



## **International Kundalini Yoga Therapy Professional Training Breakdown of Total Hours**

Segment sequence is subject to change, pending faculty availability. Attendance for the full duration of each In-Person and Online segment is required to get credit.

### **Year 1:**

- 150 In-Person (7.5 hours per day)
    - 2 4-day Segments: “Foundations of Kundalini Yoga Therapy: Principles and Practices” and “Origins and Identity: An Exploration of Your Authentic Self”
    - 2 6-day Segments: “Elements and Alchemy of Kundalini Yoga” and “Assessment and Treatment Planning”
  - 9 “How to Build a Successful Holistic Health Practice: Strategic Marketing and Branding Fundamentals” online
  - 8 “Exploring Evidence-Based Yoga Therapy Research: What Constitutes Good Yoga Therapy Research” online
  - 10 “The Ethical Practice of Yoga Therapy” online
  - 17 Teach 1 KY Therapy Group Class (5 hours prep + 12 hours teaching)
  - 4 Individual Mentoring (4 sessions a year, 1 hour each)
  - 6 Group Clinical Supervision (4 sessions a year, 90 minutes each)
  - 60 Anatomy and Physiology 1<sup>st</sup> semester
  - 40 Personal Development/Home Practice
  - 17 Graduation Project: Identify and Begin
- Total: 321**

### **Year 2:**

- 180 In-Person (7.5 hours per day)
    - 3 4-day Segments: “Unraveling the Knot of Stress, Inflammation, Pain and Sleep,” “Transforming Anxiety and Depression” and “Gender and Health Across the Lifecycle”
    - 2 6-day Segments: “Yoga Therapy for the Structural System” and “The Application of Kundalini Yoga Therapy to Nervous, Endocrine and Digestive System Conditions”
  - 6 “How Yoga Works: The Scientific Foundations” online
  - 14 “The Complete Course of Ayurveda” online
  - 17 Teach 1 KY Therapy Group Class (5 hours prep + 12 hours teaching)
  - 6 Individual Mentoring (6 sessions 1 hour each)
  - 9 Group Clinical Supervision (6 sessions, 90 minutes each)
  - 60 Anatomy and Physiology 2<sup>nd</sup> semester
  - 40 Individual Client Work: Supervised Practicum (20 hours direct client contact + 20 hours preparation and documentation)
  - 40 Personal Development/Home Practice
  - 23 Graduation Project
- Total: 395**

### Year 3:

- 135 In-Person (7.5 hours per day)
    - 3 4-day Segments: “The Application of Kundalini Yoga Therapy to Cardiovascular and Respiratory Conditions and Peri-Operative Care, “The Journey of the Soul: Kundalini Yoga Therapy to Prepare for Death and Transform Grief” and “Managing Complex Cases/Yoga Therapist as Healer/Project Presentations/Graduation”
    - 1 6-day Segment: “The Application of Kundalini Yoga Therapy to Immune, Viral, and Cancer”
  - 3 “How to Do Case Study Research” online
  - 3 "Keeping it all Together: The Business of Yoga Therapy" online
  - 4 Individual Mentoring (4 sessions 1 hour each)
  - 6 Group Clinical Supervision (4 sessions, 90 minutes each)
  - 60 Individual Client Work: Supervised Practicum (30 hours direct client contact + 30 hours preparation & documentation)
  - 40 Personal Development/Home Practice
  - 33 Graduation Project
- Total: 284**

