



# International Institute of Yoga Therapy

## IIYT Learn More About Becoming a Certified Yoga Therapist w IIYT

### IIYT is THE School for Yoga Therapy Certification

*It's time to consider pursuing advanced study in the clinical applications of yoga therapy with IIYT.*

**The International Institute of Yoga Therapy is the first fully accredited program in Michigan. Recognized by and affiliated with multiple hospital systems, IIYT adheres to an academically based curriculum with extensive mentored and supervised clinical externships.**

#### How is yoga therapy different from 'regular' yoga?

- **'Regular yoga'** is commonly offered in studio-type environments and offers varying styles of movement-based yoga classes to the public. A regular yoga teacher may not require basic training or experience in common disorders or pre-existing physical conditions.
- Commonly situated in a studio-type environment regular yoga offers varying styles of movement-based yoga classes to the public, referred to as students or clients.
- Depending on the curriculum of a regular (200 hours) yoga teacher training program, a yoga teacher might or might not have basic training or experience in common disorders or pre-existing physical conditions relative to any student attending a yoga class at any given time.

#### What is yoga therapy?

- **Yoga therapy** is a part of the system of integrative healing modalities that can help patients self-activate well-being through effective and adaptive breathing, meditation and, only when appropriate, physical movements.
- Yoga therapy is not an alternative to traditional treatments. Yoga therapy is a part of multidisciplinary health and medical treatments providing the patient with another potential tool to benefit their overall health.
- Certification in yoga therapy follows over 1000 hours of advanced training, clinical experience and exposure to research and adheres to an academically based curriculum model.
- As a lifestyle component yoga therapy techniques serve people who wish to be involved in their own healing process and oversee aspects of their own health and wellness.
- Yoga therapy is not an alternative to traditional treatments. Rather it should accompany long-standing methods providing the patient with another potential tool to benefit their overall health.
- Generally working within a clinical environment, the IIYT yoga therapist meets with inpatients and outpatients on a one-to-one or small group symptom or disease specific basis.

#### Tell me more about relaxation and breathing techniques and yoga therapy? Is it safe for me to try?

- Yoga therapy has been shown to be an effective, safe, non-pharmaceutical way to self-manage adverse responses to pain, anxiety and stress. The relaxation and breathing techniques of yoga therapy have been shown to help manage anxiety, stress, and insomnia so often connected with discomfort and pain.
- Relaxation and breathing techniques are an important part of helping learn how to safely self-manage pain and discomfort and self-activate a sense of comfort, restfulness, strength, and composure.

**Adapt. Restore. Recover.**



- While relaxation and breathing techniques in yoga therapy cannot, at any time, override aspects of medical care and oversight. Relaxation and breathing techniques in yoga therapy can provide patients with several ways to help manage responses to stress and anxiety that oftentimes accompany receiving a diagnosis, experiencing the processes of treatment, recovery, and post-operative aspects of adaptation.
- As lifestyle component yoga therapy relaxation techniques serve people who wish to be involved in their own healing. Yoga therapy can be offered individually or in a group setting. It is adaptive to most age groups, cultural heritages, and traditions.
- Yoga therapy is a part of a dedicated system of healing modalities, such as clinics, hospitals and institutions that focus on safe clinical applications for a patient's well-being.
- Data shows that the relaxation and breathing techniques taught in yoga therapy can safely help induce relaxation and can also help mitigate numerous chronic conditions where people also experience pain, stress, anxiety, and fear.
- Relaxation and breathing techniques use the way we breathe, the way we think and even, sometimes, the way we move to help us relax when we are anxious or stressed.
- As an integrative component incorporating breathing, meditation and, when appropriate, gentle movement techniques, yoga therapy can help patients self-activate a sense of comfort, stability, and restfulness.

### **Want to Learn More About IIYT Relaxation, Breathing Techniques, and Yoga Therapy?**

- The relaxation and breathing techniques in yoga therapy are designed for YOU to help safely, simply, and effectively manage cancer issues such as stress, anxiety, and pain.
- The benefit of seeing a trained yoga therapist, who is cognizant of the scope of practice and boundaries, helps maintain safe, responsible, and effective, patient centered healing environments.
- Relaxation and breathing techniques have been shown to be an effective part of supportive, multimodal techniques that can help people with cancer manage stress, anxiety, and pain. Learning about relaxation and breathing techniques teaches us ways to invite our own sense of comfort, restfulness and composure through breathing and mindfulness.
- Studies have shown that the way we breathe can help with how we manage the discomforts we oftentimes experience when we feel stressed or anxious.
- Yoga therapy emphasizes self-practice. Self-practice using yoga therapy techniques is something that you can do by yourself, for free, and whenever and wherever you like!

### **What if I am unable (or too tired) to move easily right now?**

- Relaxation and breathing techniques are about feeling calmer and more in control of your responses to discomfort, pain, anxiety, and stress. This is why physical movement is often NOT an aspect of yoga therapy, particularly if you are experiencing pain, are undergoing treatments, or have had surgery.

### **What to expect from Virtual Yoga Therapy?**

- Virtual sessions may be offered on-line or by telephone.
- Instruction in breathing, relaxation, and gentle movement techniques to develop your own, individualized relaxation and breathing program.

### **The International Institute of Yoga Therapy is a fully accredited academically based program. IIYT is fully committed to providing advanced study, training, and experience in the clinical applications of yoga therapy and research.**

- The yoga therapists are certified through the International Association of Yoga Therapists ([www.iayt.org](http://www.iayt.org)) by the International Institute of Yoga Therapy ([www.iiyogatherapy.com](http://www.iiyogatherapy.com)) the first yoga therapy accredited certification program in Michigan.
- Certified IIYT yoga therapists deliver yoga therapy techniques that have been shown to help reverse negative effects of anxiety, stress, pain, and fear to patients during diagnosis, treatment, adaptation, and recovery.

- Graduates demonstrate a familiarity of the yoga philosophies of health and healing and demonstrate proficiency in ethics, techniques, methodologies, and practical applications as they apply to the clinical of yoga therapy.
- This includes short-and long-term benefits that embrace a wellness component serving those who wish to incorporate yoga therapy into their ongoing self-care for healing and health management systems as an adaptive modality among existing allopathic environments.
- The program emphasizes methodologies that encourage yoga therapy for research and funding.
- Working together state-wide with major hospital systems state-wide IYIT is honored to be increasingly recognized for quality leadership in yoga therapy to help manage adverse responses to anxiety, stress, and pain which oftentimes accompanies diagnosis, treatment, and recovery.

**IYIT continues to lead the field of yoga therapy as a part of multidisciplinary approaches to patient centered care and research. IYIT is the FIRST fully accredited yoga therapy certification program in Michigan.**

- IYIT is the FIRST in Michigan to be distinguished as a fully accredited, hospital-based yoga therapy certification program.
  - Clinical rotations at renowned hospital systems and clinics throughout Michigan
  - On-site, virtual, and hybrid learning options providing seamless, consecutive levels of training with the option to specialize.
  - Live patient experience working alongside MDs, PhDs, and C-IAYTs.
  - IYIT provides academic scholarships for all program levels.
- **LEVEL I:** A 200-hour yoga teacher training program for incoming students, with an emphasis on the therapeutic aspects of yoga. Graduates of Level I will be eligible for registration with Yoga Alliance as an RYT 200. Please contact [www.iyogatherapy.com](http://www.iyogatherapy.com) regarding start dates.
- **LEVEL II:** A 300-hour yoga teacher training program focusing on clinical applications of yoga therapy. Graduates of Level II are automatically eligible to upgrade their current registration receive the RYT 500 designation with Yoga Alliance at to the as a. Level II students enrolled in the program may take the Level III curriculum simultaneously as a “fast track” option.
- **LEVEL III:** A 400-hour advanced mentored and supervised clinical externship in yoga therapy. Training is focused on live-patient clinical applications of yoga therapy, including procedures and documentation adhering to hospital protocol. Graduates of Level III are eligible for Yoga Therapy Certification (C-IAYT) with the International Assoc. of Yoga Therapists.
- **LEVEL IV:** Is a ground-breaking program centered on specialization and scientific research in yoga therapy geared towards providing mentored expertise in applications of yoga therapy specific to medical subspecialties. Graduating Fellows of Level IV will present their research for publication.
- **THE FOUNDATIONS OF THERAPEUTIC YOGA FOR HEALTH CARE PROVIDERS (IAYT QHP):** The graduate of the program can recognize the role, benefit, value, and virtue of therapeutic yoga specific to the health care environments in which they work. As such, a broad, foundational understanding of therapeutic yoga offers the health care provider an implementation pathway, as well as a referral platform, within their health care environments informed by and based upon experience, academic rigor, and techniques supported by scholarly evidence, foundational learning, simulated and onsite practicum experience.

**Now in its 10<sup>th</sup> year IIYT continues to:**

- Set leadership standards for excellence in academic and clinical learning opportunities in yoga therapy.
- Provide patient-centered care and groundbreaking research in yoga therapy.
- IIYT graduates are eligible for registration with Yoga Alliance as a RYT 500 and Certification with the International Association of Yoga Therapists (CIAYT)
- IIYT Clinical Externships involve real patient experience working alongside MDs, PhDs, and C-IAYTs onsite and virtually.

**The IIYT Story**

Envisioning a specialized need for clinical applications of yoga therapy along with ‘regular’ studio-type yoga classes, the IIYT curriculum design for IIYT began over thirty-five years ago in Royal Oak, Michigan in Namaste Yoga. In 2014 the yoga therapy clinically based program was founded, originally located at Beaumont Hospital, Royal Oak, MI. Since 2020. IIYT expanded into three additional hospital systems, academic and clinical learning environment to provide yoga therapy with increasing visibility, support, research, and learning opportunities. IIYT is the first accredited yoga therapy program in the state of Michigan and the first yoga therapy certification program in the US to be fully dedicated to hospital partnerships.

For More Information, Please contact IIYT

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