



Svastha Yoga Therapy Program

BUILDING UPON THE TEACHINGS OF KRISHNAMACHARYA



web: www.svastha.net
email: info@svastha.net

In this professional program on yoga therapy, we aim to bring you the most effective aspects of traditional yoga and ayurveda combined with the discoveries of modern science. We have designed this program especially for yoga teachers.

Specific guidelines for different conditions and general treatment principles will be detailed, empowering you to safely and effectively address disabilities and ill-health through yoga.

Program Structure

The program is delivered in intensive modules (duration: **5/6 days per module** depending on location/timings).

Each module may be attended independently. Every module aims to help you immediately begin applying what you have learned in your teaching, particularly in private sessions. Certificates will be given for each module.

Module 1: Low Back, Pelvis & Lower Limb (Musculoskeletal System, Part 1)

Module 2: Upper Back, Neck & Upper Limb (Musculoskeletal System, Part 2)

Module 3, 4: Disorders of other body systems (e.g. diabetes, asthma, hypertension etc)

Module 5, 6: Yoga psychology and issues of the mind

Module 7: Completion, integration, esoteric yoga topics

Opportunities for specialized studies, refresher courses and continuing education will also be offered to participants.

Program Development & Faculty

Dr. Ganesh Mohan is a physician trained in both conventional medicine and ayurveda. Son of A.G. Mohan and Indra Mohan, he started practicing yoga as a child, in the tradition of Krishnamacharya. He is well-versed in traditional yoga studies. His work in therapeutic yoga centers around employing the most relevant methods from ancient and modern healthcare. He is the co-author of the Mohans' book *Yoga Therapy* (Shambhala Publications, 2004). He is an advisor to the IAYT in the USA and the AAYT in Australia.



Dr. Günter Niessen is a specialist in orthopedic and trauma surgery with a practice in yoga and orthopedics in Berlin. He has over twenty years of experience in dealing with structural and functional disorders of the musculoskeletal system from a multidisciplinary perspective. His extensive training includes physical therapy, chiropractic, sports medicine, manual medicine, neural therapy and acupuncture. In addition, he has been practicing yoga for over a decade, and is a yoga teacher registered with the BDY/EYU. For more information, please visit www.yogaundorthopaedie.de.



Dr. James H. Grubbs is a child and adult psychiatrist. He is a Fellow of the American Academy of Child and Adolescent

Psychiatry. He received his adult psychiatric training at the University of California at Davis and completed a fellowship in child psychiatry at the Yale Child Study Center. Over four decades, he has worked in a variety of clinical settings throughout the USA and internationally. He has served as the Executive Director of Mental Health for the middle of the North Island of New Zealand, and as the Medical Director of Southwestern Virginia Mental Health Institute. Dr. Grubbs has an abiding interest in bringing traditional yoga and Western medical and psychiatric practice into greater synergy. Dr. Grubbs is based in Austin, TX.



A.G. Mohan and Indra Mohan have been teaching yoga for close to four decades in the lineage of Krishnamacharya. They are



a direct link to the original teachings that have transformed yoga in the last century, and laid the foundation for its therapeutic applications. Their studies span the spectrum of ancient Indian wisdom, from yoga and ayurveda to rituals, mantras, and many other aspects, firmly anchoring this program in the authentic tradition of yoga.

Program Highlights

Cohesive development by faculty team. The faculty are not independent lecturers each teaching their own topic in their own way. We have worked together to design an integrated and focused program specifically for yoga teachers.

Authoritative background in classical yoga and ayurveda. This program offers a direct link to the profound sources.

Mainstream medical content. You can feel confident in interacting with healthcare professionals using the knowledge you gain from this program.

Open framework. The modular approach, combined with an emphasis on mainstream acceptability, means you can integrate these skills easily with other studies, as well as build upon them. We will ourselves also offer such continuing education.

Broad coverage. This program gives you a foundation in everything that traditional yoga has to offer, as well as a wide spectrum of modern medicine (general medicine, rehabilitation, psychiatry) and ayurveda too.

Clear, practical approach. The highlight of Svastha yoga's approach is clarity, setting aside all secrecy, mysticism, or confusion.



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Module 1: Low Back, Pelvis & Lower Limb

1. Review of anatomy and function of the lumbar spine, pelvis, hip joint, knees, feet, gait and posture.
2. Hands-on exploration of relevant functional anatomy in yoga asanas.
3. Observation of the body structure and function: what to look for, what is normal, what is not.
4. Systematic presentation of the different disorders of the lumbar spine, pelvis and lower limb, specially as relevant to yoga teachers:
 - a. The most common disorders that a yoga teacher is likely to see in students
 - b. The cause of disorders and the process underlying them—role of the body and mind
 - c. The typical presentation of the important problems
5. For example, in the lower back, we will discuss all of the following:
 - a. Intervertebral disc problems
 - b. Instability
 - c. Facet joint problems
 - d. SI joint dysfunction
 - e. Soft tissue related disorders: muscles, ligaments, tendons
6. Step-by-step approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
7. Approach will include the classical yoga methods of Krishnamacharya (vinyasa krama and sequencing, sikshana/rakshana etc) combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility etc).
8. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
9. Outline of ayurvedic perspective and commonly used ayurvedic herbs.

Module 2: Cervical and Thoracic Spine, Upper Limb, Breath Anatomy, Bandhas

1. Review of anatomy and function of the thoracic and cervical spine, shoulder, elbow, wrist, hand.
2. Anatomy and function of breathing, pelvic floor, and the bandhas.
3. Hands-on exploration of relevant functional anatomy in yoga asanas.
4. Systematic presentation of the different disorders of the thoracic spine, cervical spine and upper limb, specially as relevant to yoga teachers:
 - a. The most common disorders that a yoga teacher is likely to see in students
 - b. The cause of disorders and the process underlying them
 - c. The typical presentation of the important problems
5. For example, we will discuss all of the following:
 - a. Upper spine: intervertebral disc problems, instability, facet joint problem, soft tissue related disorders...
 - b. Shoulder: rotator cuff lesions, impingement, instability...
6. Functional approach and disorder-based guidelines for these conditions using the tools of yoga (particularly movement and breathing in the form of intelligently structured asana for musculoskeletal disorders).
7. Approach will include the classical yoga methods of Krishnamacharya (vinyasa krama and sequencing, sikshana/rakshana etc) combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion etc).
8. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
9. Outline of ayurvedic perspective and commonly used ayurvedic herbs.

Disclaimer (to comply with legal requirements in some countries): Completion of this course does not entitle participants to offer treatments unless they have the required professional training in medicine/healthcare.