

MVP Yoga Therapy Program Overview

Module 1 Required For All Incoming Participants Possessing A 200 Hour YT Certification				
Subtle Bodies	Live DL	30	2/24/24-2/26/24 + 3/14 & 3/28	Ana Pilar C.
Ayurveda	Live DL	40	3/30/24-4/1/24 + 4/11 & 4/25	Kaytee H.
Yoga Nidra	Live DL	40	4/27/24-4/29/24 + 5/9 & 5/23	Ana Pilar C.
Trauma Informed Yoga	Live DL	40	10/26/24-10/28/24 + 11/7 & 11/21	Michelle Y.
Adaptive Yoga	Live DL	30	11/9/24-11/11/24 + 12/5 & 12/12	Ana Pilar C.
Yoga Therapy Applications of Pranayama	Live DL	60	6/22/24-6/24/24 + 7/11 & 7/18	Ana Pilar C.
Yoga Therapy Applications for Anxiety	Live DL	40	9/14/24-9/16/24 + 9/26 & 10/10	Michelle Y.
General mentorship	Mentoring	30	Ongoing	STAFF
Total Hours		310		

Module 1, 2 and 3 is required for all incoming prospective Yoga Therapist who possess a 200 hour YTT. Module 2 and 3 is required for all incoming prospective Yoga Therapist who possess a 500 hour YTT (some of the Module 1 course may be required if the applicant's 500 hour training is not aligned to our program). Teachers joining the program with their 500 hour YTT will need to be counseled as to which courses to take to ensure integration into the program.
Weekend courses meet from 9am-3pm CST (US) Saturday - Monday
Thursday dates meet from 4pm-6pm CST (US)

Module 2 Required For All Incoming Participants (Starting Point For Incoming Participants Possessing 500 Hour YT Certification Or Equiv.)				
Psychology of Yoga	Live DL	50	5/18/24-5/20/24 + 5/30 & 6/13	Ana Pilar C.
Marmas & Mudras	Live DL	50	8/10/24-8/12/24 + 8/22 & 9/5	Sivakami
Biology of Yoga	Live DL	50	7/13/24 - 7/15/24 + 7/25 & 8/8	Ana Pilar C.
Sound Healing	Live DL	50	TBD	Ana Pilar C.
Group Yoga Therapy	Live DL	50	12/7/24-12/9/24 + 12/19 1/2/25	Michelle Y.
Yoga for Recovery	Live DL	50	TBD	Michelle Y.
Yoga Therapy Interventions	Live DL	50	1/13/24-1/15/24 + 1/25 & 2/8	Ana Pilar C.
Yoga Therapy for Memory Loss	Live DL	50	2/10/24-2/12/24 + 2/22 & 3/7	Michelle Y.
Pre & Post Operative Interventions	Live DL	50	3/9/24-3/11/24 + 3/21 & 4/4	Ana Pilar C.
Participants Pick 400 Hours				

Module 3 Required For All Participants				
Practicum counseling	Mentoring	30	Ongoing	STAFF
Practicum review (Mentor)	Mentoring	10	Ongoing	STAFF
Practicum review (Peers)	Mentoring	10	Ongoing	STAFF
Practicum facilitator (Mentor and Participant)	Mentoring	100	Ongoing	STAFF
Total Mentor Hours		150		