



YOGA THERAPY TRAINING 2022-2023

350 h SHO Professional training to Kundalini Yoga Therapist. Hybrid: IRL Sweden or ONLINE

Goals of the training

The professional training is designed as a basic training for yoga therapists. The goal is to equip people with the necessary means to use Kundalini Yoga therapeutically. The approach of the training is based on the knowledge that all individuals carry within themselves the resources and means to become healthy and creative human beings. Through attentiveness and respect, yoga therapy creates the necessary conditions for the healing and growth of body, mind and soul.

We consider therapeutic Kundalini Yoga to be both, a preventative and a therapeutic measure. The training will focus as much on psychological as on physical aspects of healing. We teach our trainees to evaluate the specific needs of each client and to design a yoga therapy program to meet those needs. Another component of the training is the development of skills for the therapeutic work with groups who share a common topic or diagnosis.

There is a rich treasure of knowledge and healing methods within the Kundalini yoga tradition – we will pass these on as practical tools and explore their therapeutic efficacy. A central focus is to penetrate the knowledge-base of kriyas and meditations to convey a more in-depth understanding of their subtle effects. Yoga therapy is an ideal answer to the complex challenges of our time. The training will enable the trainees to work with yoga therapeutically individually and in groups. All yoga teachers will benefit from a deepening of their yogic knowledge and their consultation skills, allowing for more differentiated and knowledgeable teaching.

The training consists of 3 modules:

Module 1: Consultation expertise and therapeutic communication

Module 2: Awaken the body's potential

Module 3: Mental health and solution focused strategies

9 training weekends, one 4 day retreat and one 3 day retreat in 3 modules. One exam weekend. All modules can also be booked individually.

The training is designed for:

- Yoga teachers who want to employ yoga skills therapeutically
- Yoga teachers who would work with people in medical facilities using yoga therapy
- Therapists, body workers and doctors who are looking for a holistic treatment approach for their clients

Price (incl 25% VAT)

Total training: 3 300 EUR

(incl registration fee 350 EUR)

Per Module: 1 220 EUR

Exam Weekend: 195 EUR

Not included: Accommodation & food during retreats in Sweden, travel cost if you participate irl at Värmdö Yogacenter in Stockholm, Sweden.

Information and registration

Contact our coordinator Helene Fernström:
mail@yogatherapytraining.eu