



Ayurvedic Yoga Therapy Certification 2015 Park City Yoga Studio

What is Ayurvedic Yoga Therapy?

Did you ever wonder why the same remedy works better on one person than another? Or why certain asanas calm one student and agitate the one on the next mat?



Satisfy your thirst for more yoga! Build your understanding of the disease process to gain more insight for your students and clients. Learn the fundamental principles of Ayurvedic Yoga through the application of Ayurveda couched in the traditional teachings of Patanjali's Yoga Sutras.

Ayurvedic Yoga Therapy uses the principles of Ayurveda to determine how to properly apply the practices of Yoga to the healing process.

Western Yoga Therapy mainly uses a physical therapy/structural therapy approach which is mostly body oriented. AYT adheres to a body/mind/spirit approach in accordance with Yoga principles. CCA honors and respects both systems but teaches only Ayurvedic Yoga Therapy.

What do we learn from the course?

You will have a framework from which you can develop sequences and choose yogic practices and their variations which help create healing in your clients. You will leave the course with an understanding of

the basic principles of Ayurveda and the process of disease formation. You will learn to understand and identify Ayurvedic constitutions and basic presenting imbalances.

What is the course curriculum?

The course includes over 108 hours of total instruction, including regular asana practice. You will learn through lecture, practice and teaching.

Certification is for yoga teachers, though any serious student would enjoy and benefit from the course.

Every other week

July 16 – September 20

Thursday evening: 6:30 – 9:00

Saturday: 9:00 – 5:30

Sunday: 1:30 – 5:30

Tuition: \$1800

\$1700 before June 20th

\$1500 without certification

Reserve your space with a \$100 deposit (non-refundable) payable to through PCYS. Credit cards or checks are okay. Balance is due before July 16 unless approved by Lisa or Maggie.

Location:

5248 Heather Lane
Park City, 84098

Info: PCYS (435) 9471
Maggie (435) 729-0556
www.yogaforwellness.com