



@ Indiana University Simon Cancer Center (IUSCC)



Registered Yoga School

## Advanced 500 hour Yoga Teacher Training (AYTT)

*Enrollment for the 2009 course is now closed.*

*If you are interested in our 2010 or 2011 course and would like to learn more, let the following information give you a general idea of how this project came about and what it entails and offers.*

*Thanks SO much for your interest!*

Hello and thank you for your interest in this advanced yoga teacher training. Let me share how it came about. I'm sure you are as impressed by yoga as I am, and as deeply grateful for it. The simple practices of yoga are safe, accessible and powerfully transformative. I am especially encouraged by the wonderful results I've seen with yoga used therapeutically. Our group yoga therapy classes have been very successful, and individual sessions can be invaluablely effective. As you do, I aspire to Serve as fully as I can in this lifetime. I've contemplated how to reach more of those persons who are especially in need of the benefits of yoga; those in crisis and facing challenges. I began exploring the possibility of bringing Yoga Therapy to those folks being treated for serious illnesses within medical establishments. I sense that an integrated approach to healthcare may be far greater than the sum of it's parts. I soon learned that the visionary leaders of the new Indiana University Simon Cancer Center (IUSCC) keenly value stress reduction for a successful outcome in cancer treatment, and held this in the center of intention as they designed and built the beautiful new facility on the IUPUI campus. Yoga Therapy clearly is an ideal adjuvant to IUSCC's mission, helping to empower the patient and families to be actively involved and do all they can to support their own healing.

As this project began to take shape I realized that I needed to gather quite a team! And, that we'll need specialized training. We'll be doing advanced training with a focus on yoga used therapeutically in a medical setting, and I realized I could help sincere, service oriented 200 hour teachers earn a 500 hour certification.

I have developed a training program with a curriculum designed to guide us deeper into our understanding and experience of the advanced techniques of yoga science, with a focus on development of expertise that supports the vision of the IUSCC. Our training and apprenticeship work supports the following main areas of interest and concerns from the CompleteLife Program leaders at IUSCC:

1. Infusion area ~ support during chemotherapy treatments
2. Support for not only the patients, but also the caregivers, family, and all staff. We will offer appropriate group and individual yoga instruction to everyone involved, through our yoga facility within the IUSCC.
3. Support at crisis points ~ We'll provide an unflinching, calming, accepting presence, offering clear and helpful information, and powerful yogic tools.
4. Clinical trials ~ measuring and documenting our results. (to begin in 2010)

As you see, our yoga therapy team will be working directly with those at the IUSCC in a wide variety of capacities. The patient/yoga student can learn to beneficially affect body chemistry by toning the parasympathetic nervous system and reducing stress, thus lowering the discomfort of cancer treatment and improving the outcome. The peace of mind, and the softening of the heart that often accompany these simple practices will surely be welcomed and valued.

We'll offer one-on-one help, and group sessions. We'll meet with our student/patients in our yoga room and in the infusion area if they receive chemotherapy. The 5 Kosha model will be an important structure from which to understand how the health and integration of all layers of a being is essential to enduring health. Our goal is to empower those facing a cancer diagnosis to participate fully in their own healing through the skillful use of these self-regulatory yoga tools.

In our teacher training classroom sessions, experiential practice and intellectual studies will deepen our understanding of meditation, pranayama, yoga philosophy, yoga nidra, hatha and tantric yoga, and the therapeutic use of asana in unique individual situations. We'll improve our skills of communication and assistance to those facing their own mortality, as we strive to face our own. And we'll learn to effectively teach these practices to others, many of whom are very ill, in great crisis, and brand new to yoga.

In addition to a deep study of cancer, our exploration will include a wide variety of health challenges and conditions including structural asana therapy, sports injuries, aging injuries, circulatory disease, neurological disorders, and more.

### **About the course and certification:**

I'm using the terms "yoga therapy" and "Yoga Therapist" because they're appropriate, and to differentiate our work at the Indiana University Simon Cancer Center from typical group asana classes. However, you will not be receiving a Yoga Therapist certification in this course. You will be earning a Yoga Alliance registered 500 hour advanced teacher certification from Heartland Yoga Therapy, Inc., and you can then register with Yoga Alliance at the 500 hour level.

*Read more on certifications at bottom of page*

The course may be completed in one to two years.

During the first year, 2009, we will have approximately 40 group classroom meetings, either Tuesday evenings or Thursday mornings, for informative, inspiring 3 1/4 hour sessions. Two weekly classes are offered to keep our groups small and to accommodate schedules. These classroom hours make up about half our requirements. All AYT students must attend these classroom meetings.

From here, our work becomes very individualized. Just as a yoga therapy program is designed to the individual, so too is your training. You and I will meet to formulate your best program, according to your goals, interests, previous education, and gifts. The possibilities are endless, and will be developed within this structure:

(In addition to our classroom meetings~)

- one on one clinical work supervised and directed by Nancy. You'll be the "yoga therapist angel" partnered with a patient/participant, to teach, support and assist them throughout their cancer treatment and beyond.
- teaching specialized group classes at the IUSCC in our yoga room there
- attending guest teacher trainings and special seminars over the two year period. (of your choice, and sponsored or approved by HYT)
- assisting Nancy in group and individual specialty classes
- study through books, cd's, dvd's, etc. with presentations to our group

Classroom sessions begin in mid January 2009 at our temporary space within the IUSCC until our new permanent yoga facility is constructed.

The course may be completed no sooner than Nov. 2009 and no later than Dec. 2010 (unless under special circumstances) The first year will consist of our classroom sessions, apprenticing with Nancy, and your personal interest studies. In the second year, the class sessions will be replaced with clinical practice, although you may be ready to work with patient/participants during the first year as well.

We held two informational meetings in late September and mid October, discussing details and answering questions. If you did not attend a meeting and are interested in discussing your part in this project, and your advanced training in yoga, call 317 371-7967 or e-mail me at [nancy@heartlandyogatherapy.com](mailto:nancy@heartlandyogatherapy.com). The website is [www.heartlandyogatherapy.com](http://www.heartlandyogatherapy.com).

#### **Course Fee:**

The course fee with Heartland Yoga Therapy is \$3300. It is payable all at once upon enrollment, or in three parts: \$1300 upon acceptance into the course, and two more \$1000 payments due throughout the first year of the course.

There will be some additional costs, according to your study plan.

Five to eight books will be required, we'll discuss the book list at our individual interview and at our first session.

#### **The Enrollment Process:**

Any sincere service oriented yoga teacher who has completed a 200 hour course or has equivalent training, and has taught at least 100 hours of yoga classes, (these may be taught during the course in some cases) is invited to apply for acceptance into the course.

Spaces are limited, class size will be kept small. It may be that some will be asked to wait for a future course. Be assured there will be abundant opportunities for individual development, and the experience of truly Serving, for which we long. Let's work together and determine the best timing and direction of your training, for the best development and use of your talents and interests.

Guidelines for participation in the course:

Length of time practicing yoga and teaching yoga Three to ten years is a good amount of time to practice before beginning to teach. At the point a 200 hour course is completed, another three or more years of teaching is a good idea before continuing into an advanced teacher training. However every teacher and each situation is unique. Certainly, as sincere yogis, we continue to study, train and practice throughout our lives.

Motivated by a desire to serve others. As challenging and intense as it can be to teach, especially therapeutically in a medical setting, one must be propelled by a Higher Force! A desire to serve will be the steady boat to carry you, sails filled with Divine Love.

Experience in the therapeutic uses of yoga, in healthcare, hospice and “end of life” care, social work, psychology, energy healing techniques, counseling, and related areas.

Personal experience of health challenge(s), and loss. (These have strengthened your character and taught you much, and are therefore helpful but certainly not required!)

Thanks again for your vote of confidence in this project, in me, and in Yoga!

I wish you every success in your Service as a Yoga Teacher and Therapist,

Nancy Schalk

#### **More on Certification:**

Standards for yoga teachers were set by the **Yoga Alliance (YA)** in 1999, and are widely accepted today. There are several levels of registry through YA, a first level 200 hour, an advanced level 500 hour, and then “E-200RYT” and “E-500RYT” to show higher levels of experience within each. You can read all about it at [www.yogaalliance.org](http://www.yogaalliance.org)

Standards for certification as a Yoga Therapist are not yet set, but have been proposed by the dedicated folks at the **International Association of Yoga Therapists (IAYT)**. You can read details of their proposed standards for Certified Yoga Therapists on their website [www.iayt.org](http://www.iayt.org). A 500 hour yoga teacher certification will likely be a prerequisite, and that is what Heartland Yoga Therapy is offering now through this project at IUSCC. Our Heartland Yoga Therapy 500 hour training clearly is focused on the therapeutic uses of yoga. I consider our HYT training to be an advanced training in traditional classic authentic yoga techniques, and a “preparatory training” for continued studies toward a Yoga Therapist Certification.

#### **Yoga Therapy Certification programs:**

It is my hope and expectation that together with the help of IUPUI , IUSCC, and the good folks at IAYT, Heartland Yoga Therapy will offer a world class training for Certified Yoga Therapists in a few years. (Just like it’s host, the world class Indiana University Simon Cancer Center!)

At this point there are just a handful of schools offering a yoga therapist certification. They are listed on the IAYT website.

The Heartland Yoga Therapy website is [www.heartlandyogatherapy.com](http://www.heartlandyogatherapy.com)