

5. Curriculum of

TriYoga Boston 500 hr Therapeutic Yoga Training

Topic	YA Requirements	TriYoga Boston	Total Hours	Contact	E-RYT	
Yoga Techniques Techniques programs include lecture and practice. Our expert faculty members will present research and/or evidence of the use and effectiveness of yoga therapy (for a particular condition if applicable), as well as explanations of symptoms, treatments, recovery challenges, sensitivities, and recommended modifications for patients with the relevant condition. The program also includes an experience of practicing yoga tailored for that condition.	90/60 primary RYT	Science of Yoga	12	12		Timothy McCall, MD
		Yoga for a Healthy Spine	12	12	12	Kim (Nandi) R. Beecher, D.C. and Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Pre-Natal Yoga	12	12		Christine (Citriṇī) Jeuland Ware, Ph.D., E-RYT(200), RYT(500)
		Yoga for Trauma	12	12	12	Lorraine (Lorrie) Jacobsohn RN, MSN (Masters of Science in Nursing), PMHCNS-BC (Psychiatric and Mental Health Clinical Nurse Specialist - Board Certified), RYT and Beth Gold-Bernstein, E-RYT 500
		Yoga for Alzheimer's	12	12	12	Miguel Rivera, MD, and Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Chair Yoga	12	12	12	Beth Gold-Bernstein, E-RYT 500 and Ruth Landsman, RYT 200
		Yoga for Breast Cancer	12	12	12	Medical presenter TBD; Beth Gold-Bernstein, E-RYT 500 (for yoga practice)
		Yoga for Depression and Anxiety	12	12		Christine (Citriṇī) Jeuland Ware, Ph.D., E-RYT(200), RYT(500)
		Yoga for Eating Disorders	12	12		Christine (Citriṇī) Jeuland Ware, Ph.D., E-RYT(200), RYT(500)
				108	108	60
Teaching Methodology Methodology includes modifications, use of props, hands-on alignment, and coaching on particular sensitivities and special issues to be aware of when working with students who have the relevant condition.	18/12 primary RYT	Yoga for a Healthy Spine Methodology	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Pre-Natal Yoga Methodology	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Yoga for Trauma Methodology	5	5		Lorraine (Lorrie) Jacobsohn RN, MSN (Masters of Science in Nursing), PMHCNS-BC (Psychiatric and Mental Health Clinical Nurse Specialist - Board Certified), RYT
		Yoga for Depression Methodology	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Chair Yoga Methodology	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Yoga for Women with Cancer Methodology	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Yoga for Alzheimer's	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
		Yoga for Eating Disorders	5	5	5	Beth (Brahmi) Gold-Bernstein, E-RYT 500
				40	40	35

Anatomy & Physiology	21/12 Anatomy provides knowledge of the physical body that is directly applicable to teaching. You will better understand the postures, movement, individual differences and gain a deeper awareness of health conditions and injury prevention. Subtle Anatomy focuses on the journey of kundalini as this energy creates the cakra and nadi system. Additional topics include the three bodies and five kosas (sheaths); maha prana and the five pranas.	Anatomy in the Flow 2	15	10		Kim Beecher, DC or Stephanie Walsh
		Subtle Anatomy with Kaliji	5	5		Swamini Kaliji
		Assigned Reading	5			
			25	15		
Philosophy, Ethics and Yogic Lifestyle	36/22 Kaliji teaches the abstract truths of yoga philosophy in a clear and understandable manner. Includes an introduction to Vedanta, Samkhya, Bhagavad Gita and the Yoga Sutras.	Jnana (Yoga Philosophy)	10	10		Swamini Kaliji live online
		Ethics for Yoga Teachers	3			Beth (Brahmi) Gold-Bernstein), E-RYT 500 (on-line archive content)
		Q&A with Kaliji	18	18		Swamini Kaliji live online, monthly 1.5 hr sessions
		Recommended Readings	5			
			36	28		
Practicum/Internship	24/12 contact; 6 primary E-RYT During practicum interns practice teaching by first teaching a portion of a class to fellow classmates, and then teaching a free community class when ready to demonstrate proficiency.	Yoga for a Healthy Spine Practicum	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Pre-Natal Yoga Practicum	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Yoga for Trauma Practicum	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Yoga for Depression Practicum	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Chair Yoga Practicum	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Yoga for Women with Cancer Practicum	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Yoga for Alzheimer's	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Yoga for Eating Disorders	5	5	5	Beth (Brahmi) Gold-Bernstein), E-RYT 500
			40	40	40	
Electives	111 Choose One or More	Vegan Diet	15	15		Beth (Brahmi) Gold-Bernstein), E-RYT 500
		Prana Vidya Internship	60	20		Swamini Kaliji
		Nada Upasana Internship	60	20		Swamini Kaliji
		Sanskrit Internship	60	20		Mohan Saraswati, PhD.
			60	35		

Total Hs Contact Hrs E-RYT
309 266 135

Elective Descriptions

Vegan (Plant Based) Diet: Includes the ahimsa trinity of animal rights, human health and ecology. Gives an overview of the vegan lifestyle, with a focus on learning vegan recipes and basic nutrition. Inspired by her love for animals, Kaliji has been vegan for over 30 years. Contact hours come from vegan cooking classes and cooking then attending vegan pot-luck dinners .

Prana Vidya Internship: The 108-page Prana Vidya manual, written by Kaliji, includes both philosophy and technique. The manual and accompanying trainings guide the student systematically from Basics to Level 7. Within each level there are seven parts. The first five parts are breathing practices, part six is a concentration technique and part seven is meditation. For contact hours students may attend Pranayama and Meditation sessions and workshops, then use the manual to progress at their own pace.

Nada Upasana Internship: Nada Upasana, as expressed in the philosophy of nada yoga, is absorption in sacred sound. For contact hours attend Chant Club satsanga and workshops to learn call-and-response chanting, basic music theory and the philosophy of nada yoga. Learn bhajans, slokas and classic mantras. There is also an online internship offered for those who want to learn classic Sanskrit mantras and bhajans.

Sanskrit Internship: The Sanskrit Level 1 Yoga course offers step-by-step learning. This internship will include live online classes with Dr. Mohan Saraswati and Swamini Kaliji. Materials include Sanskrit Level 1 book, study guide, audio CD, DVD and Sanskrit Tutor CD.