

Ease Mountain Institute • 825-Hour Yoga Therapist Training

Focus on Mental Health & Entrepreneurship for Social Change



**3-Year Part-Time
Program**

**Monthly Weekend
Intensives April -
October**

**Hybrid In-Person/Online
+ Self-Paced Format &
Yoga Therapy Practicum**

Small Class Sizes

**Individual Therapeutic &
Business Mentorship**

**Next Cohort Begins
April 15, 2020**

APPLY



Yoga Therapist Training: Personal Practice + Professional Path

The Ease Mountain Yoga Therapist training is an opportunity for yoga teachers to deepen their commitment to their personal practice and to expand their careers as yoga professionals. **It is open to people who have completed a 200-hour teacher training from a Yoga Alliance registered yoga school (RYS) and have one year of teaching experience.** Most importantly, it is designed to support those who feel a calling to guide

others to apply yogic tools to their lives to improve their health and well-being.

The International Association of Yoga Therapists defines Yoga therapy as a means to empower the people we work with to improve their health through Yoga. The field, with roots that go back thousands of years, has

recently experienced an increasing presence in more traditional realms of health care. There are yoga therapists in private practice, working in clinical settings in hospitals and outpatient services, conducting research,

designing corporate and school-based wellness programs, and teaching in educational settings.

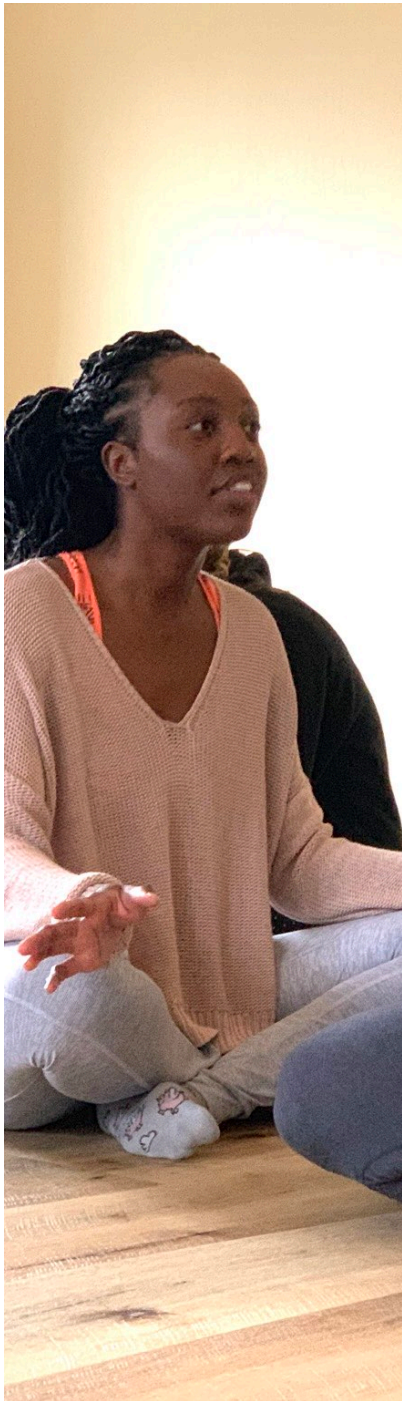
“Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga.”

-IAYT.ORG

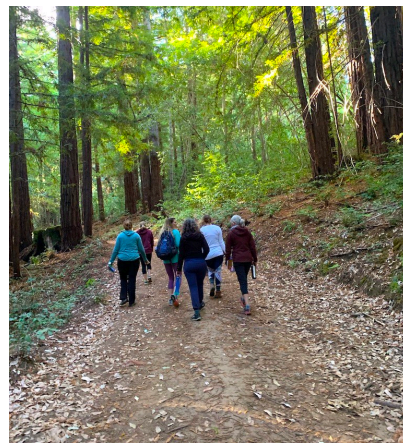
The field is at an exciting juncture in the United States, with organizations like IAYT working to make sure that the standards for training require yoga therapists to practice with integrity and safety. The Ease Mountain training program is in the process of applying for

accreditation through IAYT.

This pilot cohort is the culmination of several years of planning and offering similar training programs, including aligning our curriculum with IAYT standards.



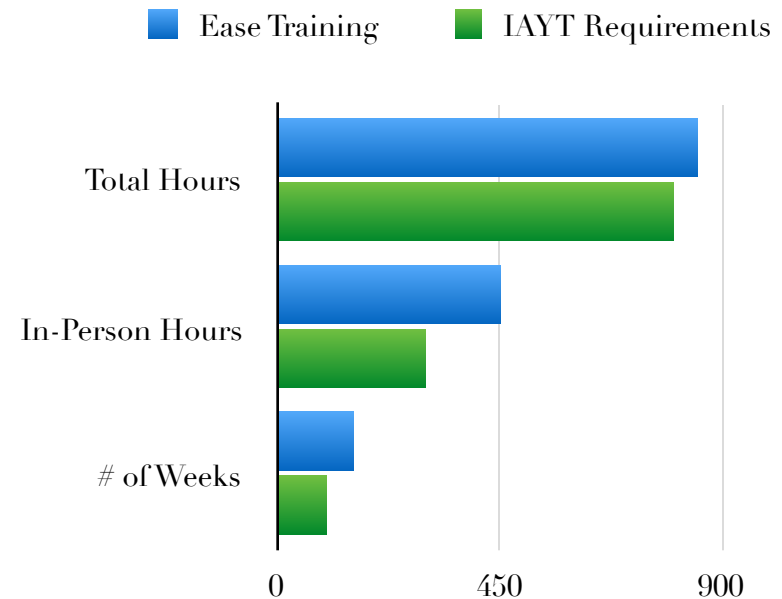
High Training
Standards &
Support for
Creating a Career
You Love



About IAYT Yoga Therapist Certification

Once we complete the IAYT accreditation process, graduates of our program will be eligible to apply for membership as certified yoga therapists (C-IAYT). IAYT has been working toward creating rigorous criteria for the training of yoga therapists for many years, and we are excited to be partnering with them to show that our training meets their high standards.

The next step in the accreditation process for us can take many months, and we are committed to keeping our trainees informed about our progress each step of the way. Our program is designed to exceed the minimum hours they require for training programs. We cannot guarantee we will be accredited, but feel confident our application will be successful.



Certification as a Therapeutic Yoga Practitioner & An Emphasis on California Law & Ethics

The IAYT standards prepare yoga therapists to be generalists, with the ability to work with a broad array of clients and conditions. The Ease Mountain training has additional emphases on emotional and behavioral health, building a business for social change, and preparing trainees to work in accordance with laws in California.

To fulfill this last emphasis, graduates of our past therapeutic yoga trainings have formed the **California Association of Therapeutic Yoga Specialists (CAYTS)**. The aim of this association is to provide a specific framework for yoga therapists in California to abide by state laws that govern the practices of complementary and alternative health care providers.

CATYS members have worked to create a foundation for the certification of therapeutic yoga practitioners in California (CTYP-C), and trainees in our program will be eligible to apply for this certification at the end of the 2nd year of this training (after completing 550 Hours).

This designation will also enable trainees who take this path to further their studies and develop a therapeutic yoga specialty in mental health, nutrition, spiritual direction, or pain management, all programs that are currently in development.

The law that governs the practice of yoga therapy in California is SB-577, known as the Health Care Choice Act. The Ease Mountain training covers what yoga therapists need to do to be in compliance with this law, and also emphasizes the ethics of being a complementary and alternative therapeutic professional.

Understanding our scope of practice as yoga therapists, including when we need to refer clients to other support for their health care conditions, is critical to abiding by *ahimsa*, the principle of

not doing harm. Currently, the practice of yoga therapy is not licensed in

“Based upon a comprehensive report by the National Institute of Medicine and other studies, including a study published by the New England Journal of Medicine, it is evident that millions of Californians, perhaps more than five million, are presently receiving a substantial volume of health care services from complementary and alternative health care practitioners.”

-Text of CA SB-577

the state of California, a topic we will examine in depth.

Importantly, this training spends time honoring the cultural roots of yoga. **We spend time learning the difference between appreciation and appropriation**, have a diverse teaching staff, and don't shy away from embracing the distinctly Indian and Hindu spiritual foundations of Yoga.

We also teach **cultural competence**, the ability to interact effectively with people from cultures, socio-economic backgrounds, ages, orientations, beliefs, and bodies different than our own.

Focus on Mental Health & Entrepreneurship for Social Change

The Ease Mountain training is distinguished by providing a **strong foundation in emotional and behavioral health, in particular the management of stress and understanding the nervous system.**

Unmanaged stress is factor in an array of both physical and mental health issues, and ease trainees get equipped to address this with their clients. **Our training triples the number of recommended training hours devoted to mental health** and the anatomy and function of the nervous system. We practice therapeutic listening skills and emotional self-care and regulation from our very first meeting, equipping you to be an effective and stable presence in the lives of your yoga therapy clients.

Another distinction of the Ease Mountain training is the rigor with which we prepare you to create a livelihood as a working yoga therapist. **In particular, we support trainees to establish themselves in private practice**, with a focus on building a business that addresses pressing needs in our society, including meeting the needs of underserved populations. **Our program offers more than five times the number of recommended hours devoted to business development** as they pertain to the practice of yoga therapy. In short, we want you to take the skills you learn in this training and put them to use - creating a career you love and being a conduit for social change at the same time.

Program Overview

The training takes place over 3 years, giving you time to integrate the learning and build your professional practice in stages as you build confidence and competence in your therapeutic skills.

It is a part-time program, so you can continue to work and have space to lead a balanced life while engaged in this course of study.

The training is **825 hours**, and has a hybrid in-person and online (both synchronous & self-paced) structure, with the majority being face-to face hours during monthly training sessions. We begin with a training intensive in mid-April, and meet one weekend per month thereafter through October, from Friday evening through Sunday Afternoon.



One 5-Day Opening Immersion

(Mid-April of Each Year)

Wednesday - Saturday : 8:30 AM - 7:00 PM

Sunday: 8:30 AM - 3:00 PM

Six Weekend Intensives

May-October of Each Year

Friday Evenings: 6:00 PM - 9:00 PM

Saturdays: 8:30 AM - 6:30 PM

Sundays: 8:30 AM - 3:30 PM

Distance Learning + Practicum

Approximately 10 Hours / Month

Mostly Self-Paced



Practical Experience

Our program is delivered in a cohort model, meaning that you start with a group and progress through the program together.

To complete the training,

you are required to complete 150 hours of mentored practicum, which includes the direct delivery of yoga therapy to individuals and groups. We start this process from the very beginning of the program, cultivating your

yoga therapy intake skills.

During the first intersession, the period of time in-between our in-person meetings, trainees are expected to design and deliver a group therapeutic yoga class or class series. This is done with the planning, support, and encouragement of seasoned therapeutic professionals and mentors.

Trainees have the option of using the Ease Mountain Yoga space for their first group practicum class or series, and we assist with promoting the class to our community. If trainees prefer, they can host the class elsewhere, too. We encourage trainees to be creative with their practicum delivery. For yoga

teachers who are already offering therapeutic classes, those hours can

“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”

-Steven Spielberg

count toward their practicum requirements. Mentorship is offered both one-on-one and in small groups. Mentors consult with trainees in real time, in-person or via phone or video chat. Fees for mentorship are included in the tuition cost.



Year One Program Dates 2020

April 15 - 19

May 15 - 17

June 12 -14

July 17 - 19

August 14 - 16

September 18-20

October 9-11

2021 & 2022 dates follow the same pattern, meeting mid-month April-September & closing the second weekend in October.

275

Training Hours Each Year

150

In-Person Residential Weekend Hours

24

Real-Time Zoom Meeting Hours Focused on Growing Your Career

41

Self-Paced Distance Learning Hours Focused on Anatomy & Physiology

60

Practicum & Mentorship Hours

APPLY

Training Competencies, Hours, & Course Titles

Yoga Teachings & Philosophy - 36 Hours

History of Yoga: Classical Roots to Modern Times

Yoga Philosophy: The Path From Vedanta to Tantra

Introduction to Sanskrit

Divinity in the Bhagavad Gita and the Yoga Sutras of Patanjali

Yoga & The Mind - 36 Hours

Yogic Perspectives on The Structure and Nature of the Mind

The Mind in Balance: Themes from the Upanishads, The Bhagavad Gita & The Yoga Sutras of Patanjali

Light and Shadow: The Origins of Mental Suffering in Yogic Philosophy

Non-Dual Consciousness: Themes and Practices from the Vijnana Bhairava Tantra

Self, Mind, and Maya: Exploring Advaita Vedanta I & II

Framework for Health and Disease - 54 Hours

Ayurveda for Yoga Therapists I & II

The Development of Disease: Perspectives for Yoga Therapists



Framework for Health and Disease - Cont'd

Pathways to Wellness: Using the Koshas and Other Yogic Models in Assessment and Treatment Planning

In Sickness & In Health: Understanding Prana and Subtle Anatomy

Training Competencies, Hours, & Course Titles, Cont'd

Anatomy & Physiology - 90 hours

Human Anatomy & Physiology I & II

Exploring the Nervous System In-Depth

Clinical Kinesiology & Biomechanics for Yoga Therapy I

Common Pathologies of the Human Systems I & II

Biomedical Knowledge - 30 hours

Pharmaceutical Interventions for Common Physical Illnesses

Understanding & Honoring the Aging Body: Joint Replacements & Other Common Surgeries

Medical Terminology

Research & Writing Skills for Yoga Therapists I & II

Psychology & Mental Health - 90 Hours

Society & The Individual I - The Psychology of Identity

Yoga Philosophy & The DSM: Finding Common Threads

Mood & Addiction

Anxiety & Disordered Eating

Transpersonal Experience & The Psychology of Spirit

Understanding Trauma & Resilience

Additional Knowledge - 15 Hours

Human Development I (pre-natal & Infancy)

HD II (childhood & adolescence)

HD III (Adulthood)

HD IV (Seniors)

Society & The Individual II: Society, Culture and Development

Body-Mind Integration - 12 Hours

Stress and the Relaxation Response

The Fundamentals of Mind Body Medicine: Building Resiliency through Narrative Therapy and Lifestyle Modifications

Yoga & Neurofeedback



Training Competencies, Hours, & Course Titles, Cont'd

Yoga Therapy Tools - 90 Hours

Yoga Nidra, Guided Meditation, Mudra, & Mantra

Restorative Yoga

Tools and Techniques for Teaching Students with Injuries

Power of Pranayama

Yoga for Musculoskeletal Conditions

Yoga for Back Pain

Yoga for Post-Stroke, Cardiac Care, and Diabetes

Yoga & Mental Illness I & II

Yoga & Cancer Care

Yoga & Neurologic Disorders

Yoga & Women's Health

Yoga & Sleep

Yoga and End of Life Care

Yoga & Chronic Pain

Basic Principles of the Therapeutic Relationship - 45 hours

Listening 101

Listening 202

The Teacher/Student Relationship in Therapeutic Context

The Shadow in Healing Traditions & The Therapeutic Relationship

Scope of Practice & The Art of Referral for Yoga Therapists

Principles & Skills for Educating Clients & Students - 36 hours

Individual & Group Pedagogy I

Individual & Group Pedagogy II

Honoring Learning Styles and Differences

Guiding Svadhyaya & The Art of Spiritual Direction

Creating a Progress Narrative: Strengths-Based Coaching and Motivational Interviewing

When the Work is Done: Ending Therapeutic Relationships with Integrity

EASE MOUNTAIN INSTITUTE

YOGA THERAPIST TRAINING

Training Competencies, Hours, & Course Titles, Cont'd

Principles & Skills for Working with Groups - 30 Hours

Group Management Skills I

Group Management Skills II

Creating a Therapeutic Group: From Intake to Final Session I & II

Student & Teacher Reflections : Evaluations and Feedback for Therapeutic Groups

Scope of Practice II

Creating & Maintaining Professional & Personal Boundaries

Ethical Principles - 30 Hours

Values Clarification through a Yogic Lens

Health Care Ethics

Teacher/Student Traditional Ethics in Contemporary Context

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YOGA THERAPIST TRAINING

Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy - 36 hours

National & California Laws Pertaining to the Practice of Yoga Therapy

Understanding Entrepreneurship

Creating a Business for Social Change

Building Your Business I, II, & III

Relationships with Peers, Mentors, Clinicians, and Organizations - 6 hours

Going Far Together: Creating Networks & Collegiality as a Yoga Therapist

Personal & Professional Development & Continuing Ed. - 6 hours

The Importance of Staying a Student: Creating a Dynamic Personal & Professional Practice

The Practice of Yoga Therapy: Mentored Practicum - 180 Hours

Leading Therapeutic Groups

Delivering Individual Yoga Therapy

Individual & Group Mentorship

Exit Portfolio & Research Presentation

Admission Requirements

200-Hour RYS or Equivalent Teacher Training + One Year of Teaching Experience + Personal Practice

In addition to these requirements, trainees are urged to be prepared for academic rigor, including the completion of a research project in addition to the therapeutic practicum. Applicants must be at least 18 years old and able to work well in groups and independently.

Tuition Investment, Scholarships & Payment Plans

The total tuition for the full 3 year program is \$14,499, excluding books, travel expenses, and meals. Tuition includes individual therapeutic and business mentorship, a 5 class monthly membership at Ease, and free use of the studio space for group and individual sessions.

Tuition is divided into 3 yearly payments of \$4,833 and is due by March 15 each year. Competitive scholarships are available, and trainees may also choose a payment plan, which incurs a yearly fee of \$150. Important information about payment plans, scholarships & work-study agreements are on the online application page

825

Total Ease Mountain Training Hours

450

In-Person Residential Weekend Hours

72

Real-Time Zoom Meeting Hours Focused on Growing Your Career

123

Self-Paced Distance Learning Hours Focused on Anatomy & Physiology

180

Practicum & Mentorship Hours

Career & Earnings Outlook

Yoga therapy is not a new field, it is a method of helping people achieve optimal whole-body health that is backed by two thousand years of history and at least one hundred years of clinical application and research.

Supported by a fervent interest in yoga practice and a growing body of evidence regarding the efficacy of yogic tools to address an array of mental and physical ailments, It is just coming into the awareness of people in the United States,

Yoga is being used in clinical settings and hospitals, and is being prescribed and recommended by traditional Western health care providers to their patients.

Yoga therapists in private practice charge a wide range of rates, dependent on their experience, training, and specialization. Rates generally range from \$80 to \$130 per session. Some choose to work on a sliding scale, and others focus on group classes or class series.

A typical therapeutic group cost may range from \$25 - \$65 per participant, depending on the focus and length of the class, the experience of the yoga therapist, and the costs involved with renting and securing a space. A class series may cost several hundred dollars, depending on the number of sessions.

Certified yoga therapists can also seek employment in clinical settings or corporate wellness programs, and many choose to weave together a livelihood using

multiple streams of revenue. People considering a career in yoga therapy can also look to other alternative health care industries, such as acupuncture, massage therapy, health coaching, and Ayurveda for a sense of what working as a yoga therapist might look like.

There are no guarantees in any business or field of study, but this training has a focus, from our first meeting, to give you the support, skills, experience, and mentorship you need to build a private practice delivering yoga therapy to individuals and groups. That aspect of the training begins in our first year, and it is expected that practicum hours you complete in the last year will be paid.

As you mature in your career, other possibilities open up, such as teaching, public speaking, and writing. None of these paths are automatic, and building a business takes discipline and focus. The rewards are being able to have agency and control over how, when, and with whom you work. While you are a trainee, we offer free space for classes and individual sessions and the opportunity to promote yourself to our local community.

APPLY

Core Faculty

Dr. Juko Holiday

Founder, Ease Mountain Yoga, Lead Training Director

Juko specializes in working with people who are living with low moods, stress, trauma, and loss. She is certified as a yoga therapist by the International Association of Yoga Therapists (C-IAYT) and is a Therapeutic Yoga Specialist in Mental Health (TYS-MH). She is registered with Yoga Alliance as an experienced yoga teacher, or E-RYT. Previously, Juko worked as an associate psychotherapist at Women's Clinic in Los Angeles, and as a Behavioral Health Specialist in the insurance industry.

Lilias Folan was her first yoga teacher, and she studied to become a yoga teacher with Mark Stephens at both the 200 and 500 hour levels. She is the lead instructor for the Ease 200-Hour Yoga Teacher Training and has studied restorative yoga with Judith Hanson Lasater.

She took jukai, a Buddhist ordination for lay practitioners in 2009 in the Soto Zen tradition with her teacher, Jundo Cohen. The focus of her practice is *Shikantaza*, "Just Sitting," as instructed by the 13th Century Japanese Master, Eihei Dogen.

Juko completed training as a Compassionate Bereavement Care Yoga Provider (CBC-Y) with Karla Helbert and Dr. Joanne Cacciatore of the MISSFoundation in partnership with the Elizabeth Kubler-Ross Family Trust.

She completed her undergraduate studies at Brown University, finished a Master's degree in Clinical Psychology from Antioch University, and earned a doctorate in Transpersonal Psychology from ITP - Sofia University in Palo Alto, California.



Core Faculty

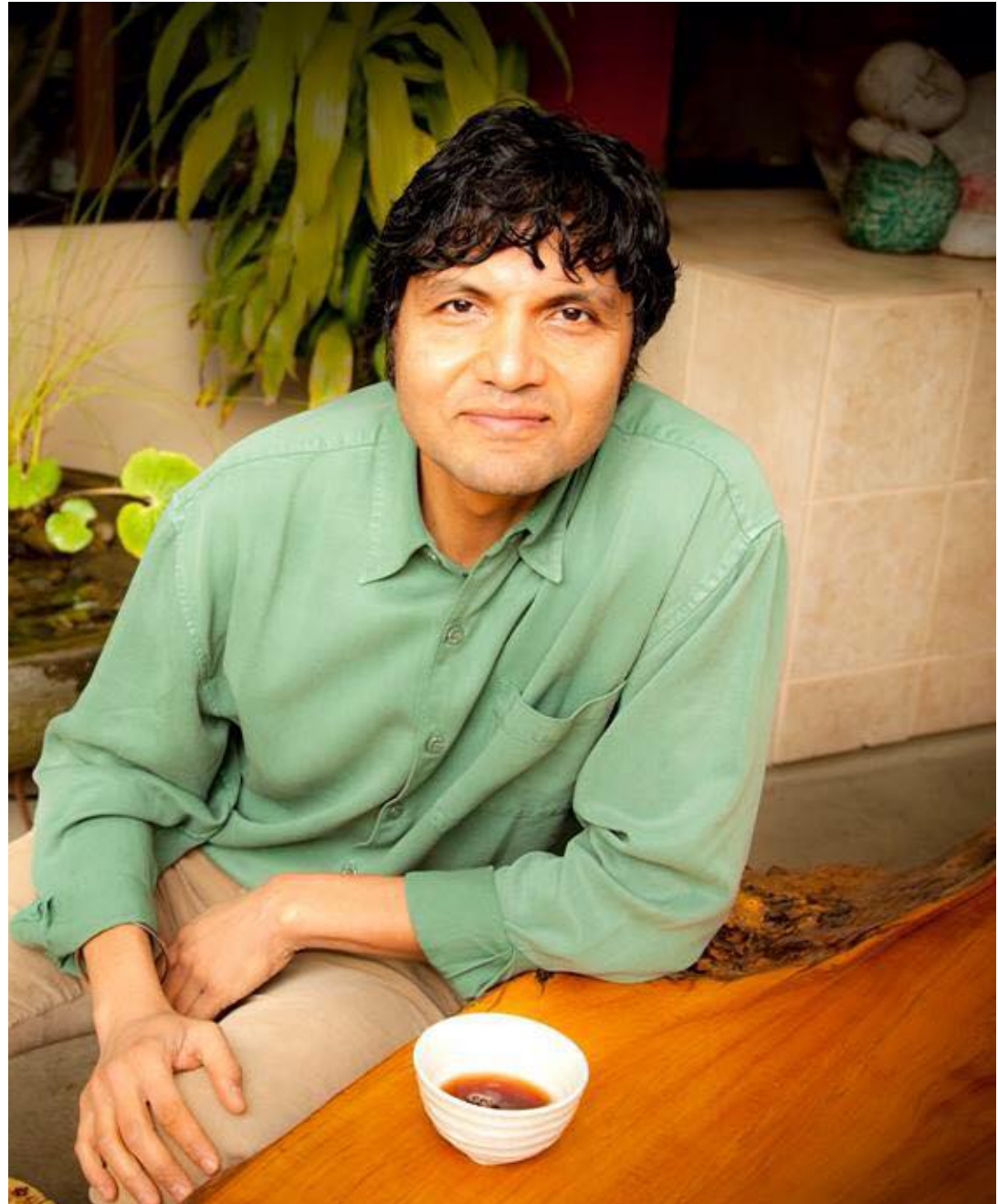
Manish Chandra


Founder, Santa Cruz Ayurveda, Ayurvedic Doctor

Growing up in Nepal, Manish was exposed to Ayurveda from an early age, creating a foundation for his deep connection to this ancient healing wisdom. He has been studying Ayurvedic medicine for the past 12 years, graduating from Mount Madonna Institute, College of Ayurveda earning a Masters in 2012.

He is recognized by National Ayurvedic Medical Association, USA as an Ayurvedic Doctor. He combines the ancient wisdom with modern approach to health and wellbeing. He integrates Vedic practices of Pranayama, Yoga, and Meditation in his signature Gut Healing Protocol. He considers himself a dedicated student of Yoga and Ayurveda.


**[CLICK HERE TO READ ABOUT
ADDITIONAL FACULTY & GUEST
LECTURERS](#)**





“I believe the future of Yoga in the United States is depth, and this training reflects that sentiment by offering an in-depth immersion into the powerful therapeutic tools our Yoga teachers have gifted us. We benefit from long lineages of love and devotion, and can express our gratitude for the teachings by sharing them with others.”

-Dr. Joko Holiday



**Ease Mountain Yoga &
Nourishing Arts**
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