



**Vishuddhi Issha**  
Yoga & Ayurveda

# 200 & 300-HOUR YOGA THERAPY TEACHER TRAINING COURSES



*Integrating Ancient Yogic Wisdom,  
Ayurveda & Modern Therapeutic Science*

## Welcome to Vishuddhi Issha Yoga & Ayurveda

Yoga is a complete therapeutic system for restoring balance in body, mind, energy, and consciousness.

Our Yoga Therapy Teacher Training Programs are designed for yoga teachers, healthcare professionals, wellness practitioners, and dedicated students seeking a deeper understanding of Yoga as a healing science.

Through an integrated curriculum combining traditional yogic wisdom, Ayurveda, modern science, and practical therapeutic applications, students gain the skills to support holistic health and wellbeing in diverse populations.



### OUR INTEGRATED CURRICULUM INCLUDES:

- Classical Yoga Philosophy
- Ayurveda & Yogic Lifestyle
- Therapeutic Asana Practice
- Pranayama Therapy
- Yoga Nidra & Relaxation Techniques
- Mudra & Bandha Practices
- Anatomy & Physiology
- Clinical Assessment Skills
- Disease-Specific Yoga Therapy Applications

## PROGRAM STRUCTURE



### 200-HOUR FOUNDATION PROGRAM

Build a strong foundation in yoga therapy

- ✓ Yoga therapy principles
- ✓ Ayurveda & lifestyle healing
- ✓ Anatomy & physiology fundamentals
- ✓ Pranayama & relaxation practices
- ✓ Therapeutic asana foundations
- ✓ Basic clinical assessment & teaching skills



### 100-HOUR ADVANCED EXTENSION

Deepen your clinical expertise with advanced learning

- ✓ Advanced therapeutic applications
- ✓ Disease-specific yoga therapy protocols
- ✓ Advanced clinical assessment
- ✓ Therapeutic sequencing & program design
- ✓ Case study development
- ✓ Professional yoga therapy practice

**200-HOUR FOUNDATION + 100-HOUR ADVANCED EXTENSION = TOTAL 300 HOURS**

*A complete pathway to become a confident and skilled Yoga Therapy Professional.*

## PROGRAM HIGHLIGHTS



Integrated Yoga Therapy & Ayurveda Curriculum



Evidence-Informed Therapeutic Applications



Small Group Personalized Learning



Practical Clinical Assessment Training



International Student Community



Experienced Yoga Therapy Faculty



Comprehensive Teaching Practicum



Globally Relevant Professional Training

*Transforming Health Through Conscious Living*

VISHUDDHI ISSHA YOGA & AYURVEDA  
HEALING • EDUCATION • TRANSFORMATION



# WHY YOGA THERAPY?

## The Future of Integrative Healthcare

Combining ancient yogic wisdom with modern therapeutic science to support physical, mental, emotional and lifestyle-related health conditions.



### Why the World Needs Yoga Therapy

Modern healthcare is increasingly recognizing the importance of preventive, holistic, and lifestyle-based approaches to wellbeing.

**Yoga Therapy offers evidence-informed practices that address the root causes of imbalance through:**

- ✓ Movement Therapy
- ✓ Lifestyle Transformation
- ✓ Breath Regulation
- ✓ Stress Management
- ✓ Nervous System Balancing
- ✓ Emotional Regulation
- ✓ Mindfulness & Meditation
- ✓ Self-Healing Practices



### YOGA THERAPY WORKS ALONGSIDE MODERN HEALTHCARE



MENTAL  
HEALTH



CARDIOVASCULAR  
HEALTH



RESPIRATORY  
HEALTH



MUSCULOSKELETAL  
HEALTH



LIFESTYLE  
DISORDERS



STRESS & BURNOUT  
RECOVERY

Yoga Therapy is increasingly integrated into hospitals, wellness centers, rehabilitation clinics, corporate wellness programs, and private healthcare settings worldwide.

#### EVIDENCE-BASED APPLICATIONS

##### PHYSICAL HEALTH

- Back Pain
- Neck Pain
- Arthritis
- Diabetes
- Obesity
- Hypertension
- Respiratory Conditions
- Chronic Fatigue

##### MENTAL & EMOTIONAL HEALTH

- Anxiety
- Stress Disorders
- Depression Support
- Trauma Recovery
- Sleep Disorders
- Emotional Burnout
- Nervous System Regulation
- Mindfulness-Based Healing

#### CAREER PATHWAYS AFTER CERTIFICATION

- Yoga Therapy Practitioners
- Wellness Consultants
- Retreat Facilitators
- Corporate Wellness Trainers
- Mind-Body Health Coaches
- Integrative Healthcare Professionals
- Private Yoga Therapy Educators
- Specialized Yoga Therapy Teachers



Yoga Therapy empowers individuals to take charge of their health and creates a ripple of healing in communities and the world.



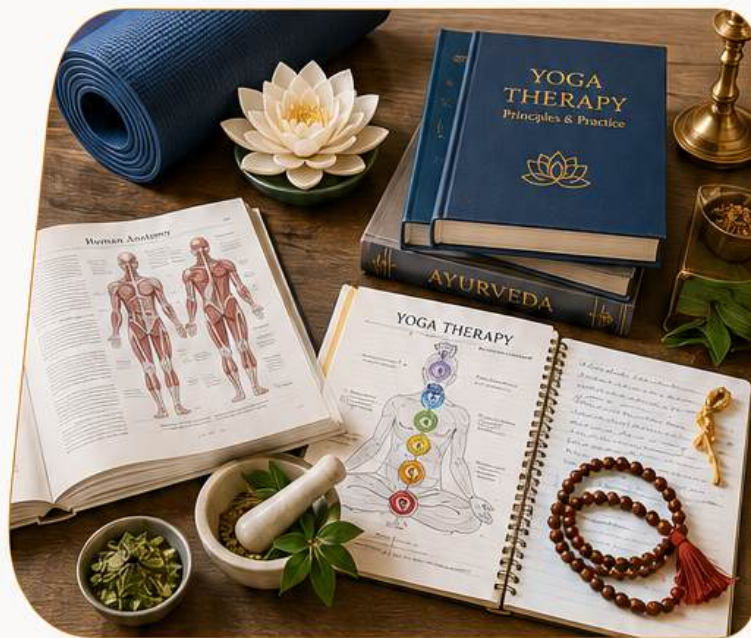


# 200-HOUR YOGA THERAPY TEACHER TRAINING

## FOUNDATION PROGRAM CURRICULUM



A comprehensive curriculum integrating ancient yogic wisdom, Ayurveda, anatomy, therapeutic practices and modern science to prepare you for a professional path in Yoga Therapy.



## 200-HOUR FOUNDATION CURRICULUM



01



### FOUNDATIONS OF YOGA THERAPY

- Introduction to Yoga Therapy
- History & Evolution
- Scope & Professional Applications
- Principles of Healing

02



### AYURVEDA & YOGIC LIFESTYLE

- Panchamahabhuta
- Tridosha Theory
- Prakriti & Vikriti
- Dinacharya & Ritucharya
- Ayurvedic Nutrition

03



### YOGIC DIET & LIFESTYLE

- Sattvic, Rajasic & Tamasic Foods
- Mindful Eating
- Food & Mental Health
- Cleansing & Fasting Principles

04



### YOGA PHILOSOPHY FOR HEALING

- Yoga Sutras
- Chitta Vrittis
- Kleshas
- Ashtanga Yoga
- Healing through Awareness

05



### ENERGY ANATOMY

- Nadis
- Koshas
- Five Pranas
- Chakras
- Psycho-Energetic Health

06



### PAWANMUKTASANA SERIES

- Anti-Rheumatic Series
- Digestive Series
- Energy Block Releasing Series
- Therapeutic Applications

07



### IYENGAR THERAPEUTIC YOGA FOUNDATIONS

- Standing Postures
- Forward Bends
- Back Bends
- Twists & Inversions
- Restorative Yoga
- Use of Props



Each module combines theory, practice, reflection and assessment to develop confident and compassionate Yoga Therapy professionals.



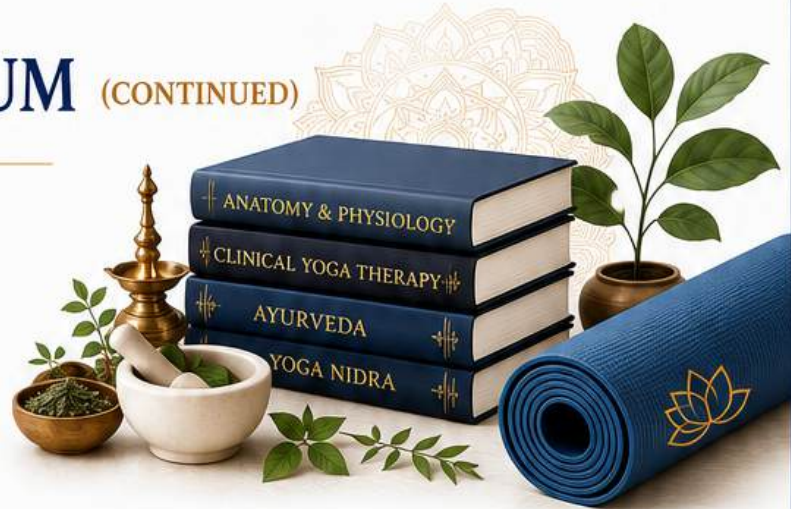


# COURSE CURRICULUM (CONTINUED)



## 200-HOUR FOUNDATION PROGRAM

The curriculum continues with advanced concepts, therapeutic techniques, and professional training to build your expertise as a confident Yoga Therapy professional.



08



### ASANA METHODOLOGY & SEQUENCING

- Principles of sequencing
- Therapeutic sequencing
- Contraindications
- Progressions & modifications
- Class planning approach

09



### PRANAYAMA THERAPY

- Breath mechanics
- Classical pranayamas
- Therapeutic applications
- Breath awareness practices
- Contraindications

10



### BANDHAS

- Moola Bandha
- Uddiyana Bandha
- Jalandhara Bandha
- Therapeutic benefits
- Application in asana & pranayama

11



### RELAXATION & YOGA NIDRA

- Relaxation techniques
- Yoga Nidra methodology
- Guided healing practices
- Stress relief protocols
- Restorative practices

12



### MUDRA THERAPY

- Therapeutic mudras
- Hasta mudras
- Mind-body effects
- Mudras for specific conditions
- Practice & application

13



### ANATOMY & PHYSIOLOGY

- Human body systems
- Musculoskeletal system
- Respiratory system
- Nervous system
- Functional anatomy for Yoga Therapy

14



### CLINICAL ASSESSMENT

- Health history taking
- Observation & evaluation
- Postural assessment
- Lifestyle assessment
- Goal setting & progress tracking

15



### CASE STUDIES & PRACTICUM

- Case study analysis
- Program design
- Therapeutic class planning
- Application of learning
- Supervised practicum

16



### ASSESSMENT & CERTIFICATION

- Theory examination
- Practical examination
- Viva voce
- Case presentation
- Certification requirements



### PROGRAM HIGHLIGHTS

- ✓ Evidence-informed curriculum
- ✓ Integrated approach of Yoga & Ayurveda
- ✓ Practical & experiential learning
- ✓ Clinical applications focused
- ✓ Professional career development
- ✓ Global standards of Yoga Therapy



This 200-Hour Foundation Program lays a strong foundation. Enhance your expertise further with our 100-Hour Advanced Extension to complete your 300-Hour Yoga Therapy Teacher Training.



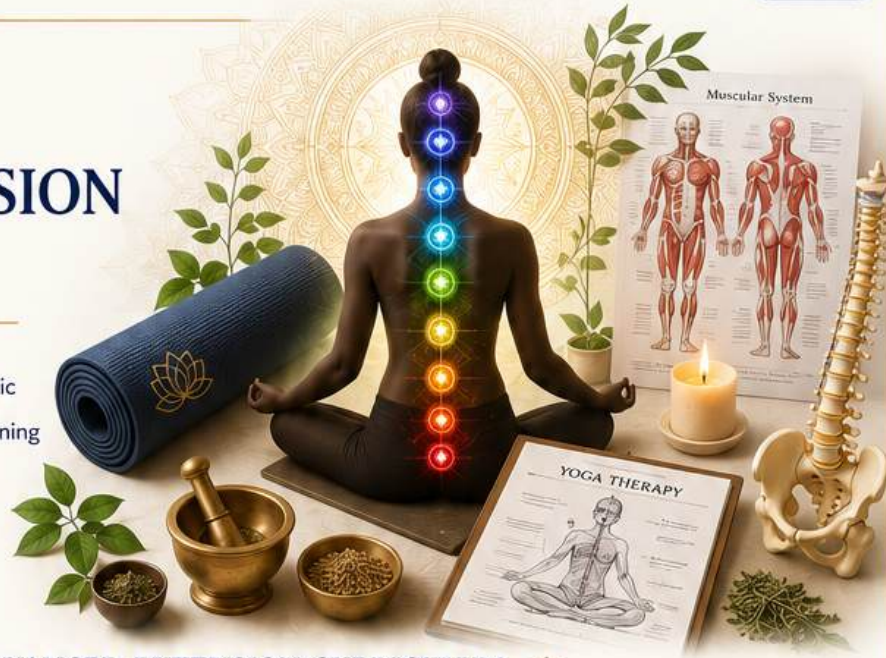


# 100-HOUR ADVANCED EXTENSION

(ADDITIONAL 100 HOURS)



Deepen your clinical expertise with advanced therapeutic applications, specialized protocols, and professional training to become a highly skilled Yoga Therapy practitioner.



## 100-HOUR ADVANCED EXTENSION CURRICULUM



01



### ADVANCED THERAPEUTIC APPLICATIONS

- Musculoskeletal disorders
- Cardiovascular conditions
- Respiratory disorders
- Digestive & metabolic conditions
- Endocrine & hormonal imbalances
- Pain management

02



### MENTAL HEALTH YOGA THERAPY

- Anxiety & depression
- Stress management
- Trauma-sensitive yoga therapy
- Emotional regulation techniques
- Mind-body integration

03



### WOMEN'S HEALTH YOGA THERAPY

- Menstrual health
- PCOS & hormonal balance
- Prenatal & postnatal care
- Menopause management
- Fertility support
- Pelvic health & well-being

04



### ADVANCED ASSESSMENT & CASE MANAGEMENT

- In-depth assessment techniques
- Case management framework
- Documentation & reporting
- Treatment planning strategies
- Outcome measurement

05



### THERAPEUTIC SEQUENCING & PROGRAM DESIGN

- Sequencing principles
- Progressive programming
- Therapeutic themes
- Designing protocols for specific conditions
- Group & individual adaptations

06



### RESEARCH & EVIDENCE-BASED PRACTICE

- Research methodology
- Critical analysis of studies
- Evidence-informed yoga therapy
- Integrating research into practice
- Data collection & analysis

07



### PROFESSIONAL DEVELOPMENT

- Ethics & professional standards
- Building your practice
- Communication skills
- Client education
- Career opportunities

08



### TEACHING MASTERY & PRACTICUM

- Advanced teaching skills
- Classroom management
- Mentorship & supervision
- Practitioner self-care
- Capstone practicum & presentation

### WHAT YOU WILL GAIN



Advanced clinical competence



Confidence to work with diverse populations



Evidence-based therapeutic skills



Professional credibility & global recognition



Greater impact in holistic healthcare

### TOTAL PROGRAM FLOW

200-HOUR FOUNDATION PROGRAM



100-HOUR ADVANCED EXTENSION



300-HOUR YOGA THERAPY TEACHER TRAINING CERTIFICATE



Complete your 300-Hour Yoga Therapy Teacher Training and step into a fulfilling career of healing, service and transformation.





# Certification & Graduation

Internationally Recognized Professional Training

*Transform your passion for healing into a professional Yoga Therapy career.*



Graduation Ceremony at Vishuddhi Issha Yoga & Ayurveda, Goa  
*Students from around the world completing their  
Yoga Therapy Teacher Training journey.*

### WHY TRAIN WITH VIY?



#### EVIDENCE-BASED LEARNING

Yoga Therapy integrated with modern anatomy, physiology and therapeutic science.



#### EXPERIENCED FACULTY

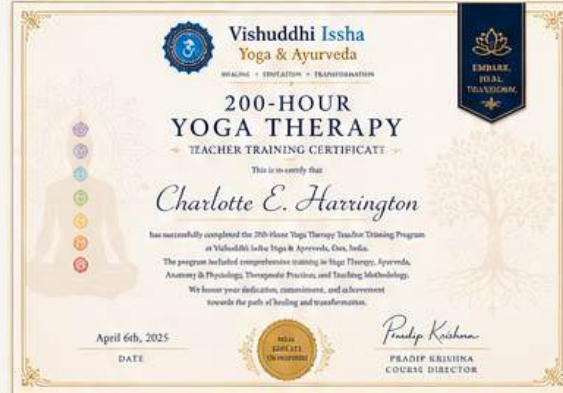
Learn directly from experienced Yoga Therapists in a supportive environment.



#### INTERNATIONAL COMMUNITY

Study alongside students from diverse countries and backgrounds.

### 200-HOUR YOGA THERAPY TEACHER TRAINING CERTIFICATE

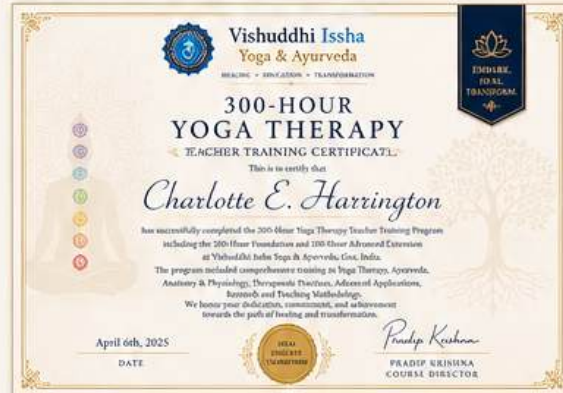


Awarded upon successful completion of the 200-Hour Foundation Program.

Includes training in:

- Yoga Therapy Foundations
- Ayurveda
- Anatomy & Physiology
- Pranayama & Relaxation
- Therapeutic Teaching Methodology

### 300-HOUR YOGA THERAPY TEACHER TRAINING CERTIFICATE



Awarded upon successful completion of the 200-Hour Foundation Program plus the 100-Hour Advanced Extension.

Includes:

- Advanced Yoga Therapy Applications
- Clinical Assessment
- Case Study Development
- Therapeutic Sequencing
- Professional Teaching Practicum



## BEGIN YOUR JOURNEY INTO THERAPEUTIC YOGA

Vishuddhi Issha Yoga & Ayurveda | Goa, India

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