



International Kundalini Yoga Therapy Professional Training Breakout of Total Hours

Segment sequence is subject to change, pending faculty availability. Attendance for full duration of each In-Person and Online segment, and satisfactory completion of homework, quizzes and exams are required in order to pass that segment.

Year 1:

- 150 In-Person (7.5 hours per day)
 - Two 4-day Segments: Foundations of Kundalini Yoga Therapy: Principles and Practices
Origins and Identity: An Exploration of Your Authentic Self
 - Two 6-day Segments: Elements and Alchemy of Kundalini Yoga
Assessment and Treatment Planning
- 23 Online
 - 8 How to Build a Successful Holistic Health Practice: Strategic Marketing and Branding Fundamentals
 - 7.5 Finding and Understanding Yoga Research
 - 7.5 The Ethical Practice of Yoga Therapy
- 33 Teach 2 KY Therapy Group Classes (3 hours prep + 1.5 hours intake and assessment +12 hours teaching per course)
- 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 1st semester (college level)
- 40 Personal Development
- 17 Identify and Begin Capstone Project

Year 1 Hours: 333

Year 2:

- 180 In-Person (7.5 hours per day)
 - Three 4-day Segments: Unraveling the Knot of Stress, Inflammation, Pain and Sleep
Transforming Anxiety and Depression
Gender and Health Across the Lifespan
 - Two 6-day Segments: Yoga Therapy for the Structural System
The Application of Kundalini Yoga Therapy for Nervous, Endocrine and
Digestive System Conditions
- 20.5 Online
 - 6.5 How Yoga Works: The Scientific Foundations
 - 14 The Complete Course of Ayurveda

Year 2: Continued

- 16 Teach 1 KY Therapy Group Class (2.5 hours prep + 1.5 hours intake and assessment + 12 hours teaching)
- 6 Individual Mentoring (6 sessions 1 hour each)
- 9 Group Clinical Supervision (6 sessions, 90 minutes each)
- 60 Anatomy and Physiology 2nd semester (college level)
- 69 Individual Client Work: Supervised Practicum (46 hours direct client contact + 23 hours preparation and documentation)
- 40 Personal Development
- 23 Capstone Project

Year 2 Hours: 423.5

Year 3:

- 172.5 In-Person (7.5 hours per day)
 - Three 4-day Segments: The Application of Kundalini Yoga Therapy to Cardiovascular and Respiratory System Conditions and Perioperative Care
The Journey of the Soul: Kundalini Yoga Therapy to Prepare for Death and Transform Grief
Managing Complex Cases/Yoga Therapist as Healer/Capstone Project Presentation/Graduation
 - One 5-day Segment: Trauma Informed Kundalini Yoga for Recovery from PTSD
 - One 6-day segment: The Application of Kundalini Yoga Therapy to Immune, Viral and Cancer
- 6 Online
 - 3 How to Do Case Study Research
 - 3 Keeping it all Together: The Business of Yoga Therapy
- 4 Individual Mentoring (4 sessions 1 hour each)
- 6 Group Clinical Supervision (4 sessions, 90 minutes each)
- 102 Individual Client Work: Supervised Practicum (68 hours direct client contact + 34 hours preparation & documentation)
- 40 Personal Development/Home Practice
- 33 Capstone Project

Year 3 Hours: 363.5

Total Training Hours: 1,120

