

## Practicum Overview

### **Part I: Practicum Preparation in courses (75 hours)**

This practicum preparation is completed as Practicum instruction and is done in the classroom during regular course studies. *12 additional hours outside of the classroom as a case study with a fellow student is also included in these hours.*

Students become teachers in small groups, Role playing, Self-reflective papers, Group and dyad work, Student presentations of work, Case study experimentation, Yoga therapy simulations (given case studies, develop protocol), Presentations, Collaborative work to deliver real or simulated session, Demonstration of ability to reflect on learning experiences to apply to Yoga Therapy Sessions with groups and individuals.

### **Part II: Delivery of Yoga Therapy Leading Sessions (76 hours)**

#### **36 hours of One on One** Yoga Therapy/ Holistic Yoga Coaching

Consisting of 6 (six) 6-week programs with 6 different clients using the case study format as a guideline for sessions.

#### **40 hours Group** Yoga Therapy/ Group Holistic Yoga Coaching

Consisting of 5 (five) 8-week programs. You can choose any of the groups that address a specific condition and/or shared goals of a specific group of people.

- Observe One (1) 8 week Program
  - 8-week program hour observing all 8 sessions. You observe the master lead yoga therapist. It is recommended that you observe at least one session with any group you want to lead.
- Deliver Four (4) 8 week Programs
  - 8-week programs being the lead (or co-lead) yoga therapist. Choose your area of focus for your practicum from the list below: You may specialize in one area or diversify.
    - Pre/ Postnatal- Gina Iadarola
    - Ayurveda- Kathy Gehlken
    - Journey through the Chakras- P.J. Church or Joy Ravelli
    - Purusha Powerhouse: Gaining strength from the inside out.- Lori Pim and/or Joy
    - Yoga For Trauma Recovery- Rachel Goudey
    - Yoga and SEI for Teens- Nancy Gingras
    - Yoga for Chronic Pain and deep myofascial release- Ericka Meritt
    - Holistic Yoga Lifestyle Coaching- Joy Ravelli
    - Specialty Group of your choosing with approval by Joy Ravell

### **Part III Documentation, Research, Collaboration, Mentoring (DRCM) (75 Hours)**

- 30 Hours Documentation: SOAP notes, planning/ strategy, session notes.
- 10 Hours Researching condition: Record sites and research notes will be turned in to teachers.
- 5 Hour of Presentation to class, groups, and mentoring sessions with input: 5-20 minute presentations throughout courses and in practicum meetings.
- 6 Hours of Collaboration with other students on building protocol: Case studies & Groups
- 10 Hours Observing faculty or fellow students
- 14 Hours of Mentoring with Joy. Mentoring Sessions are face to face, in person or by electronic, phone or video. Group Mentoring 10 hours. Individual Mentoring up to 4 hours. (may be all group if you prefer).