communication skills within the therapeutic relationship and use a client-centred approach during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.
- Display a clear understanding of scope of practice and what conditions should be referred in class activities and written reports.
- Completing 10 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all practicum requirements as outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for practicum.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

## Dates

July 9 – 13, 2026.

July 9<sup>th</sup>: 4pm to 8pm

July 10-13: 9am to 6pm

## Fees

R14000

# Sat Sangat Yoga Therapy: Health Challenges I

## Course Description

Yoga therapy has proved extremely helpful for many chronic health conditions. This course covers the provision of yoga therapy for the conditions of insomnia, hypertension, stroke, cancer, pre-menstrual Syndrome, PTSD, dysmenorrhea, and menopause. We review the anatomy of systems involved, basic pathophysiology in an overview of the condition, consider personal testimonials and case studies, scientific evidence, analyse asana and pranayama for each condition, including an overview of the basic tenets and practices of trauma-sensitive yoga, and study contraindications and special considerations and modifications. This provides a good foundation for practical application of the concepts presented in class, in combination with appropriate yoga therapy protocols, during the residential clinic. Other classroom exercises consist of role play, case study analysis, and class discussion.

Medical, Ayurvedic, and subtle energy perspectives on these health challenges are addressed to guide and inform choices of therapeutic interventions. A salutogenesis perspective is studied. Case studies are presented for practical application of the concepts in class in combination with appropriate yoga therapy protocols. The course also studies the therapeutic relationship and students are expected to apply concepts learned during role plays and case study analysis during practicum. The business of yoga therapy covers aspects of taking yoga therapy into professional environments, some legal requirements, financial and administrative aspect, and professional ethics and standards.

Students apply and consolidate their knowledge during 27 hours of one-on-one yoga therapy with two volunteers during practicum.

**Total hours** = 69 hours

**Online:** 42 hours

**Practicum:** 27 hours

## Prerequisites

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).
- The Mind (three modules).
- Foundations.
- Basic Ayurveda.

## Faculty

Itta Roussos (C-IAYT).

## Teaching Format

This is a 6-day course, which can be attended in person and online. It includes a combination of lecture, discussion, case studies and practicum. The alternate format for this course is two consecutive long weekends of 3 days each. Students are expected to complete reports for practicum process and outcomes.

## Learning Objectives

- Know basic pathophysiology and medical terminology of insomnia, hypertension, stroke, cancer, pre-menstrual syndrome, PTSD, dysmenorrhea, and menopause, including how they impact a person's life physically, mentally, emotionally, and spiritually.
- Be up to date with current research supporting the use of yoga therapy with these conditions.
- Understand and be able to apply the use of trauma-sensitive yoga in PTSD.
- Apply rationale guiding the yoga therapist's choices of pranayama, energization exercises, asanas, restorative poses, affirmations, and visualization/meditation techniques for each condition, and contraindications applying in each case.
- Assess the clients' needs regarding the development of an individualized yoga therapy plan, co-planning this with the client.
- Evaluate the yoga therapy plan and modify as needed.
- Display knowledge of how to develop group classes for people with these conditions.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Understand scope of practice and when to refer clients to a medical professional.

## Assessment

- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Peer feedback during class activities is assessed for its relevance.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.
- Students must display increasingly evolving communication skills within the therapeutic relationship and use a client-centred approach during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.
- Display a clear understanding of scope of practice and what conditions should be referred in class activities and written reports.
- Completing 27 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all practicum requirements as outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.

- Methodology describing the client, their condition, methods used and why.
- Results section includes footage time codes supporting any observations and claims made.
- Discussion:
  - Whether tools used were appropriate or not.
  - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
  - How monitoring and evaluation were conducted during the process and changes that were made, if any.
  - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
  - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
- Conclusion.
  - Passing grade is 80% for practicum.
  - If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
  - All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

### Dates

TBC for 2028

### Fees

TBC for 2028

## Sat Sangat Yoga Therapy: Health Challenges II

### Course Description

Yoga therapy has proved extremely helpful for many chronic health conditions. This course covers the provision of yoga therapy for the conditions of obesity, diabetes, thyroid disorders, congestive heart failure, autoimmune disorders, chronic pain, fibromyalgia, chronic fatigue syndrome, headaches (tension and migraine), asthma, COPD, multiple sclerosis, and Parkinson's disease. We review the anatomy of systems involved, basic pathophysiology in an overview of the condition, consider personal testimonials and case studies, scientific evidence, analyse asana and pranayama for each condition, including an overview of the basic tenets and practices of trauma-sensitive yoga, and study contraindications and special considerations and modifications. This provides a good foundation for practical application of the concepts presented in class, in combination with appropriate yoga therapy protocols, during the residential clinic. Other classroom exercises consist of role play, case study analysis, and class discussion.

Medical, Ayurvedic, and subtle energy perspectives on these health challenges are addressed to guide and inform choices of therapeutic interventions. A salutogenesis perspective is studied. Case studies are presented for practical application of the concepts in class in combination with appropriate yoga therapy protocols. The course also studies the therapeutic relationship and students are expected to apply concepts learned during role plays and case study analysis. The business of yoga therapy covers aspects of taking yoga therapy into professional environments,

some legal requirements, and financial and administrative aspects.

Students apply and consolidate their knowledge during 27 hours of one-on-one yoga therapy with two volunteers for their practicum.

**Total hours** = 69 hours

**Online:** 42 hours

**Practicum:** 27 hours

### Prerequisites

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).
- The Mind (three modules).
- Foundations.
- Basic Ayurveda.

### Faculty

Itta Roussos (C-IAYT).

### Teaching Format

This is a 6-day course which includes a combination of lecture, discussion, case studies and practicum. The alternate format for this course is two consecutive long weekends of 3 days each. Students are expected to complete reports for practicum process and outcomes.

### Learning Objectives

- Know basic pathophysiology and medical terminology of obesity, diabetes, thyroid disorders, congestive heart failure, autoimmune disorders, chronic pain, fibromyalgia, chronic fatigue syndrome, headaches (tension and migraine), Asthma, COPD, multiple sclerosis, and Parkinson's disease, including how they impact a person's life physically, mentally, emotionally, and spiritually.
- Be up to date with current research supporting the use of yoga therapy with these conditions.
- Apply rationale guiding the yoga therapist's choices of pranayama, energization exercises, asanas, restorative poses, affirmations, and visualization/meditation techniques for each condition.
- Incorporate an understanding of contraindications of all yogic techniques used.
- Assess the clients' needs regarding the development of an individualized yoga therapy plan, co-planning this with the client.
- Evaluate the yoga therapy plan and modify as needed.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Understand scope of practice and when to refer clients to a medical professional.

## Assessment

- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Peer feedback during class activities is assessed for its relevance.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.
- Students must display increasingly evolving communication skills within the therapeutic relationship and use a client-centred approach during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.
- Display a clear understanding of scope of practice and what conditions should be referred in class activities and written reports.
- Completing 27 hours of one-on-one yoga therapy with an individual volunteer client according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all practicum requirements as outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for the home assignment.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

## Dates

TBC

## Fees

TBC

## Sat Sangat Yoga Therapy: Seniors & Bone Strength

### Course Description

This course gives an overview of the physiological and psychological changes that commonly occur in seniors (60 years and older), and how the yoga therapist can help clients optimize function and emphasize the positive aspects of gracefully moving into this stage of life.

Since more and more people over age 50 are being diagnosed with osteoporosis or osteopenia, these conditions are also addressed in this course.

Students learn cautions that need to be observed for seniors and for those who are at risk for or who have low bone density, so that they can practice yoga safely, with a special emphasis on posture, yoga asanas, pranayama, and general lifestyle factors. Students will also learn and practice a variety of yoga interventions that therapeutically address the need for increased bone density for all who may be at risk for this condition, regardless of their age.

This course covers how to help older people:

- Practice yoga postures and pranayama safely.
- Use yoga asana practice to optimize bone strength.
- Maintain muscle strength, flexibility, and balance.
- Embrace a positive attitude about aging.

Further aspects included in the training:

- Research on how Yoga helps to build bones and prevent age-related frailty.
- Preventing fractures - bone physiology and yoga.
- Exploring new developments in the treatment, diagnosis, and prevention of osteoporosis.
- Hyperkyphosis: assessment, medical treatment, yoga practice, yoga therapy.
- Drawbacks of medicine for osteoporosis.

The community service aspect of this course requires identifying an elder residence and setting up a program to work with the elderly in their place of residence for practicum. If an elder residence is not accessible, students are required to find an elder in their community with whom they can complete their practicum.

Students apply and consolidate their knowledge during 10 hours of yoga therapy with either a group or one volunteer for their practicum.

**Total hours** = 52 hours

**Online:** 42 hours

**Practicum:** 10 hours

### Prerequisite

- Enrolment in Sat Sangat Yoga Therapy training (application process includes forms and an intake interview).
- The Mind (three modules).
- Foundations.
- Restorative Yoga.

### Faculty

Itta Roussos (C-IAYT).

## Teaching Format

This is a 6–day course which includes a combination of lecture, discussion, and case studies (with students working together in study groups), and an opportunity for small groups of students to provide components of a sample yoga therapy session for clients. There is practicum of 10 hours and the opportunity to engage in community service as part of the certification requirements. This course can be attended online as well as in-person. Students are expected to complete reports for practicum process and outcomes.

## Learning Objectives

- Gain in-depth knowledge about the normal aging process including both physiological and psychological changes.
- Develop knowledge about current research on aging and the brain; apply knowledge to assist seniors to maximize brain health.
- Develop and apply therapies and techniques encouraging a dynamic approach to aging.
- Describe environmental spatial considerations for senior practice of yoga postures.
- Gain knowledge about osteoporosis and osteopenia, fracture risk considerations, and bone density measurement tests; apply knowledge when guiding clients who have, or are at risk for, low bone density, in safe and gentle yoga practice and activities of daily living.
- List the major cautions and contraindications for those with low bone density in the practice of yoga postures.
- Understand and explain how posture impacts the density of bones; demonstrate how to enhance bone density for healthy yoga practitioners and those with low bone density.
- Demonstrate how to help people, as they age, build strength, flexibility, and balance.
- Demonstrate how to modify asana for those with osteopenia and osteoporosis, including those with postural and structural changes.
- Choose appropriate pranayama, meditation, and relaxation techniques with modifications for seniors.
- Create a therapeutic yoga routine for robust clients with osteopenia and another for robust clients with osteoporosis.
- Create a therapeutic yoga routine for a frail senior with osteoporosis.
- Have knowledge of current medical treatments and latest research on osteoporosis.
- Understand the particular needs of this vulnerable population and how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue that is particularly sensitive to the needs of frail and vulnerable.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Understand scope of practice and when to refer clients to a medical professional.

## Assessment

- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Peer feedback during class activities is assessed for its relevance.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.

- Students must display increasingly evolving communication skills within the therapeutic relationship and use a client-centred approach during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.
- Display a clear understanding of scope of practice and what conditions should be referred in class activities and written reports.
- Completing 10 hours of one-on-one or group yoga therapy according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all practicum requirements as outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.
  - Results section includes footage time codes supporting any observations and claims made.
  - Discussion:
    - Whether tools used were appropriate or not.
    - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
    - How monitoring and evaluation were conducted during the process and changes that were made, if any.
    - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principle were applied in these relationships.
    - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
  - Conclusion.
- Passing grade is 80% for practicum.
- If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
- All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

## Dates

### October and November 2026

#### Part 1:

Oct 23-25, 2026: 9am to 5pm

#### Part 2:

Nov 27-29, 2026: 9am to 5pm

## Fees

R16500

## Sat Sangat Yoga Therapy: Meditation Practice and Theory

### Course Description

In this 7-day training students explore how to use meditation for finding solutions to daily life problems. Meditation teachers and yoga therapists will gain skills to use personally and to teach their students. Spiritual teachings in the Tantras, Vedas, Upanishads, and Puranas, are examined as the foundation for a meditation practice. Students are taught how to sit, when and where to practice, how to progress gradually and steadily in their meditation practice and how to deal with disturbing thoughts. Aids to meditation such as kriya, diet, prayer, and silence (antar mauna) are explored.

The course examines ethical principles and guidelines to uphold in the therapeutic relationship. A unique perspective in this training is the application of specific meditation practices to personality disorders and examining existing research on brain anatomy and meditation. Different techniques of meditation are explored such as meditations from the Tantras, mantra and the science of sound, stages, and depth of absorption in dhyana, mindfulness, reflection and contemplation, Saundarya Lahari, and meditating on Siva and Shakti. There is no practicum accompanying this module.

**Total hours** = 56 hours.

**In person:** 56 hours.

### Prerequisite

Application form obtainable from itta.roussos@gmail.com must be filled out and approved by course faculty for attendance of this module.

Intake interview with Program Director.

The Mind (three modules).

Foundations.

One year of teaching meditation.

A regular home practice of daily meditation for a minimum period of one year.

### Faculty

Itta Roussos (C-IAYT).

### Teaching Format

The course will be run over 7 full days in person, venue to be confirmed. One of the days (24 hours) is spent in full "wooden silence" using some of the practices taught during the module.

### Learning Objectives

- Understand the three levels of consciousness and know where solutions reside.
- Learn how to use meditation techniques to find solutions; tap inner sources of inspiration and intuition.
- Engage in introspection and learn how to deepen personal commitment.
- Deepen personal meditation practice.
- Learn which tools to use to raise consciousness and how to use them: affirmations, visualizations, pranayama, perception exercises, and understand any contraindications involved in their use.
- Work with the chakras to transmute negative energy.
- Allow solutions to specific issues to emerge (health, relationships, money, stress).
- Discuss questions that teachers face with their students.
- Learn daily guided sadhanas to help deepen meditation practice and a variety of ways to go

deeper in meditation.

- Learn how to use one day of guided seclusion to go deeper in personal transformational processes. Receive tips on how to benefit from silence and find answers.
- Demonstrate how to use meditation to solve problems in daily life, with a specific area of challenge.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Understand scope of practice and when to refer clients to a medical professional.

### Assessment

- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Peer feedback during class activities is assessed for its relevance.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.
- Students must display increasingly evolving communication skills within the therapeutic relationship and use a client-centred approach during class activities mentioned above.
- Display a clear understanding of scope of practice and what conditions should be referred in class activities.
- Attend required sadhanas.
- Complete student teaching assignment in class: a 31-minute presentation and guided meditation including affirmation and visualization on one of the following areas of life challenges: health, relationships, work, stress, money.

### Dates

June 11-17, 2027. 9am to 6pm.

### Fees

R22000

## Sat Sangat Yoga Therapy: Spiritual Counselling

### Course Description

This program includes specialized exercises, introspection, practice counselling sessions, and faculty feedback. Part of the training is focused on learning about oneself-- strengths and weaknesses, and reactions to different situations. This is to encourage svādhyāya with reference to yogic scriptural teachings in the Bhagavad Gita, the Vedas, the Upanishads, Patanjali's Sutras, and the Tantras. With developed and mature self-knowledge, when students counsel others they can remain even minded and neutral because of the self-introspection they have in their own lives. This module is last in the training so that students have the opportunity to integrate the teachings in the prerequisite modules and apply these to the art and spiritually mature skill of spiritual counselling.

Some unique aspects in this module are:

- training students in ecological consciousness and aligning true health with the health of the earth,
- examining chakra development and how this relates to the study of character structures and Western psychological models,
- how closely aligned spiritual counselling and the use of yogic techniques is with certain areas of psychotherapy.

Students deepen their knowledge and understanding of how to counsel others effectively and to help bring out their clients' divine nature. The aspect of faith and trust in a higher power is also presented and discussed, to help clients re-evaluate their belief systems and clarify their relationship with the divine. All the awareness and skills developed during this course will enable the yoga therapist to function more effectively and sensitively. This module is essential to any specialist training therapists wish to undertake after qualifying as a yoga therapist.

Students apply and consolidate their knowledge during 15 hours of yoga therapy with a volunteer for their practicum.

**Total hours** = 65 hours

**Online:** 50 hours

**Practicum:** 15 hours

### Prerequisite

Application form obtainable from itta.roussos@gmail.com must be filled out and approved by course faculty for attendance of this module.

Intake interview with Program Director.

The Mind (three modules).

Foundations.

Insights into the Bhagavad Gita.

Patanjali's Yoga Sutras.

Meditation Practice and Theory.

A regular sadhana of daily meditation is mandatory.

### Faculty

Itta Roussos (C-IAYT).

### Teaching Format

This is a 7-day residential course which includes a combination of lecture, discussion, experiential practices, practice counselling sessions through role play and reflection, and practicum. Students are expected to complete reports for practicum process and outcomes.

### Learning Objectives

Spiritual counselling is an art, and yet there are tools that can be learned, and techniques that one can practice. Students will learn how to develop their intuitive abilities so that they can listen to others in the right way.

During this course, students will learn how to:

- Cultivate, recognize, and apply true intuition.

- Recognise, listen to, and assess, their intuitive feelings and separate them from ego-self.
- Dwell in their higher self and learn to listen to someone’s higher self from this spiritually mature self.
- Avoid the temptation to try and “fix” people.
- Deeply listen to solutions that emerge from higher consciousness instead of being overwhelmed by the problem.
- Recognize subconscious, conscious, and superconscious thinking in themselves and others.
- Ask the questions that will open doorways for the other person.
- Allow the client to arrive at their own insights and new awareness through an effective holding of space devoid of the therapist’s agendas and ego states.
- Educate the client on yogic spiritual values and virtues and assist in an assessment process to foster the client’s development and application of these in their daily life.
- Evaluate their own belief system and relationship with the divine.
- Learn to watch for their biases and prejudiced ways of thinking.
- Find solutions for their own challenges, through attuning to higher consciousness, and through meditation.
- Apply rationale guiding the yoga therapist’s choices of asana, pranayama, energization exercises, restorative poses, affirmations, relaxation and visualization/meditation techniques for each condition, and contraindications applying in each case.
- Understand how to establish therapeutic relationships with clients, with clear professional and ethical boundaries.
- Demonstrate good communication skills, including listening, presence, directive, and non-directive dialogue.
- Demonstrate a client-centred approach in the therapeutic relationship.
- Understand scope of practice and when to refer clients to a medical professional.

### Assessment

- Satisfactory performance on in-class activities including and not limited to role plays, case study analysis, class discussions, kriya analysis, review sessions, and Q&A, indicating achievement of stated course learning objectives.
- Peer feedback during class activities is assessed for its relevance.
- Participation reflects that the student is assimilating the information from assigned readings, research, and practice from class activities according to learning objectives and relevant competencies.
- The introspection exercise completed in class should indicate a mature self-reflection and spiritual progress.
- Students must display increasingly evolving communication skills within the therapeutic relationship and use a client-centred approach during class activities mentioned above, and in written practicum reports, where applicable, indicating how these competencies were applied and in what circumstances.
- Display a clear understanding of scope of practice and what conditions should be referred in class activities and written reports.
- Completing 10 hours of one-on-one or group yoga therapy according to guidelines outlined in the Practicum segment in this document.
- Satisfactory completion of all practicum requirements as outlined in the Practicum segment of this document.
- Written reports follow traditional reporting outlines:
  - Introduction including hypothesis and how and why it was derived.
  - Brief literature review with existing research if it exists, validating the hypothesis.
  - Methodology describing the client, their condition, methods used and why.

- Results section includes footage time codes supporting any observations and claims made.
- Discussion:
  - Whether tools used were appropriate or not.
  - How the tools that were used aligned with the client's goals and aspirations and what relevant competencies were used to ensure this.
  - How monitoring and evaluation were conducted during the process and changes that were made, if any.
  - How spiritual counselling added to the process.
  - Professional relationship management and maintenance within communities of practice, where relevant, and describing how yogic ethical principles were applied in these relationships.
  - Self-reflection on therapist's experience addressing issues relevant to personal scope of practice, scope of practice of yoga therapy, ethical principles of yoga therapy and health care codes of conduct, and any other issues relevant to the therapist's experience in delivering individual or group sessions.
- Conclusion.
  - Passing grade is 80% for practicum.
  - If any of the above requirements or expectations are not met, the student can elect to be mentored and/or given additional assignments to help achieve a satisfactory performance.
  - All extra time allocated to students will be at their own expense and according to time available and cost determined on the part of faculty.

#### Dates

November 22-27, 2027: 9am to 6pm (2 extra hours to be scheduled during training).

#### Fees

R20000

#### SPECIALIST TRAINING

### Sat Sangat Yoga Therapy: Advanced Pranayama

#### Course Description

Pranayama is the key to a deep experience of yoga postures and meditation. In this course students will learn the anatomy and physiology of breath on the physical and subtle levels and how to teach advanced pranayama or energy control techniques, bandhas, and mudras. We will go deeper into understanding how subtle anatomy, especially the chakras, relate to energy control.

**Total hours** = 42 hours

#### Prerequisite

C-IAYT or equivalent yoga therapy training certification.  
Sat Sangat Yoga Teacher Training Level 2 certification.

#### Teaching Format

This is a 6-day residential course which includes a combination of lecture, discussion, and experiential pranayama/asana workshops and teaching practicums. The alternate format is over two consecutive three-day weekends.

## Faculty

Itta Roussos (C-IAYT).

## Learning Objectives

- Gain greater understanding of the anatomy and physiology of breath.
- Know how to teach pranayama as the precursor to entering deeper states of meditation.
- Develop pratyahara techniques during the practice of pranayama.
- Know how to help students correct a range of breathing abnormalities.
- Know how asana, pranayama and meditation are inter-related and integral to samādhi.
- Understand the subtler aspects of the chakras through the application of pranamaya kosha.
- Learn how to more subtly perceive and use chakra energies to enhance the practice of sadhana.
- Understand how pranayama awakens and raises kundalini energy and how this can be used for healing purposes.
- Gain profound knowledge of how the subtle body aids understanding of karma and samskaras and assists in overcoming these in the practice of meditation.
- Analyse the meditations in Yogi Bhanjan's 21 stages of meditation and pranayama is used to progress through dharana and dhyana.
- Learn Paramahansa Yogananda's Energization Exercises and how they can be used for healing purposes.
- Understand current research on the impact of breath on the brain.

## Assessment

- Demonstrate understanding of how to apply learning objectives in class exercises, pranayama practices, and meditation practices in class.
- Attendance at all lectures, participation in all discussions and break-out workshops.
- Completion of required reading and presentation of insights in class.
- Satisfactorily demonstrate the ability to teach pranayama.
- Display a depth of understanding of the principles of how pranayama energizes the body and brain via in-class practicum.

## Dates

Dates will be announced in 2027

## Addiction – Twelve steps, Masterson's approach to personality disorders and Yoga Therapy

### Course Description

This advanced training course trains yoga therapists in an approach that combines the twelve steps as outlined in the "Big Book, the Basic Text for Alcoholics Anonymous", and other texts of this nature such as "Twelve Steps and Twelve Traditions" for both AA and NA, the Masterson Approach to the personality disorders, and yoga therapy. This course is the first of its kind, to the author's

knowledge, and is an approach that the author has used with many individuals with great success. The course takes therapists into each of the steps, as well as into an explorative study of the personality disorders according to Masterson, and studies them through the lens of yogic philosophy according to the Upanishads, the Vedas, the Bhagavad Gita, Patanjali's Sutras, and the Tantras. Each of the twelve steps and each personality disorder described in the Masterson approach is studied from a yoga therapy perspective to understand how the emphases used in these separate traditions reflects the spiritual understanding of the science of Yoga. The author's treatment plans, case studies, and personal experience with the subtleties of addiction forms a strong foundation for group discussion, study group work, role plays, and other forms of didactic and peer-group learning that takes place during this training. Therapists are guided through a process of self-examination to see how they fit into Masterson's quadrant approach to personality disorders, and how addiction relates to this in their own lives. This is an in-depth self-development training for therapists to enable their understanding of how addiction goes beyond mere substances and to create a powerful capacity to guide others in this understanding.

**Total hours** = 144 hours

- **In person and online:** 72 hours
- **Practicum** = 72 hours (24 weeks, 2 sessions per week of 1.5 hours each).

### Prerequisite

C-IAYT or equivalent yoga therapy training certification.

### Teaching Format

This is a 10-day program that is conducted in a hybrid format of in-person and online instruction. The course includes a combination of lecture, discussion, experiential workshops, and teaching practicums. The format is two five-day programs, separated by a period of 40 days for individual development between segments.

### Faculty

Itta Roussos (C-IAYT).

### Learning Objectives

- Generate a spiritually mature understanding of addiction from the perspective of yoga therapy.
- Revise traditional approaches to addiction.
- Understand the relationship between personality disorders and addiction.
- Integrate teachings from yogic philosophy with Western approaches to addiction.
- Combine all learning in personal development regarding own addictive tendencies.
- Apply personal learning gained in the training to articulate and write clearly about own addictive tendencies.
- Construct a personalised, integrated approach to the disordered state of addiction.
- Role play and demonstrate the skills required in working with people with addictions.
- Develop an outreach program as part of the service component of this module.

### Assessment

- Satisfactory completion of practicum with three clients going through a 6-month addiction program that involves yoga therapy, the Masterson Approach, and the twelve steps.

- Monthly mentoring sessions during the practicum with documentation on the process.
- Satisfactory reporting on the experience at the end of practicum according to accepted reporting guidelines.
- Demonstrate understanding of how to apply learning objectives in class exercises.
- Attendance at all lectures, participation in all discussions, break-out workshops, and weekend retreats.
- Completion of required reading and presentation of insights in class.
- Satisfactorily demonstrate the ability to teach an addiction program that demonstrates integration of all learning objectives.
- Display a depth of understanding of the principles of a yogic approach to addiction in mentoring and practicum reporting.
- Demonstrate capacity to combine a yogic approach to addiction with an understanding of personality disorders according to Masterson, and the twelve steps as used by the original text for Alcoholics Anonymous in mentoring and practicum reporting.

## Dates

Dates for this course will be announced in 2027.

## Pregnancy and PTSD

### Course Description

This advanced course trains yoga therapists to work with pregnant people who have PTSD, C-PTSD, or symptoms of trauma, either from a previous traumatic birth experience, experiences of abuse throughout childhood, and/or one, or more than one, more recent experience of trauma in adulthood such as physical, sexual, or emotional violence. This vulnerable population is particularly sensitive; the correlation between experiences of trauma and people of child-bearing age is statistically relevant, and the impact of this relevance has far-reaching implications for our species. Female bodies are traditionally under-catered to medically, and even more so in areas of research, and this shows up particularly strongly with pregnancy and trauma. The combination of pregnancy, trauma and yoga therapy is unknown. The author conducted a comprehensive literature search for an experiential, qualitative study on trauma, yoga therapy and pregnancy with seven South African women (thesis available on request). The outcome showed no published literature available on this intersection. The course is based on the author's considerable experience with pregnancy, yoga therapy and trauma. Course content includes protocols that were used in the above study, studying PTSD as it relates to birth trauma, conditions that make the state of pregnancy particularly vulnerable to trauma, minimal provision in many countries in the world, particularly developing countries, for mental health during pregnancy, the resistance to treatment of complex PTSD (C-PTSD) and how yoga therapy breaches this gap, and how to ethically work with this vulnerable population so as to avoid risk or harm. The training also studies how working in groups with this demographic benefits trauma healing.

**Total hours** = 114 hours

- **In person and online** = 72 hours
- **Practicum** = 42 hours (12 weeks, 1 session per week of 1.5 hours in second trimester; 12 weeks, 1 session per week of 1.5. hours in third trimester, 6 weeks, 1 session per week of 1 hour post birth)

## Prerequisite

C-IAYT or equivalent yoga therapy training certification.

## Teaching Format

This is a 10-day program that is conducted in a hybrid format of in-person and online instruction. The course includes a combination of lecture, discussion, experiential workshops, and teaching practicums. The format is two five-day programs, separated by a period of 40 days for individual development between segments.

## Faculty

Itta Roussos (C-IAYT).

## Learning Objectives

- Demonstrate a clear understanding of PTSD, C-PTSD, and traumatic birth, and the latest developments in Western research on these conditions.
- Understand the development of these conditions and how they show resistance to treatment.
- Demonstrate a mature understanding of the yogic approach to trauma and how this complements Western approaches.
- Demonstrate understanding of pregnancy, trimester distinctions, and contraindications for this sensitive population.
- Develop a program that combines trauma-sensitive and pregnancy-sensitive yoga practices for the second trimester.
- Develop a maintenance program that serves as monitoring and evaluation of the treatment plan throughout third trimester, up to 6 weeks post-birth.
- Take a group of pregnant people through the above-mentioned program.

## Assessment

- Satisfactory completion of practicum with a group of pregnant people by delivering a custom-designed yoga therapy program for second trimester.
- Monitoring and evaluation throughout the third trimester, after completion of the program, by conducting a maintenance program that lasts for the period of third trimester until 6 weeks post birth.
- Monthly mentoring sessions during the practicum (including the maintenance program) with documentation on the process.
- Satisfactory reporting on the experience at the end of practicum according to accepted reporting guidelines.
- Demonstrate understanding of how to apply learning objectives in class exercises.
- Attendance at all lectures, participation in all discussions, break-out workshops, and weekend retreats.
- Completion of required reading and presentation of insights in class.
- Satisfactorily demonstrate the ability to teach a program for pregnancy and PTSD that demonstrates integration of all learning objectives.
- Demonstrate capacity to combine a yogic approach to pregnancy with an understanding of PTSD, C-PTSD, and traumatic birth in mentoring and practicum reporting.

## Dates

Dates for this course will be announced in 2027.

## Courses in development:

Death and Dying: the sacred process of guiding the death experience.

Birth coaching: from conception to weaning.

Lineage cleansing: healing intergenerational trauma with yoga therapy.

## **2. Tuition, Fees, and Refund Policies**

### **Tuition Fees:**

The following is a schedule of fees that is valid until December 2027. Some course fees will only become available in January 2027.

The Mind modules: ZAR41500	Basic Ayurveda: ZAR14000
Foundations module: ZAR16000	Health Challenges I: TBC in 2027
Patanjali's Sutras: ZAR16000	Health Challenges II: TBC in 2027
Bhagavad Gita: ZAR15500	Seniors and Bone Strength: ZAR16500
Musculoskeletal I: ZAR28000	Meditation Practice and Theory: ZAR22000
Musculoskeletal II: TBC in 2027	Spiritual Counseling: ZAR20000
Restorative Yoga: ZAR18500	

### **Mentoring Fees:**

Mentoring can either be done in groups and the cost divided between the attending members of the group, or individually. Cost of mentoring is R1150 per hour.

### **Extra Fees:**

There are no extra fees unless students wish to purchase suggested reading materials. These are at the cost of the student. All manuals and training materials are included in the cost of tuition.

### **Finance Charges and Schedule of Payments:**

Students are liable for full payment of each module as they take the module. Those wishing to pay

for their training in full (all modules) will receive a 5% reduction on the full amount. If students wish to pay off the module fee, they are subject to a 2% monthly late payment fee. Application to waive the late payment fee may be made and will be granted on a needs assessment. All Yoga Therapy modules must be paid in full before the student embarks on study of the next module.

### **Refund Policy:**

#### Notice of Cancellation

The program requires that any notice of cancellation or withdrawal by a student must be provided in writing. This can be done via email.

#### Admission Denials

An applicant who is denied admission into the program is entitled to a full refund of all money paid by said applicant.

#### Three (3) Day Cancellation

An applicant who submits written notice of cancellation within three (3) days after signing the training agreement and more than one month before training begins is entitled to a refund of all money paid. The refund will be paid within thirty (30) days of receiving the notice of cancellation provided no training material has been received. See the section on training materials for the case where training materials have already been received.

#### Cancellations After Three (3) Days and Before Program Start Date

An applicant who submits written notice of cancellation of the program more than three business days after signing the training agreement and a month before the program begins is entitled to a refund of all money paid less a R1000 administration fee, provided no training material has been received. See the section on training materials for the case where training materials have already been received.

#### Cancellations Within the First Week of Training

For an applicant requesting cancellation within the first week of training, the tuition retained by the program shall not exceed 25% of the contract price of the course plus R1000, provided all accommodation and catering costs have been paid where in-person training has taken place.

#### After the First Week and Additional Periods

For a student terminating training after one week but within the first 25% of the course, the tuition retained by the program will equal 35% of the contract price of the course plus R1000. A student completing more than 50% of the course is not entitled to a refund of any tuition. All accommodation and catering fees must be paid in full before any refund can occur. If they have not been covered, the cost of these will be subtracted from the course fees.

#### When Training Materials Have Been Received

Should any training materials already have been received before the first week of training, the same conditions will apply as for cancellations within the first week of training.

#### Special Cases

In case a student needs to withdraw from the program due to illness, accident, death in the family, or other circumstances that make it impractical for the student to complete the course at that time, the program will provide a reasonable and fair refund or provide access to the next yoga therapy training course. If the student is unable to complete the course at all due to special circumstances agreed upon with school management, a fair refund will be given.

#### Bad Conduct

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, harassment, discrimination, bullying, or any other behaviour that is inappropriate or disruptive to the welfare of the program or to fellow students.

#### Cost of Training Material and Suggested Reading Materials

The cost of Sat Sangat Training manuals on the reading list provided is included in the cost of training. Where training manuals, transcripts, and photocopies of scriptural texts relevant to the content of yoga therapy training have been provided before training starts, the same refund policy applies as for cancellations within the first week of training. Once training has commenced and all training materials have been received, the refund policy for cancellations after the first week and additional periods of training applies. The cost of suggested reading material is the financial responsibility of the student and for their discretion as to whether they would like to purchase same. No refund policy applies to suggested reading materials.

### **3. Opportunities for Financial Aid**

Sat Sangat supports diversity in yoga therapy by offering tuition for one student per cohort who has financial need, evaluated according to those in the lowest income bracket. Financial need is indicated through an application process that includes filling in forms and an interview. Awarding financial aid is at the discretion of Sat Sangat leadership. Sat Sangat offers payment plans and reduced tuition for those in financial need. Late payments for payment plans will incur a 2% monthly finance charge.

## **4. Academic Performance Requirements**

Please consult the assessment sections of each module in Sections 1, 6, and 7.

## **5. Rules for Student Conduct**

**The term “yoga therapist” applies throughout this document to Sat Sangat students in training as well as qualified Sat Sangat yoga therapists.**

### **Yoga Therapist – Client Relationship**

It is the responsibility of the yoga therapist to maintain a conscious and professional relationship with clients/students and with other yoga therapists. A yoga therapist recognizes that the therapeutic relationship involves a power imbalance. This is true even with a client/student who is no longer in therapy with the yoga therapist.

1. A yoga therapist recognizes the implicit trust placed in them because of the unique power of the therapeutic relationship. A yoga therapist consciously avoids any relationship with a client/student that is exploitative in any way, i.e., they never use such a relationship for personal gain or benefit.
2. All forms of sexual involvement with clients/students are unethical, even when a client/student invites or consents to such behavior. Sexual behavior includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and actions.
3. The above points shall be in effect for as long as the therapeutic relationship exists and for not less than 6 months after the client/student has ceased coming for yoga therapy sessions.
4. A yoga therapist never engages in harassment, abusive words or actions, or coercion of clients/students or former clients/students.
5. A yoga therapist shows sensitive regard for the moral, social, political and religious standards of clients/students, and avoids imposing their personal beliefs on others.
6. A yoga therapist will not advise a client/student to go against the advice of their medical health care provider.
7. A yoga therapist strives to build the client/student's connection to the teachings of yoga and to their Infinite identity and not to create dependency on them.
8. If a yoga therapist is unable to continue the therapeutic relationship, the yoga therapist will, upon the request of the client/student, connect them to other appropriate yoga therapists.
9. A yoga therapist treats all communication with clients/students with respectful and appropriate confidentiality.

### **Yoga Therapy structure**

1. A yoga therapist uses yogic tools and techniques in the yoga therapy sessions (including postures, mantras, pranayama, meditations, relaxations, visualisations and other yogic tools and techniques), providing variations of postures when necessary to accommodate physical limitations of clients/students.
2. A yoga therapist acknowledges that they are part of the ancient lineage of Yoga teachings which includes Tantric Yoga,

Hatha Yoga, and Kundalini Yoga, and uses techniques as they are described in Yogic spiritual texts including but not limited to Bhagavad Gita, Patanjali's Sutras, Upanishads, Sankhya Yoga, Vedas, Tantric texts.

3. A yoga therapist in the Sat Sangat tradition recognises the importance of working in communities that have been marginalised and in the importance of seva by doing community service wherever they may live in the world.
4. A yoga therapist is responsible to maintain the integrity and sacredness of Yoga teachings, and to protect the sanctity of the field of yoga therapy by honouring these teachings and maintaining them in the original forms as far as possible.
5. A yoga therapist does not exaggerate or misrepresent the benefits of Yoga.
6. In a yoga therapy session, a yoga therapist wears appropriate clean clothing and looks professional.
7. A yoga therapist does not misrepresent themselves and their qualifications and does not go beyond their own scope of practice or the scope of practice of the field of yoga therapy.

### **Public Communication**

These guidelines are designed to protect the field of yoga therapy and to comply with legal guidelines for appropriate representation of yoga therapy services.

1. A yoga therapist accurately represents their professional qualifications and certifications along with their affiliations and/or sponsorships from any organization(s).
2. Announcements and brochures promoting yoga therapy shall describe yoga therapy with accuracy and honesty according to the science of Yoga.
3. A yoga therapist will represent themselves and Sat Sangat truthfully and accurately in all public communications.
4. Promotional communications that mention Sat Sangat qualifications will follow guidelines set by Sat Sangat and correctly reflect the focus and mission.

### **Yoga Therapists in Community**

1. A yoga therapist supports other yoga therapists through conscious communication that avoids negativity or wrongful attributions regarding the efforts of other yoga therapists.
2. A yoga therapist speaks and acts respectfully to all other yoga therapists, as well as health professional from other health modalities.
3. A yoga therapist does not knowingly solicit another yoga therapist's clients/students if there is any financial implication to this.
4. A yoga therapist builds the unity of the Sangat by embracing diversity, willingness to collaborate and a commitment to act for the benefit of all.
5. A yoga therapist acts as an integral contributing member of any international organisations and events to which Sat Sangat is affiliated. They act as a representative of the professional and ethical policies of these organizations.
6. A yoga therapist cultivates the ethical integrity of the field of yoga therapy by being alert to and seeking assistance for a yoga therapist involved in what appears to be a breach of these standards by providing assistance directly or by using the appropriate organizational channel.
7. At all times, a yoga therapist's behavior represents purity and integrity as reflected in the yamas and niyamas taught by Patanjali.
8. At all times, a yoga therapist shall acknowledge the ancient lineage of the teachings with respect and reverence.
9. Any yoga therapist found liable or guilty in a civil or criminal court in which findings of fact or a judgement have been entered for moral turpitude, felony or fraud is subject to having their Sat Sangat yoga therapy certificate and qualification suspended until such time as their debt to society has been paid in full and suitable conduct has been witnessed by other yoga therapists in the Sat Sangat community.
10. Any yoga therapists whose actions are against the interests of the field of yoga therapy, and which involve breach of fiduciary (acting for or holding in trust) responsibility or financial misconduct is subject to having their yoga therapy certificate and qualification suspended until such time as reparation can be made.

### **Professional Competence**

1. A yoga therapist commits to and maintains a regular, daily spiritual practice that includes all practices as they have been taught in the yoga therapy training, and as decided by their mentor and spiritual guide in the training and beyond.

2. A yoga therapist commits to the continuous improvement of their professional knowledge and skills. They fulfil all training requirements and such Continuing Education development programs developed and presented by Sat Sangat.
3. A yoga therapist commits to their continued spiritual growth and the guidance of their mentor or spiritual teacher.
4. A yoga therapist abstains from the use of, or dependency on, alcohol, tobacco, or drugs (except for medical purposes.) A yoga therapist does not permit the use of alcohol, tobacco, or drugs at any yoga therapy session, group class, or event.
5. In the yogic tradition, a yoga therapist eats a vegetarian diet. If they are not yet able to fully commit to this, a yoga therapist abides by the principle of ahimsa and strives to achieve this in their daily lives as fully as possible for them.
6. A yoga therapist conducts their yoga therapy services in accordance with recognized business and accounting procedures.
7. A yoga therapist strives to use inclusive language, behaviour and approaches for all yoga therapy sessions, group classes and events.

**The purpose of this Code of Conduct is to help yoga therapists serve in their purest consciousness and to protect clients/students, communities, and organizations. If a yoga therapist is in breach of this Code of Conduct, they may be subject to review by a group of Sat Sangat yoga therapists, trainers, and mentors, selected for this purpose. Substantial violations of this Code of Conduct (including and not limited to, engaging in actions that may be harmful to students, using or abusing substances in an inappropriate manner, misrepresenting themselves or the field of yoga therapy, or abusing their students in any way) can result in action, including being prohibited from representing Sat Sangat in any capacity as a yoga therapist, or termination as a Sat Sangat yoga therapist or mentor or member of faculty. By signing this Code of Conduct and Professional Standards I understand and agree to all terms outlined herein.**

## 6. Student Policies

### Anti-Harassment Policy

#### Against Members of Protected Class

Sat Sangat school of Yoga Therapy does not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis.

Harassment is unwelcome verbal or non-verbal conduct, based upon a person's protected characteristic, that

- (i) denigrates or shows hostility or aversion toward the person because of the characteristic and which affects their employment opportunities or benefits;
- (ii) has the purpose or effect of unreasonably interfering with their work performance;
- (iii) enduring the offensive conduct becomes a condition of continued employment; or
- (iv) has the purpose or effect of creating a work environment that a reasonable person would consider intimidating, hostile, or abusive.

Harassment includes epithets, slurs, name calling, negative stereotyping, insults, intimidation, ridicule, threatening, intimidating or hostile acts, denigrating jokes, and display in the workplace of

written or graphic material that denigrates or shows hostility or aversion toward an individual or group based on their protected characteristic. Petty slights, annoyances, and isolated minor incidents may not rise to the level of harassment.

## Sexual Harassment in the Workplace

Sat Sangat school of Yoga Therapy does not tolerate sexual harassment in our studio (or anywhere that yoga therapy training is conducted, including online). Henceforth in this document, “studio” refers to any place where Sat Sangat is conducting classes or yoga therapy training. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favours and other verbal, visual or physical conduct of a sexual nature when:

- (a) submission to such conduct is made either explicitly or implicitly a term or condition of an individual’s employment;
- (b) submission to or rejection of such conduct by an individual is used as the basis for employment decisions affecting such individual;
- (c) such conduct has the purpose or effect of unreasonably interfering with an individual’s work performance; or
- (d) such conduct has the purpose or effect of creating an intimidating, hostile or offensive working environment.

Examples of sexual harassment include unwanted and unnecessary physical contact; offensive remarks (including unwelcome comments about appearance); obscene jokes or other inappropriate use of sexually offensive language; the display in the studio of sexually suggestive objects or pictures; and unwelcome sexual advances by teachers, students, customers, clients, or other visitors to a studio or place of operation. Non-physical gesture, behaviour, unnecessary physical contact, verbal suggestion, or innuendo may constitute sexual harassment.

## Sexual Misconduct

Sat Sangat school of Yoga Therapy prohibits sexual misconduct in our studio. Sexual misconduct is any unsolicited and unwelcome sexual advance including requests for sexual favours, sexual touching, and verbal, visual, or physical conduct that creates a sexually hostile environment in a yoga therapy class or studio.

Yoga therapists, staff members, trainers, teachers, and mentors may not use sexually suggestive language (including sexual jokes and degrading comments), gestures, movements, or images in their sessions, in their studios, on their websites, or on their social media platform. Yoga therapists, staff members, teachers, and mentors (henceforth, “they”/“them”) should avoid making comments on their students’ appearance that could be perceived as sexually oriented or suggesting an attraction. They should avoid making comments that idealize or assume a specific body type or image. If a student tells them that any behaviour is unwelcome and they repeat the behaviour, it may be considered harassment.

Sexual misconduct also arises if they engage in conduct that has the purpose or result of requiring a student to submit to such conduct to obtain any benefit or privilege relating to the study or teaching of yoga therapy. While it is not possible to list all the circumstances that may constitute sexual misconduct, the following are examples of misconduct:

## Verbal Harassment

- Unwanted sexual teasing, stories, jokes, remarks, or questions
- Sexual comments, stories, or innuendo
- Turning work discussions to sexual topics
- Asking about sexual fantasies, preferences, or history
- Asking personal questions about social or sexual life
- Sexual comments about a person's clothing, anatomy, or looks
- Telling lies or spreading rumours about a person's personal sex life.
- Referring to an individual as a doll, babe, sweetheart, honey, or similar term
- Repeatedly asking a person out on dates who is not interested
- Unwanted letters, telephone calls, or sending materials of a sexual nature

- Stalking on social media
- Unwanted pressure for sexual favours

### Non-Verbal Harassment

- Blocking a person's path or following
- Giving unwelcome personal gifts
- Displaying sexually suggestive materials
- Making sexual gestures with hands or through body movements
- Unwanted sexual looks or gestures

### Physical Harassment

- Hugging, kissing, patting, or stroking
- Touching or rubbing oneself sexually around another person
- Unwanted deliberate touching, leaning over, cornering, or pinching
- Giving an un-wanted massage
- Sexually oriented asana adjustments or touch
- Promising enlightenment or special teachings or status in exchange for sexual favours
- Actual or attempted rape or sexual assault

### Romantic Relationships Between Yoga Therapists and Students

Yoga Therapists (including all the categories named above as “they”) shall not invite, respond to, or allow any sexual or romantic conduct with a student during the period of the teacher-student relationship. Sexual or romantic interactions that occur during the teacher-student relationship constitute sexual misconduct and are unethical. Sexual or romantic interactions detract from the goals of the teaching relationship, may exploit the vulnerability of the student, may obscure the teacher's judgment concerning the student, may be detrimental to the student's well-being and damage the reputation of the yoga community. Yoga therapists must maintain professional boundaries in their relationships with students so that the best interests of the students are served. The interest of the yoga therapist is not relevant in this case: the art of teaching yoga therapy is focused on serving the spiritual needs of the student. The teacher-student relationship involves an imbalance of power and any appearance that this imbalance has been exploited for the sexual purposes of the teacher is unethical. Even if the relationship is initiated by the student, it must still be avoided by the teacher. If a teacher is becoming romantically involved with a student, the teacher should end the teaching relationship. The teacher must ensure that any behaviour in dealing with students is always professional and not open to misunderstanding or misinterpretation. If a relationship begins to develop, the teacher should seek the guidance of school management. The school management will then decide how it wishes to handle the relationship. For example, it may bless the relationship, but establish boundaries to prevent conflicts of interest and other problems. It may also decide that either the teacher or student should leave the school. If a teacher has a pre-

existing relationship with a student that did not arise from the teacher-student relationship, it should be brought to the attention of the school's management beforehand so that it can guide the couple in maintaining high ethical standards.

## Attendance Policy

Sat Sangat school of Yoga Therapy requires 100% attendance to graduate and receive a certificate of completion from the yoga therapy training program. Class attendance is taken throughout the training and full attendance is required for both online and residential classes. When attendance is online, cameras are required to be switched on throughout the training. In the case of any emergency absences, the Program Director must be notified immediately. If a student has planned absences that conflict with attendance in the program, the Program Director should be contacted immediately to discuss options. Each student is responsible for scheduling class make-up time with the Program Director. Students are liable to pay an additional cost for private make-up sessions with a staff member. Each student is expected to be at each session ten minutes before the start time in order to set up and so that the training may start on time. If the student is late more than five times, this will result in a deduction of one hour from their total contact hours. A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the Program Director. In this case the student must reapply for the next available session and pay the difference, if any, for that session and any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

## Training Material Policy

A reading list is included with the Student Information Material document. The required reading list includes training manuals and some complimentary training materials such as transcripts and photocopies of extracts from yogic scriptural texts. These are all included in the cost of the training. Please see the refund policy for information on refunds when training materials have already been received.

For the suggested reading on the reading list, the reading material is for the cost of the student and the reading is not mandatory. Acquiring the reading material on the suggested list is for the discretion of each student.

## Certification Requirements

- Attended all Yoga Therapy Training classes – 663 classroom instruction hours.
- Participated satisfactorily in all classroom activities, completed all required readings and all practicum preparation.
- Participated satisfactorily in community building events and seva work either in own local communities or together with other Sat Sangat initiatives.
- Received a passing grade of a minimum of 80% on all practicum assignments.

- Created a community of professional practitioners and maintains all professional relationships in a satisfactory manner.
- Maintained a strong personal practice throughout training and documented this in a satisfactory manner.
- Completed all required residential and practicum requirements.
- Undertook to have a minimum of 30 mentoring hours as designated for practicum requirements.

## Grievance Policy

### Reporting of Policy Violations

Sat Sangat school of Yoga Therapy encourages anyone who has been the subject of sexual misconduct, sexual harassment, racism, micro-aggressions, or any other actions that violate our policies and Code of Conduct to report the incident to the Program Director who will appoint a suitable committee to investigate the matter (henceforth known as “the reviewing body”).

The report should contain the following information:

- Your full name;
- Your email and phone number;
- The name of the person who the grievance is against;
- A description of the alleged policy violation;
- The date and location of the policy violation;
- Names and contact information of any witnesses with first-hand knowledge of the situation; and
- Any other credible evidence that is available to support the grievance.

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. Sat Sangat school of Yoga Therapy will not investigate a matter based upon a third-party report of misconduct. All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate. Sat Sangat school of Yoga Therapy may request additional information from the person reporting the incident during the review of the report before appointing a reviewing body. The reviewing body will take appropriate action to ensure compliance with our policies. The reviewing body will impose any sanctions that it feels are fair, just, and reasonable under all of the circumstances. The reviewing body and Sat Sangat school of Yoga Therapy will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation.

### Confidential Treatment

The reviewing body has an important obligation to maintain the confidentiality of all information they may receive in connection with reviewing ethical complaints. This includes any information provided by victims or witnesses in their investigations and any documents, emails, or notes they

may gather. The reviewing body should make each person who is interviewed feel comfortable that the discussion will be held strictly confidential. This information is extremely sensitive. Its exposure could damage the reputations of the school, the teacher, and the student, it could make the situation impossible to resolve fairly, and it could lead to legal liability. The reviewing body will make sure that the forum where they will be discussing the matter is secure. They will not meet in an environment where someone may overhear what is being discussed. These meetings will not occur in a public place. Restaurants and coffee shops are public places and should not be used for meetings. Discussions will not be held in bathrooms and common areas at the yoga school or studio.

## Timeline for Reporting Violations and Complaints

If an individual wants to file a complaint about the possible unethical conduct of a teacher or other person, they shall file the complaint within thirty (30) days after learning of the facts which may establish a potential violation. Complaints filed more than thirty (30) days after the violation of the Code of Conduct occurred may be reviewed at the discretion of the reviewing body. A complaint should not be filed unless the person filing the complaint has:

- i. material and credible evidence that may establish a violation school policy;
- ii. personal knowledge of the facts that form the basis of the complaint.

After the complaint has been filed, all persons with personal knowledge about the complaint are encouraged to assist the review by providing relevant and factual information about the potential policy violations. This will assist the reviewing body in promptly and effectively responding to the complaint.

## Due Process and Procedure

Sat Sangat school of Yoga Therapy recognizes that the reviewing body appointed has an obligation to give a person accused of misconduct a reasonable level of due process. Because the person may lose their job and their reputation may be tarnished, the decision-making process must be fair and objective. Due process in this context does not mean that the reviewing body will conduct a mini trial, but it will gather all of the relevant facts surrounding the matter and make a fair and objective decision based on the facts. The reviewing body may need to interview the person who reported the situation, the person who perpetrated the misconduct, and any other people who have direct knowledge about the situation. The reviewing body will examine all other credible and objective evidence about the situation.

## Dismissal or Acceptance of a Complaint

Upon the receipt of a complaint, the reviewing body will evaluate the complaint to determine if it should be dismissed or reviewed. The reviewing body may dismiss a complaint if it determines that any of the following is true:

- i. the complaint is clearly frivolous or insubstantial;
- ii. the information contained within the complaint is not credible;
- iii. the complaint is not within the scope of school policies;
- iv. the complaint has not been timely filed;
- v. a policy violation would not exist even if the complaint were true;

- vi. no credible evidence could be provided which could support a finding that a policy violation has occurred;
- vii. the complaint is anonymous; or
- viii. the alleged violation has been cured by a good faith effort of the parties involved in the complaint.

In making its determination the reviewing body may obtain and consider information relevant to the matter other than that included within the complaint or provided by the subjects of the complaint. Within thirty (30) days after the receipt of a complaint, the reviewing body will either dismiss the complaint or accept the complaint for evaluation. After it has made its decision, the reviewing body will advise the person who filed the complaint as to whether it has dismissed or accepted the complaint. If the reviewing body elects to dismiss a complaint, it shall provide the person who submitted the complaint with its reasons for dismissing the complaint.

### Rules of Procedure After Acceptance of a Complaint

If the reviewing body decides to accept a complaint and determine if there has been a violation of school policy, the subject of the complaint will be given written notice of the complaint. The notice shall include information sufficient enough to provide the subject with a fair opportunity to respond to the complaint. The subject of the complaint will have thirty (30) days from receipt of notice to submit a written response to the complaint. The response may contain any information which the subject feels is relevant and responsive to the complaint. The reviewing body may extend the response period for additional periods upon request. The reviewing body may consider the matters alleged in the complaint, the written responses of the subject of the complaint, and other interested parties, other relevant facts, and ethical and legal principles. The reviewing body may question the parties (and, in its discretion, third parties) and obtain such other information as it shall determine is necessary, relevant, and proper. The reviewing body may conduct its own investigation into the complaint in its discretion. If the subject of the complaint fails to respond to the notice within the thirty (30) day period, it will constitute sufficient grounds for the reviewing body to act on the evidence in hand and impose appropriate sanctions. The reviewing body may extend the response period for additional periods upon request.

### Determination of Violation

After its evaluation of all information relating to the complaint, the reviewing body will determine whether a violation of school policy has occurred. If the reviewing body determines that a violation of school policy has occurred, it may impose sanctions. The reviewing body will give the subject of the complaint written notice as to its decision on the complaint and the imposition of sanctions, if any. The subject of the complaint may file a written appeal of the sanctions, setting forth all information relevant to the appeal, within ten (10) days of receiving the notice, by sending notice of appeal to the reviewing body. The reviewing body will evaluate the appeal and render a decision on the appeal within seven (7) days. The reviewing body may extend the response period for additional periods upon request. The decision on the appeal shall be final.

### Sanctions

Sat Sangat school of Yoga Therapy recognizes the principle “the punishment must fit the crime.” There must be a sense of fairness and moral proportion in judging these situations. All cases of

abuse and misconduct, from inappropriate commentary to physical assault, will be judged objectively and the reviewing body will fashion a sanction that fairly and equitably addresses the situation, and giving due considerations, to all the facts. In many cases, it may be hard to uncover all of the facts, there may be conflicting facts, there may be conflicts of interest, and there may be circumstances and facts that weigh on both sides of the scales of justice. However, the reviewing body will use sound and careful judgment in deciding what type of sanctions to impose. There are four options:

**1. Do Nothing.**

The facts do not show that the person committed the policy violation.

**2. A Warning.**

The facts show that the person's actions were minor and that a warning is a fair sanction. The warning could be coupled with counselling.

**3. Time Out.**

The facts show that the person's actions were serious and warrant suspending the person from the studio or community for a decided amount of time.

However, the actions were not so serious that they support termination of employment. For example, the person may be good hearted but made a mistake in judgement. This may weigh toward leniency. The "Time Out" period is usually one year but it may be shorter depending upon the circumstances. During the "time out" the person gets counselling, does spiritual work, contemplates their actions, etc. After the "Time Out" period expires, the person can approach the reviewing body to ask to re-commence their teaching activities or allow them to rejoin the community. The reviewing body then will determine as to whether the person has resolved their issues and that it is appropriate for them to return. The reviewing body should consider whether there has been a sincere apology and contrition, whether their returning causes further damage to injured parties, appropriate reparation to the injured parties, rehabilitation and heart-felt change before the person may return. This decision will entirely at the discretion of the reviewing body.

**4. Dismissal.**

The facts show that the person's actions were so serious that they warrant dismissing the person from the studio or community. The person is dismissed, and their employment or independent contractor agreement is terminated.

## Non-Discrimination Policy

Sat Sangat school of Yoga Therapy is committed to providing services that respect inclusive support. All yoga traditions, ages, races, ethnicities, faiths or secular orientations, abilities, gender identities, sexual orientations and socioeconomic status will be respected and served with a commitment to equality and inclusion in languaging, practices and policies.

All Sat Sangat stakeholders are committed to learning to better serve our students, alumni, faculty, volunteers, students, and clients through representing more diversity, increasing access and providing opportunities (especially for those who are underrepresented). Celebrating differences

and providing knowledge about how to bring yoga therapy into arenas of social justice is respected, valued, and practiced.

We adhere to and believe in the International Association of Yoga Therapy (IAYT) statement to DEI and Social Justice.

Sat Sangat is open and willing to modify class experience and assignments and accommodate to various abilities and learning styles.

## Anti-Retaliation Policy

Sat Sangat school of Yoga Therapy prohibits retaliation against employees or anyone else for raising a concern about a violation of our Code of Conduct, our policies, and/or the law, or for participating in an investigation relating to a violation of any of the foregoing.

### What is Retaliation?

Retaliation means taking an “adverse action” against any person for having reported or threatened to report harassment, discrimination, retaliation, or violations of our Code of Conduct, or for participating in an investigation into a complaint of harassment, discrimination, or retaliation or violations of our Code of Conduct. In the case of employees, retaliation is an adverse employment action taken against an individual for having reported or threatened to report harassment, discrimination, or retaliation, or for participating in an investigation into a complaint of harassment, discrimination, or retaliation. Retaliation may include any acts that are “materially adverse” to a reasonable employee, regardless of whether those acts result in a loss of pay, benefits, or any other privileges of employment, or not. For an action to qualify as retaliation, an employee or supervisor’s actions must be harmful to the point that they may dissuade a reasonable worker from making a charge of discrimination. Some examples of adverse actions are denial of promotion, refusal to hire, denial of job benefits, demotion, suspension, and discharge. Other types of adverse actions include threats, reprimands, negative evaluations, harassment, or other adverse treatment.

### Reporting Sexual Harassment and Sexual Misconduct

We have a zero-tolerance policy for sexual harassment or sexual misconduct. We encourage anyone who has been subjected to sexual harassment or sexual misconduct to report to school management. We need to know what’s going on so we can act on it. We will do everything possible to stop sexual harassment and sexual misconduct from happening. We will not permit anyone to retaliate against you for filing a report of sexual misconduct.

### Reporting Racism and Micro-aggressions

We have a zero-tolerance policy for racism or micro-aggressions. We encourage anyone who has been subjected to racism or micro-aggressions to report to school management. We need to know what’s going on so we can act on it. We will do everything possible to stop racism or micro-aggressions from happening. We will not permit anyone to retaliate against you for filing a report of racism or micro-aggressions.

### Responsibility of Managers

Managers refers to anyone who has a position of responsibility and power in the Sat Sangat school of Yoga therapy. Managers have a responsibility to create, uphold, and promote a safe, respectful, and inclusive work environment. Like all employees, managers are required to comply with our Code of Conduct. Managers may be subject to disciplinary action if they engage in, ignore, or in any way condone, conduct that violates our Code of Conduct. Managers are required to promptly report any violation of our non-retaliation policy to the human resources department or school management. Promptness is key and managers should report as soon as possible upon learning of a violation. The failure by a manager to report in a timely fashion or at all, may result in discipline up to and including termination. Managers shall not, under any circumstances, retaliate against anyone, blame the victim, conceal a report, or discourage employees from reporting sexual harassment or violations of our Code of Conduct. If you believe a manager has behaved in that way, please report it to school management.

## Safe School Policy

Sat Sangat Safe School Policy follows the IAYT guidelines for the APD safe school policy.

The leadership of the Sat Sangat school of Yoga Therapy ensures to:

- Provide an environment either online or in person that operates with honesty and integrity.
- Provide an emotionally and physically safe environment for all participants, including staff, faculty, students, and volunteers/patients/clients who attend training modules.
- Protect individual community members against emotional, sexual, and physical harassment/abuse that can sometimes occur in situations with power imbalances or lack of understanding and respect for professional boundaries.

To this end, all Sat Sangat stakeholders, including training yoga therapists and C-IAYTs agree to:

- Adhere to high ethical standards as provided, understood and studied in yogic philosophy.
- Comply with applicable laws and regulations.
- Use touch ethically and in compliance with IAYT guidelines.
- Keep clear records of Informed Consent to Touch documentation from program participants if touch is used.
- Refrain from all forms of sexual, emotional, and physical harassment and threats of harassment, including verbal expression.
- Avoid conflicts of interest.
- Maintain high standards of academic integrity.

- Refrain from all forms of discrimination.
- Respect the rights and dignity of all others.
- Maintain high standards of client care where applicable.
- Conduct business practices with honesty and integrity.
- Report suspected violations of ethical and legal conduct to appropriate authorities in a timely manner.

Sat Sangat school of Yoga Therapy requires that all trainees attending our Teacher Development, Level 1 and 2, and Yoga Therapy training programs have medical clearance to attend training. Should there be any medical concerns, physical or mental, these should be disclosed to faculty on application. This information will be kept confidential and will not be used to preclude admission to the training, unless medical clearance has not been obtained.

## 7. **Faculty**

Itta Roussos C-IAYT, MPsych.