

9-Steps to Becoming a **CERTIFIED** YOGA THERAPIST

If you're a yoga teacher with a mission to help individual students find ease not only in their practice but in their daily lives, you may already be on the path toward becoming a yoga therapist.



These “9 Steps to Becoming a Certified Yoga Therapist” will help you understand how this emerging professional field offers an effective approach to providing people with help for a wide range of physical, emotional and spiritual conditions.

The International Association of Yoga Therapists (IAYT) now accredits yoga therapy training programs that honor the breadth of the yoga tradition, while meeting the high standards required for this emerging profession.

By June 2016, IAYT will open its applications for Yoga Therapist Certification. Whether you're a longstanding yoga therapist or just beginning the training you'll need to practice in this field, read the 9 Steps to learn about the new rules for certification or for being grandparented in.



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① Self-reflect

What do you love about yoga? What do you want to share with others as a yoga therapist?

Helpful Resources:



The Power of Yoga Therapy

with Steffany Moonaz

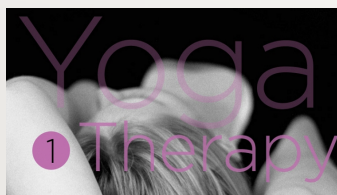


Yoga Therapy Can Help Ease Pain and Anxiety of Cancer

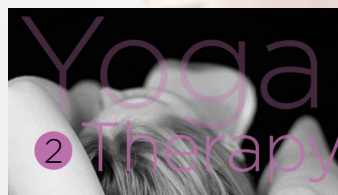
by Anne Pitman at the Ottawa Citizen

Yoga Therapy: A Living, Healing Tradition

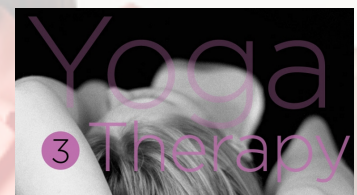
by Gary Kraftsow



PART 1



PART 2



PART 3



Yoga for Depression: An Integrated Practice

by Gary Kraftsow

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2 Complete a 200-hour or 500-hour yoga teacher training program

And become experienced as a yoga teacher. It may be especially beneficial to choose yoga teacher training in a school that has a well-established yoga therapist training path, or seek continuing education opportunities in the area of yoga therapy.

Most **IAYT-accredited yoga therapy programs** have 500-hour yoga teacher training programs, of which 300 hours may transfer into *their* yoga therapist training program.



How to Choose a Teacher Training

by Rachel Scott



So You Want to Be a Yoga Teacher

a Yoga International Podcast



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3 Learn what yoga therapy is and what a yoga therapist does

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of yoga.

The yoga tradition views humans as a multidimensional system that includes all aspects of body; breath; and mind, intellect, and emotions—and their mutual interaction. Yoga therapy is founded on the basic principle that intelligent practice can positively influence the direction of change within these human dimensions, which are distinct from an individual's unchanging nature or spirit. The goals of yoga therapy include: eliminating, reducing, and/or managing symptoms that cause suffering; improving function; helping to prevent the occurrence or re-occurrence of underlying causes of illness; and moving toward improved health and well-being.

A yoga therapist draws from the principles of yoga and the full range of yoga practices, as well as bio-medical and psychological foundations and assessment skills. She/he works with the client to develop a self-empowering, therapeutic program appropriate to the client's needs.

An IAYT-Certified Yoga Therapist (C-IAYT) has undertaken specialized training well beyond that of a yoga teacher, in accordance with the IAYT's Educational Standards for the Training of Yoga Therapists, or has met IAYT's requirements for grandparenting. She/he adheres to the professional ethics, guidelines, and codes relating to the practice of yoga therapy as defined by the IAYT, and guards against making false or inaccurate claims about yoga's therapeutic and healing capacities.*

*From the published draft "[IAYT Scope of Practice for Yoga Therapy](#)," as adapted from the Definition of Yoga Therapy in the IAYT Educational Standards for the Training of Yoga Therapists

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3 Helpful Resources:



Gary Kraftsow's lecture on yoga therapy from Yoga International's Fall Digital Conference



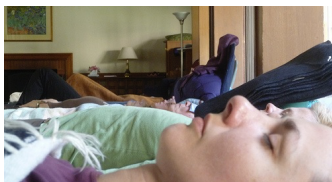
But I Thought All Yoga Was Therapeutic?

by Beth Spindler



Yoga and Yoga Therapy

by Georg Feuerstein, PhD



Yoga Therapy: Definition, Perspective, and Principles

by Richard Miller, PhD

4 Join The International Association of Yoga Therapists

(IAYT)—the professional organization that sets standards for training programs and certifies individual yoga therapists.

[Click here to join IAYT.](#)

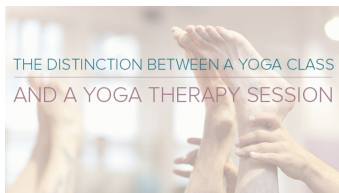
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5

Experience one or more yoga therapy sessions yourself

If you have the opportunity, try sessions from therapists who come from different training programs or lineages. You can find an **IAYT member yoga therapist** by **searching on the IAYT website**.

Helpful Resources:



THE DISTINCTION BETWEEN A YOGA CLASS
AND A YOGA THERAPY SESSION

The Distinction Between a Yoga Class and a Yoga Therapy Session

by Gary Kraftsow



Yoga Therapy and Healing

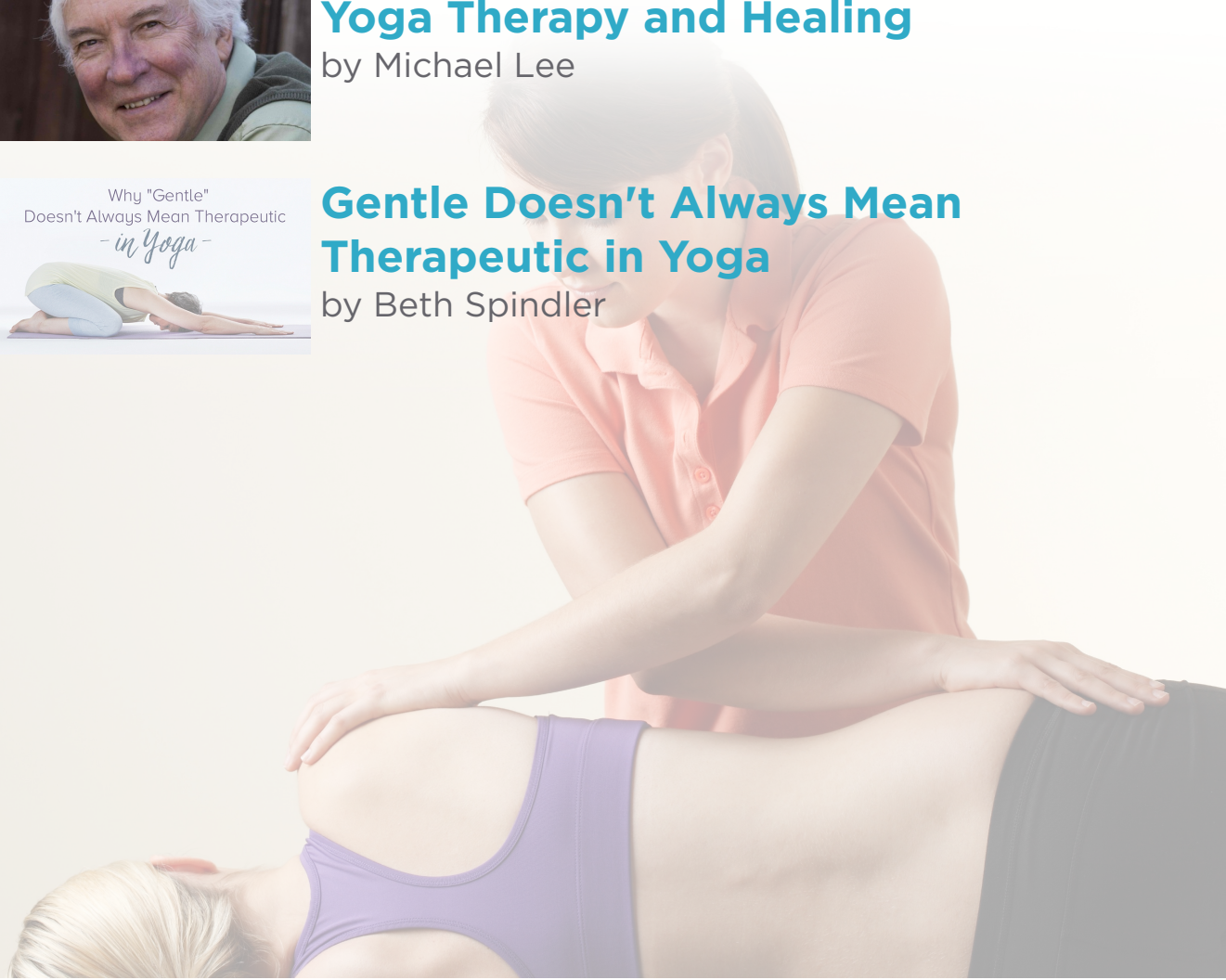
by Michael Lee



Why "Gentle"
Doesn't Always Mean Therapeutic
- in Yoga -

Gentle Doesn't Always Mean Therapeutic in Yoga

by Beth Spindler



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6 Read IAYT's Eligibility Pathways for IAYT Yoga Therapist Certification

The Eligibility Pathway Chart is a one-page guide that lays out the qualifications to apply for each of the Pathways to IAYT Certification (C-IAYT) and what will be required in your application. This is the best place to check to see if you're eligible for one of the IAYT's two grandparenting pathways. **Reading through this carefully** will help you learn how to be certified in the most effective way.

7 If you're not eligible for grandparenting, complete an accredited yoga therapist training program.

See **How to Find the Right Yoga Therapist Training Program for You** by John Kepner, IAYT Executive Director. Read about the **various IAYT accredited training programs** and find the ones that are best matched to your interest. If you attend **a SYTAR conference** you can talk to representatives of many of them there.

Helpful Resources:



The Differences Between Yoga Teacher Training Programs and Yoga Therapist Training Programs

by Gary Kraftsow



Yoga Teaching or Yoga Therapy

by Nischala Joy Devi



Qualities of a Yoga Therapist

by Joseph and Lilian Le Page with Cathy Prescott, Sandra Eimers, and Ellen Schaeffer



Yoga Therapist Education and Yoga Teacher Training: Intention Fuels Action

by Michael Lee

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8 Apply for IAYT certification

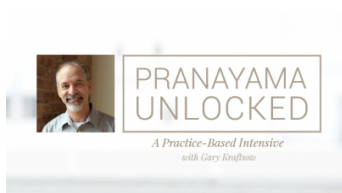
In June 2016, IAYT will begin accepting applications for certifying individual yoga therapists. Yoga therapists who graduate from an IAYT-accredited yoga therapist training program are automatically eligible for C-IAYT designation. As an IAYT member, you will be able to access the online application. If you're a practicing yoga therapist who began prior to IAYT accreditation of programs, look over the eligibility chart and read the grandparenting rules.

Helpful Resources:

- ➔ [Overview of certification](#)
- ➔ [Eligibility page](#)
- ➔ [Grandparenting page](#)

9 Continue your education

Recommended digital courses and workshops related to Yoga Therapy:



Pranayama Unlocked: A Practice-Based Intensive

with Gary Kraftsow



Stress Management through Yoga and Meditation

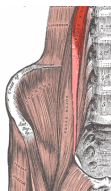
with Carrie Demers

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9 Recommended Courses

RELIEVE TENSION
IN THE
PSOAS



Relieve Tension in the Psoas

with Sandra Anderson

STRETCHING THE PIRIFORMIS: SEATED TWISTS



YOGA TO SOOTHE
SCIATICA

with Doug Keller

GET FREE ACCESS NOW! ▶

Yoga to Soothe Sciatica

with Doug Keller



Yoga for
LOWER BACK PAIN
with Aadil Palkhivala & Savitri

Yoga for Lower Back Pain

with Aadil Palkhivala



Yoga International's Fall Digital Conference

More Resources:

- ➡ **Yoga Therapy Channel at Yoga International**
- ➡ **Attend IAYT's Symposium on Yoga Therapy and Practice (SYTAR) conference**

+ Keep Returning to Step 1!