



FALL 2017

Yoga Therapy Rx Certificate Program

Level I, YRTX 811 01

Yoga Therapy Rx Certificate Program

Level I, YTRx 811 01

Loyola Marymount University Extension

COURSE SYLLABUS

2017-2018

INSTRUCTOR: Larry Payne Ph.D., E-RYT 500, YTRX

CONTACT:

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TA — Kathleen Ross-Allee, C-IAYT, RYT-500, YTRX (Managing Director)

TA — Amanda Charney (Office Manager to Larry Payne/Samata International)

Associate Director — Level I, Rick Morris D.C., CYT, YTRX

If necessary, this syllabus and its contents are subject to revision; students are responsible for any changes or modifications announced or distributed in class or posted on LMU's course management system, Brightspace.



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COURSE OVERVIEW

Yoga Therapy Rx is a marriage between Yoga Therapy and complementary medicine. It is designed to train Yoga teachers to be Yoga therapists and apply classical applications of Yoga in clinical settings to help treat common ailments and conditions.

The **Yoga Therapy Rx Level I** certificate program will focus on the musculoskeletal system. Students will have twelve (12) class meetings over the course of eleven (11) months where they will address principles of practice, anatomy for yoga teachers, and the origin and treatment of common low back, upper back, knee, and hip problems. The course will cover communication tools for working with doctors, including reading reports and understanding medical terminology and clinical notes such as S.O.A.P. notes.

LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

1. Use Yoga therapy to understand and address the origin and treatment of musculoskeletal problems including common lower back, upper back, hip, and knee ailments.
2. Incorporate a safe, modified approach to group Yoga classes, which allows their one-on-one Yoga therapy clients to evolve to the group experience.
3. Work with doctors, physical therapists and other health professionals by learning how to read and understand basic medical terminology, reports and clinical notes such as S.O.A.P. notes.



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ATTENDANCE AND MAKEUP GUIDELINES

(see "Attendance Policy" on page 15 for details)

- A student is allowed 4 missed class days, and can still receive a certificate with no effect on his/her grade.
- If a student misses 5 or 6 days and wants to graduate on time, they must complete an additional make-up term paper, details outlined on Brightspace.
- If a student misses more than 6 days, they must contact Samata and LMU Extension (pranftl@lmu.edu) to request a year-long grace period/extension to make up these classes. Grace period ends August 31st of the following year.

It is the student's responsibility to contact us in order to complete their requirements.

Please keep a personal record of your absences and assignments.

GRADING POLICY

Submission of the term assignments or projects, attendance of required number of days, and a grade of B- or better are all required for issuance of a certificate of completion. The grading criteria are based on the following:

Attendance – 50%

There are 12 weekends in the YTRx course for each level (24 class dates). In accordance with our attendance policy, students can miss up to 4 classes (2 weekends) and still be eligible to graduate on time. If a student fails to complete their attendance requirement during the term for which they are registered, in accordance with the attendance policy they can make these classes up next term, but *their overall grade in the course will be lowered by half a letter* (A will become A-, A- will become B+, etc).

Term Assignments - 25% *(see "Term Assignment Guidelines" on page 17 for details)*

Term assignments are given letter grades (C- last passing grade). Details can be found on Brightspace. If a student submits their term assignment after the deadline of **July 31st**, they will automatically lose half a letter grade on the assignment (A to A-, A- to B+, etc).

Class Participation - 25%

Your class participation grade is affected by completion of homework assignments, preparedness for class, punctuality, and participation. (For Level II, this includes weekly quizzes. For Level III, this includes SOAP notes.) Repeated tardiness or leaving early will result in a grade penalty.

You will be graded and issued a certificate of completion from LMU Extension at the end of the course if all the requirements are met. (If you have not completed the requirements, a grace period of one year is given to make up classes.) At the end of the term (or grace period, if necessary) you will be graded:

1) B- or better if all the requirements are met. Certificate will be issued.

OR

2) C or less if only one of the requirements is met. No certificate will be issued.



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BRIGHTSPACE & INTERNET ACCESS

Students are required to have access to a computer with an internet connection and basic knowledge of logging in, viewing, and downloading materials from Brightspace, LMU's student portal— <https://brightspace.lmu.edu>

Students are expected to check Brightspace at least once a week. All course materials, including class handouts, homework, student information, assignment guidelines, and announcements/updates will be posted on Brightspace. Class materials are made available 1-2 weeks prior to each class weekend. Occasionally, the instructor may have last minute additions to the handouts prior to the class. It is the responsibility of the student to download and print them out before the class, or have offline access to the handouts on their laptops and iPads. We do not provide paper handouts in class, and internet/wireless access can be unreliable and is not guaranteed.

Each student should set up their log-in and password prior to the start of the course. Students should contact LMU's IT Helpdesk at (310) 338-7777 to set up their ID if they do not get this information upon registration, or for assistance with technical issues. Once the course ends, students will have access to the course on Brightspace until **September 30, 2018**.

1-2 weeks prior to each class weekend, students will receive an email with that month's newsletter. This newsletter will have the schedule for the weekend, bios of the instructors, and any announcements or reminders that might be necessary. Therefore, please ensure that Samata has a working email address on file for you. If you are not receiving emails, contact Samata at info@samata.com.



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COURSE OUTLINE AND SCHEDULE

CLASS WEEKEND #1

SATURDAY, OCTOBER 7, 2017

Definition & History of Yoga Therapy

Instructor: Larry Payne, Ph.D., E-RYT 500, YTRX

1:00pm-6:00pm

- *Observation and Evaluation of Yoga Clients*

SUNDAY, OCTOBER 8, 2017

8-Step Wellness & Prime of Life Yoga (POLY) Basics

Instructors: Larry Payne, Ph.D., E-RYT 500, YTRX, Fay Levinson, Ph.D. and Rick Morris, D.C., CYT, YTRX

10:00am-5:00pm

- *Yoga Rx 8-Step Wellness Program*
- *Introduction to Prime of Life Yoga (POLY) Basics*

HOMEWORK

1. Review all course documents on Brightspace, especially the **Code of Conduct, Attendance Policy**, Syllabus, and Term Assignment Guidelines. We will not go over these documents in class, but will answer any questions you might have at the start of class before you sign the CoC & AP.
2. Read **YOGA RX**—Part I, Introduction to Yoga therapy Pages 3-32 and Part II Pages 33-93
 1. Read **YOGA FOR DUMMIES, 3RD EDITION**--Chapters 1, 3-5, 13, 20 and 24
 2. Read **YOGA THERAPY & INTEGRATIVE MEDICINE**—Introduction and “The Yoga Therapy Rx Program at Loyola Marymount University” chapter by Larry Payne, Ph.D.

CLASS WEEKEND #2

SATURDAY, NOVEMBER 4, 2017

Anatomy 1

Instructor: Eden Goldman, D.C., E-RYT 500, YTRX

1:00pm-6:00pm

- *Human Anatomy and Physiology*
- *Skeletal System (Lower Body)*

SUNDAY, NOVEMBER 5, 2017

Anatomy 1

Instructor: Eden Goldman, D.C., E-RYT 500, YTRX

10:00am-5:00pm

- *Muscular System (Lower Body)*
- *Medical Terminologies*
- *Anatomy and Kinesiology of Asanas*

HOMEWORK

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3RD EDITION** by Dr. Ray Long--Pages 8 - 19, 22 - 27, 36 - 47 and 210 – 211. Scan through pages 50 - 111 and 202 - 205 to familiarize yourself with the names and general locations of the muscles. Write down questions and learning objectives that you come up with while reading.



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CLASS WEEKEND #3

SATURDAY, DECEMBER 2, 2017

Anatomy 2

Instructor: Eden Goldman, D.C., E-RYT 500, YTRX

1:00pm-6:00pm

- *Human Anatomy and Physiology*
- *Skeletal System (Upper Body)*

SUNDAY, DECEMBER 3, 2017

Anatomy 2

Instructor: Eden Goldman, D.C., E-RYT 500, YTRX

10:00am-5:00pm

- *Muscular System (Upper Body)*
- *Medical Terminologies*
- *Anatomy and Kinesiology of Asanas*

HOMEWORK

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3RD EDITION** by Dr. Ray Long--Pages 118 – 132. Scan through pages 135 - 194 and 206 - 209 to familiarize yourself with the names and general locations of the muscles. Write down questions and learning objectives that come up while reading.
2. Read article—<http://yogadoctors.com/let%e2%80%99s-talk-poses-part-one-%e2%80%93-chaturanga-dandasana>

CLASS WEEKEND #4

SATURDAY, JANUARY 6, 2018

Therapeutic Aspects of Meditation & Intro to Yoga Nidra

Instructor: Richard Miller Ph. D., ERYT-500, YTRX

1:00pm-6:00pm

SUNDAY, JANUARY 7, 2018

Therapeutic Aspects of Meditation & Intro to Yoga Nidra

Instructor: Richard Miller

10:00am-5:00pm

HOMEWORK

1. Read **THE IREST PROGRAM FOR HEALING PTSD**
2. Listen to **THE IREST PROGRAM FOR HEALING MEDITATIONS** (42 Recording MP3 Audio
Download: www.irest.us/products/MP3/iRestforHealing)

Optional:

Miller, Richard. 2015. *iRest Meditation: Restorative Practices for Health, Resiliency and Well-Being*. Sounds True. Boulder, CO.

CLASS WEEKEND #5

SATURDAY, JANUARY 27, 2018

Lower Back

Instructor: Rick Morris, D.C., CYT, YTRX

1:00pm-6:00pm



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- *Review of Lower Back Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Lower Back Problems (Flexion and Extension Faults)*

SUNDAY, JANUARY 28, 2018

Lower Back

Instructor: Larry Payne, Ph.D., E-RYT 500, YTRX

10:00am-5:00pm

- *Yoga Therapy for Common Lower Back Problems (Flexion and Extension Faults)*

HOMEWORK

1. Read **YOGA RX**--Chapter 7
2. Review **COMMON LOWER BACK PROBLEMS** DVD

Recommended Reading

BACK PAIN REMEDIES FOR DUMMIES by Mike Sinel M.D.

HEALING BACK PAIN NATURALLY by Art Brownstein M.D.

THE BACK PAIN BOOK by Mike Hage P.T.

Wikipedia article—Low Back Pain https://en.wikipedia.org/wiki/Low_back_pain

CLASS WEEKEND #6

SATURDAY, FEBRUARY 24, 2018

Upper Back

Instructor: Rick Morris, D.C., CYT, YTRX

1:00pm-6:00pm

- *Review of Upper Back and Neck Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Upper Back and Neck Problems*
- *Reading Doctors' Reports, including X-rays and MRIs*

SUNDAY, FEBRUARY 25, 2018

Upper Back

Instructor: Lori Rubenstein Fazzio, DPT, PT, MAppSc, YTRX

10:00am-5:00pm

- *Yoga Therapy for Common Upper Back and Neck Problems*

HOMEWORK

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3RD EDITION**—Upper Back and Neck.
2. Review **YOGA RX**, Chapter 7.
3. Review **COMMON UPPER BACK PROBLEMS** DVD
4. Wikipedia article—Common Problems of the Upper Back/Upper Back pain
http://en.wikipedia.org/wiki/Back_pain
5. Wikipedia article—Common Problems of the Neck/Neck Pain
http://en.wikipedia.org/wiki/Neck_pain

CLASS WEEKEND #7



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SATURDAY, MARCH 17, 2018

Prime of Life Yoga

Instructor: Larry Payne, Ph.D., E-RYT 500, YTRX (w/ Surendra Mehta)

1:00pm-6:00pm

- *Prime of Life Yoga and Lifestyle Techniques*

SUNDAY, MARCH 18, 2018

Spine, Osteoporosis, Osteoarthritis, Scoliosis, SOAP Notes

Instructor: Jamie Champion, M.P.T., CYT, YTRX

10:00am-5:00pm

- *Yoga Therapy for Osteoporosis, Scoliosis, Osteoarthritis and S.O.A.P. Notes*

HOMEWORK

1. Teaching Skills Survey Form (to be provided in class)
2. Read **YOGA FOR DUMMIES, 3RD EDITION**—Chapters 5, 7, 10, 11 and 21
3. Read **YOGA RX**—Chapters 6 and 7
4. Review **IMMUNE BOOSTER & GENERAL CONDITIONING, LEVELS 1 & 2 DVD's**
5. Wikipedia articles—Osteoporosis <http://en.wikipedia.org/wiki/Osteoporosis> and Scoliosis <http://en.wikipedia.org/wiki/Scoliosis>

Recommended:

POLY CLASSIC BEGINNER'S PROGRAM DVD

CLASS WEEKEND #8 – BRING YOGA TOOLS KIT TO CLASS

SATURDAY, APRIL 14, 2018

The Standard Evaluation Technique

Instructor: Rick Morris, D.C., CYT, YTRX

1:00pm-6:00pm

- *Morris-Payne Functional Yoga Evaluation Procedure*
- *Overview of the System*
- *Lung Capacity*
- *Quality of Life Test*
- *Testing Procedures*

SUNDAY, APRIL 15, 2018

The Standard Evaluation Technique

Instructor: Rick Morris, D.C., YTRX

10:00am-5:00pm

- *Review and hands-on practice of techniques*

Please make sure to bring the Yoga Tools Kit (Standard Evaluation Manual, blood pressure cuff, goniometer, stethoscope, and measuring tape) to class both days.

HOMEWORK

1. Read **MORRIS-PAYNE STANDARD EVALUATION MANUAL** (in Yoga Tools Kit) & watch DVD



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2. Familiarize yourself with the Yoga Tools--blood pressure cuff, the stethoscope, and the goniometer. If you have not already purchased the Yoga Tool Kits, you can do so at www.samata.com or buy them on your own.
 3. Review—Notes and handouts on Upper Back and Lower Back
 4. Review--Yoga Therapy Evaluation Forms to be used for case studies on Brightspace
- There are links to 2 forms that you will need for your client evaluations for this weekend: **Client Intake Sheet** and **Standard Evaluation Form**

CLASS WEEKEND #9

SATURDAY, MAY 19, 2018

Introduction to Ayurveda

Instructor: Felicia Tomasko, RN, E-RYT 500, YTRX

1:00pm-6:00pm

- *Introduction to the Principles and Practice of Ayurveda*

SUNDAY, MAY 20, 2018

Business of Teaching Yoga (BOTY)

Instructor Larry Payne, Ph.D., E-RYT 500, YTRX

10:00am-5:00pm

- *Business of Teaching Yoga*
- *Ethics of Teaching Yoga*
- *Qualities of a Yoga Teacher*
- *Modern Media and Social Networks*

HOMEWORK

1. Read **TEXTBOOK OF AYURVEDA**
2. Read **THE BUSINESS OF TEACHING YOGA**--Chapters 1 – 12

CLASS WEEKEND #10

SATURDAY, JUNE 30, 2018

Shoulder

Instructor: Rick Morris, D.C., YTRX

1:00pm-6:00pm

- *Review of Shoulder Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Shoulder Problems*

SUNDAY, JULY 1, 2018

Shoulder

Instructor: Linda Lack, Ph.D., YTRX

10:00am-5:00pm

- *Yoga Therapy solutions to Common Shoulder Problems*
- *Case Studies*

HOMEWORK

Saturday (Rick Morris)

1. Read **THE KEY MUSCLES OF YOGA, VOLUME 1, 3RD EDITION**--Chapters on Shoulder Girdle
2. Wikipedia article—Shoulder Problems http://en.wikipedia.org/wiki/Shoulder_problems



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Sunday (Linda Lack)

3. Read **THE PSOAS BOOK**

4. **WRITING:** “Your own body is your first and primary resource toward therapeutic understanding. Please be thoughtful and circumspect about your own shoulder girdle strengths/weaknesses/issues. Do some writing on where you believe any issues began and why. Have you been successful in understanding and resolving them, and if not, what questions would you like addressed? If you have not had shoulder girdle problems, please write some reflections on your shoulder girdle’s strengths & general health, or address those of your students/clients.”

Writing is **due Wednesday, June 20th** before our meeting on Sunday, July 1. Please send to amanda@samata.com. Dr. Lack will review these assignments before class, and they will form a basis for class discussion.

Recommended Reading

LISTEN TO YOUR PAIN: THE ACTIVE PERSON’S GUIDE TO UNDERSTANDING, IDENTIFYING AND TREATING PAIN AND INJURY—Pages 6-9, 204-207, 210-225
DYNAMIC ALIGNMENT THROUGH IMAGERY by Eric Franklin—Chapters 14 and 15

TERM ASSIGNMENTS DUE JULY 31ST

2 Case Studies & Stick Figure Assignment

Details on Brightspace

CLASS WEEKEND #11

SATURDAY, JULY 14, 2018

Hips

Instructor: Matthew J. Taylor, PT, PhD, RYT, YTRX

1:00pm-5:00pm

- *Evaluation and Observation of Hip Problems*
- *Gait Training*

SUNDAY, JULY 15, 2018

Hips

Instructor: Matthew J. Taylor, PT, PhD, RYT, YTRX

10:00am-5:00pm

- *Yoga Therapy for Common Hip Problems*

CLASS WEEKEND #12

Please take note of change in hours Saturday

SATURDAY, AUGUST 4, 2018

Knees

Instructor: Steve Paredes, D.C., CYT, YTRX

10:00am-5:00pm

- *Review of Knee Anatomy and Kinesiology*
- *Medical Terminologies*
- *Common Knee Problems*

SUNDAY, AUGUST 5, 2018



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Knees

Instructor: Steve Paredes, D.C., CYT, YTRX

10:00am-5:00pm

- *Yoga Therapy for Common Knee Problems*
- *Case Studies*

HOMEWORK

1. Review—Anatomy notes for knees

A GRADUATION CELEBRATION will take place immediately following class (location TBA).

This is a small, informal ceremony to acknowledge the efforts of the students throughout the term. There will be food and entertainment. The ceremony is open to students and faculty only. Certificates will NOT be issued at the ceremony, but by mail at a later date. An RSVP invitation will be sent prior to the ceremony to account for attendance and food restrictions.



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REQUIRED READING AND MATERIALS

BOOKS

- **YOGA RX** by Larry Payne Ph.D., Richard Usatine M.D.; Broadway Books. Currently out of print, but available on [Amazon](#) used books, downloadable on Kindle and [Barnes and Noble](#).
- **YOGA FOR DUMMIES, 3RD EDITION** (Revised 2014) by Georg Feuerstein, Ph.D., Larry Payne Ph.D.; Wiley Publishing. Available at <http://www.samata.com>
- **YOGA THERAPY AND INTEGRATIVE MEDICINE** by Larry Payne Ph.D., Terra Gold L.A.c, and Eden Goldman D.C. Available at <http://www.samata.com>
- **THE KEY MUSCLES OF YOGA, VOLUME 1, 3RD EDITION** by Ray Long, M.D.
- **THE IREST PROGRAM FOR HEALING PTSD** by Richard Miller. New Harbinger Press. Oakland, CA. (Available on Amazon.com)
- **TEXTBOOK OF AYURVEDA (VOLUME 1)** by Vasant Lad
- **THE BUSINESS OF TEACHING YOGA** (Revised 2010) by Larry Payne Ph.D.; Samata International. Available at <http://www.samata.com>
- **THE PSOAS BOOK** by Liz Koch

DVDs

- **Common Upper Back Problems**
- **Common Lower Back Problems**
- **Immune Booster & General Conditioning Level One**
- **Immune Booster & General Conditioning Level Two**

YOGA TOOLS KIT—

Must be purchased by 5:00pm on Monday, April 25th and brought to CLASS WEEKEND #8.

Available for purchase through Samata International Inc. at www.samata.com. You may also purchase each item separately from an alternative retailer if you so choose.

- Standard Evaluation Manual and DVD set
- Blood pressure monitor
- Goniometer (for measuring range of motion)
- Stethoscope
- Measuring tape (**NOT** included in kit, please bring your own to class!)

***Current YTRx students will receive a 15% discount when purchasing Larry Payne's Prime of Life Yoga DVDs with the discount code **YTRXDVD**, and the Business of Teaching Yoga with the discount code **YTRXBOOK** at the time of checkout. Students have the option to purchase items in the Yoga Tools Kit at any medical supply store. Standard Evaluation Manual and DVD set only available for purchase at <http://www.samata.com>.

When ordering from <http://www.samata.com>, students have the option to have orders shipped via USPS (standard shipping rates apply), delivered in class (free), or available for pick up at Samata International's offices (free). All orders for class materials should be made no later than three (3) weeks prior to class weekend where those materials are required.***



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RECOMMENDED READING AND MATERIALS

BOOKS

- **YOGA ANATOMY** by *Leslie Kaminoff*
- **ANATOMY OF MOVEMENT** by *Blandine Calais-Germain*
- **BACK PAIN REMEDIES FOR DUMMIES** by *Michael Sinel*
- **DYNAMIC ALIGNMENT THROUGH IMAGERY** by *Eric Franklin*
- **FEELING GOOD, THE NEW MOOD THERAPY** by *David D. Burns, M.D.*
- **HEALING MOVES** by *Carol Krucoff and Mitchell Krucoff, M.D.*
- **IREST MEDITATION: RESTORATIVE PRACTICES FOR HEALTH, RESILIENCY, AND WELL-BEING** by *Richard Miller PhD*
- **HEALTH HEALING AND BEYOND YOGA AND THE LIVING TRADITION OF KRISHNAMACHARYA** by *T.K.V. Desikachar and R.H. Cravens*
- **HOW TO DRAW YOGA STICK FIGURES** by *Mikelle Terson*
- **LISTEN TO YOUR PAIN: THE ACTIVE PERSON'S GUIDE TO UNDERSTANDING, IDENTIFYING AND TREATING PAIN AND INJURY** by *Benjamin, Ben E., Ph.D., with Gale Borden, M.D.*
- **MEDITATION: AN EIGHT-POINT PROGRAM** by *Eknath Easwaran*
- **MEDITATION** by *T.K.V. Desikachar*
- **PRANAYAMA** by *Swami Kuvalayananda*
- **STRUCTURAL YOGA THERAPY: ADAPTING TO THE INDIVIDUAL** by *Mukunda Stiles*
- **THE BACK PAIN BOOK** by *Mike Hage*
- **THE COMPLETE WATERPOWER WORKOUT BOOK** by *Lynda Huey and Robert Forster. P.T.*
- **THE CREATIVE VISUALIZATION WORKBOOK: USE THE POWER OF YOUR IMAGINATION TO CREATE WHAT YOU WANT IN YOUR LIFE** by *Shakti Gawain*
- **THE YOGA OF THE YOGI: THE LEGACY OF T KRISHNAMACHARYA** by *Kausthub Desikachar*
- **VINIYOGA OF YOGA** by *T.K.V. Desikachar*
- **WALK YOURSELF WELL ELIMINATE BACK PAIN, NECK, SHOULDER, KNEE, HIP AND OTHER STRUCTURAL PAIN FOREVER-WITHOUT SURGERY OR DRUGS** by *Sherry Brouman*
- **YOGA FOR EVERY BODY** by *Paul Harvey*
- **YOGA THERAPY: A GUIDE TO THE THERAPEUTIC USE OF YOGA AND AYURVEDA FOR HEALTH AND FITNESS** by *A. G. Mohan*
- **YOGA FOR BODY, BREATH AND MIND A GUIDE TO PERSONAL REINTEGRATION** by *A.G. Mohan*
- **YOGA FOR WELLNESS: HEALING WITH THE TIMELESS TEACHINGS OF VINIYOGA** by *Gary Kraftsow*

DVDS—LARRY PAYNE'S YOGA THERAPY & PRIME OF LIFE YOGA (www.samata.com)

- **Weight Management for People with Curves**
- **Restorative Health for Women**

The Classic Beginner's Program Yoga for Men and Women



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ATTENDANCE POLICY

Each course year is made up of twelve (12) weekend sessions. Students have access to the schedule via www.samata.com or LMU's student site, Brightspace. If there are any changes in schedule/class meeting locations, students are notified via Brightspace and e-mail.

SIGN-IN SHEETS

Proof of attendance is based upon class sign-in sheets. It is important that students sign in & out on Saturday AND Sunday. If a student does not sign in at the beginning of class, they can meet with the class assistant immediately following lecture to do so, or contact the Samata International office directly no later than the *Tuesday following the class date* to correct their attendance record. Students should email amanda@samata.com and copy the class assistant to confirm their attendance.

If a student has to miss a class meeting or portion of it, it is their responsibility to notify Samata International via e-mail no later than the Thursday before that weekend session. An e-mail to info@samata.com is required for proper notification. If a student becomes aware that they will miss class 24 hours or less before the beginning of the class weekend, they should contact **Kathleen Ross-Allee, Managing Director of YTRx Programs, at (213) 458-9642.**

TARDINESS/LEAVING EARLY

Late arrivals and early departures are disruptive to other students and instructors and are not permitted except under special circumstances, when the student has cleared it with the Samata office first. Please arrive on time and stay the duration of class meetings.

Sign-in sheets will be collected fifteen (15) minutes after the class meeting begins. If a student arrives after that, they must meet with the class assistant during a break or after lecture to be marked as in attendance, but late. As we have had problems with students leaving early without prior approval, all students must **also sign out** in order to be marked as in attendance for that day. If a student arrives more than 30 minutes late, or leaves more than 30 minutes early, they will receive an "absence" for that class. If you are consistently tardy or leave early without prior approval, it will affect your course grade.

If a student cannot be to class on time or must leave early because of prior work or personal obligations, they must contact Samata International prior to the start of the term or as soon as they are made aware of these obligations.

MISSED DAYS

Each student is allowed to miss four (4) class meeting days (2 weekends) per course year before it begins to affect their completion of the course.



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If a student misses five (5) or six (6) class meeting days, they will have the opportunity to complete a makeup assignment to receive their certificate of completion, if remaining requirements of the course are completed satisfactorily.

If a student misses more than six (6) classes, those classes must be made up in the following course year before they can receive a certificate of completion.

MAKING UP CLASSES

Students have until the end of the following course year to make-up missed classes at no additional cost. Students may only attend classes they did not attend, they may not receive credit by attending a class for the second time. If a student is making up 4 or more missed classes, term assignments are due when these classes have been completed.

Any student needing this extension must send an email to **Pat Ranftl** at pranftl@lmu.edu formally requesting one. If the year-long extension/grace period expires but the student still wants to complete the course, they will be charged a \$250 fee to do so, and will have to seek special approval from LMU and Samata International. Before attending a make up class, students must contact the Samata International office directly 1-2 weeks before the class date. Students will be e-mailed class materials, as they will no longer have access to the previous year's materials on Brightspace.

If a student does not make arrangements to make-up classes and complete all outstanding requirements of the course, they will receive a grade of No Credit (NC) and will have to apply and re-enroll to receive a certificate of completion. Students are responsible for tracking their own absences, and contacting Samata if they need to make up classes in the following year.



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TERM ASSIGNMENT GUIDELINES

****Please carefully read all details including format and submission****

This two-part assignment is due **July 31st, 2018**. Anything after is considered LATE and will have a penalty of half a letter grade (“A” becomes “A-”, “A-” becomes “B+”, etc.) and delay in receiving certificate of completion.

PART I. Stick Figure Drawings

There is a document with twenty (20) stick figure postures on Brightspace. As practice, you are required to draw each posture ten (10) times for a total of 200 stick figures.

PART II. Two Case Studies

Students are asked NOT to start this assignment until after the May class weekend on the Standard Evaluation Technique. That class along with what you’ve learned about evaluation testing, SOAP notes, intake sheets and stick figure drawings during the course, will help you in completing this assignment successfully.

Select two (2) people from your clients, friends or family (you may not use yourself).

Using all of the above techniques, prepare a case study on each. Use evaluation tests, SOAP notes, Morris-Payne Standard Evaluation test and intake sheets. Create a unique routine treating their ailment with Yoga Therapy using the stick figures. Chose a topic from the Level I course. If you wish to cover a different topic, you must contact info@samata.com for permission on a case-by-case basis.

Complete three (3) one (1)-hour sessions with each client.

Some of you will have more detail than others because of your background and that is okay. What we want to see is that you comprehend and can successfully incorporate the evaluation skills you have learned over the duration of the course. **Please include the forms and assessments listed above, as well as their routines.** Feel free to block out any personal information that is not relevant to your case study (name, address, phone number, etc.).

Please make sure your *name* is on each page of the assignment, and *proofread for errors* before submitting!

SUBMITTING YOUR ASSIGNMENT

All assignments must be **emailed** in *PDF format ONLY* by **July 31st, 2018**. Anything after is considered LATE and will have a penalty of half a letter grade (“A” becomes “A-”, “A-” becomes “B+”, etc.) and delay in receiving certificate of completion. Extensions are granted on a case-by-case basis, and you must contact info@samata.com one (1) week before the deadline. If you are making up more than 6 classes next term, you have the option for an extension until completion of those classes with no grade penalty.



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The 200 stick figures and each case study should all be separate documents [for a total of three (3) documents].

For the case studies, *please do not send the components of your case study in separate documents!* All case study documentation should be in ONE (1) PDF file, including SOAP notes, evaluation tests, forms, routines, and intake sheets.

Please make sure your name is at the top of each page and labeled as shown in the example below:

AJones YTRx1 CaseStudy1
AJones YTRx1 CaseStudy2
AJones YTRx1 StickFigures

Please send your assignments to info@samata.com. **Any submissions that do not follow the guidelines will not be accepted, and we will ask you to reformat and resubmit your assignments.**

Other forms of submission:

Your term assignment will be emailed to the graders, which is why we require you to scan and email it to us. However, we understand that some people do not have easy access to a scanner. **IF** that is the case, you may mail us your term assignment or give it to the class assistant during a class weekend **BEFORE** the deadline. All assignments should be separated in folders or with paperclips for easy identification (do not staple). Please include **only 8.5 x 11 paper**—no flash cards, tiny notebook pages, torn out pages with binding still attached, etc.

We will not be responsible for returning assignments, so please make sure you've made a copy. Assignments **must be received by the due date** (not postmarked), so please plan accordingly.

Please make sure your name is at the top of each page and sent to:
Samata International
Level I Term Assignment
4150 Tivoli Avenue
Los Angeles, CA 90066

GRADING

Assignments are sent to graders at the beginning of August, and are graded following the guidelines provided in the **rubric** on the next page. Stick figures are graded pass/fail, and the case studies are graded on a letter scale (C- is the last passing grade). Once your term assignment has been graded, you will receive an email with your grade and feedback, and your course grade will be calculated and sent to LMU. Your certificate will be processed and sent directly from LMU, and usually takes about 6 weeks.

	SCORE 4 (highest)	SCORE 3	SCORE 2	SCORE 1 (lowest)
Intake	Client intake is very detailed and provides an overview of client's history, chief complaint, current symptoms, and previous treatments.	Client intake is presented, but there are not enough details about client's condition or history.	Minimal intake information is presented.	No intake is presented.
Evaluation & Testing	Thorough use of the Morris-Payne evaluation. Very good analysis of the data obtained.	Morris-Payne evaluation is presented, but the data and/or analysis is incomplete.	Morris-Payne evaluation is not used. There is little information presented for the evaluation and testing measures that were used.	No evaluative measures were presented.
Assessments and Interventions	The assessment and interventions demonstrate the student's considerable knowledge and expertise of the condition treated.	The assessment and interventions show a good understanding of the subject condition. Minor revisions are necessary.	The assessment and interventions used by the student show a rudimentary understanding of the client's condition. Definite room for improvement.	Case presented provides little or no information about the assessment and/or interventions utilized by the student.
SOAP Notes	SOAP notes are well presented, cover all the necessary information and are appropriately organized.	Notes contain most of the necessary information. Some revision would be helpful.	Notes are basic and need significant revision to cover necessary information.	No notes are presented, or notes do not follow SOAP format.
Stick Figures	Stick figures are well organized and very clear. Asanas are easily identified. The size and shape are consistent.	Stick figures are generally good. Could be clearer or more consistent.	Stick figures need more work. Asanas are not always easily identified.	Stick figures are not included in case study or are sloppy.



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Overall Presentation Style	Information is well presented and flows. All information ties together throughout the paper.	Generally, the paper flows well but could be better. Some disjointedness.	Paper sometimes ties together information. Flow is disjointed.	Paper does not tie together information. Writing is choppy and difficult to read.
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CODE OF CONDUCT ETHICAL STANDARDS

ETHICAL STANDARDS

The Yoga Therapy Rx Certificate Program endorses and supports the Code of Professional Standards set forth by the California Yoga Teachers Association—

www.yogateachersassoc.org.

DECORUM AND ETIQUETTE

Loyola Marymount University provides its students with an academic environment conducive to the pursuit of knowledge. This academic environment is based upon respect, trust, integrity, and accountability among all members of the University community. Academic discourse is composed of diverse perspectives and requires respect for peers, professionals, instructors, and students.

Additional policies on classroom decorum and etiquette are determined at the discretion of the course instructor, and will be outlined in the course syllabus.

Prohibited Conduct Prohibitive conduct includes (1) violating or attempting to violate federal, state or local laws; (2) harassment, assault, and intentionally or recklessly causing psychological or physical harm to any person on or off campus; (3) disruptive behavior, including intentional interference with the freedom of expression of others; (4) use, possession, storage, or being under the influence of any controlled substance or illegal drug, and the use, possession or storage of any weapon, and (6) vandalism and theft.

Dismissal Violation of course etiquette and decorum outlined in the syllabus, and/or prohibitive conduct by the student will result in the immediate dismissal from the enrolled course. Violations must be submitted by the complainant in writing to the instructor of the course and/or appropriate program director. The decision to dismiss a student from a course is made by the program director in consultation with the course instructor. The student may appeal the decision directly to the Senior Director of LMU Extension. In the case of an appeal, dismissal requires the review and approval of the Senior Director, who may alter, defer or suspend the decision. Students may appeal Dismissal from a course only once, and a decision by the Senior Director to uphold a Dismissal from a course is final. Students dismissed from a course may not re-enroll in the same course.

CODE OF CONDUCT

Following is a set of customary guidelines that will apply to all Yoga Therapy Rx courses at Loyola Marymount University (LMU) Extension. In a professional training environment, both the instructor(s) and students have rights and responsibilities. All parties should do what they can to create and maintain a successful learning environment. Samata International and LMU Extension ask that students follow the guidelines outlined hereafter.



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Academic Honesty

LMU is a community dedicated to academic excellence, student centered education, and the Jesuit and Marymount traditions. As such, the University expects all members of its community to act with honesty and integrity at all times, especially in their academic work. Academic honesty respects the intellectual and creative work of others, flows from dedication to and pride in performing one's own best work, and is essential if true learning is to take place. Examples of academic dishonesty include, but are not limited to, the following: all acts of cheating on assignments or examinations, or facilitating other students' cheating; plagiarism; fabrication of data, including the use of false citations; improper use of non-print media; unauthorized access to computer accounts or files or other privileged information; and improper use of internet sites and resources. Academic dishonesty may result in any of the following actions: (1) required assignment or exam to be resubmitted, (2) reduced grade on the assignment, project, or exam, (3) fail the student on the assignment or exam, (4) fail the student in the course. A detailed outline of the university honor code and process is available online.

Classroom Conduct & Participation

Show respect and courtesy to all instructors, as well as your fellow classmates. Because the instructors have to cover a lot of material within a short timeframe, and to prevent digression from the subject matter, please avoid asking excessive questions and sharing personal stories with the group. If you feel like you would benefit from extra time with the instructor, please take part in our Mentorship Program (information on Brightspace & www.samata.com).

The classroom is a place for the conveyance of knowledge. Please do not interrupt instructor(s)/students while speaking. Relevant dialogue about the current subject matter is encouraged and it is okay to disagree with an idea, but ridicule and/or disparaging remarks made about another person and their ideas will not be tolerated. Attention during class should be focused on the instruction/lecture. Raised voices, derogatory language, demeaning and intimidating behavior, excessive personal conversations, sleeping during instruction, phone calls/mobile phone usage, texting, and internet usage that is not relevant to current class content will NOT be tolerated. Please refrain from eating in the classroom (neat, quiet snacks are acceptable).

Attendance

Because of the hands-on nature of the Yoga Therapy Rx Certificate Program, attendance is a large part of each student's final grade. Please refer to the **ATTENDANCE POLICY** document for full guidelines.

Late arrivals and early departures are disruptive and disrespectful. Please arrive 5-10 minutes before the class begins so the instructor(s) can begin on time. After breaks, please return to the classroom promptly so as not to delay the rest of the lesson. If you must leave early, please wait until the next break to exit the classroom. If you arrive late, please quietly take the nearest seat at the back of the classroom and wait until the next break to find a closer/more suitable seating arrangement. Repeated tardiness or not returning after lunch



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can be classified as missed classes.

If there are ongoing circumstances that will prevent you from arriving to/leaving class at the scheduled times, you **MUST** contact Samata International (info@samata.com) prior to class.

Audio & Video Recording

NO audio or video recording is allowed during the class without prior consent from the instructor. Each instructor's policy on this varies. No audio or video recorded during the class is to be shared with non-YTRx students. Official recordings done by Samata are exclusively for archival purposes and Samata Credential holders.

Failure to comply with the guidelines set forth above may result in dismissal from the class. Samata International will make every effort to accommodate the needs of students with disabilities. Students requiring special accommodations should contact Samata International (info@samata.com) prior to the first class weekend so appropriate arrangements can be made.

DISABILITY SUPPORT

LMU Extension will make every effort to accommodate the needs of students with disabilities. Students with documented physical, learning and/or psychological disabilities should request specialized assistance to achieve maximum independence while pursuing their educational goals by contacting the Disability Support Services (DSS) office prior to their enrollment in an LMU Extension course to request such assistance. Staff specialists constantly interact with all areas of the University to eliminate physical and attitudinal barriers. Students must provide documentation for their disability from an appropriate licensed professional. Students may contact the DSS office at 310.338.4535.



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FREQUENTLY ASKED QUESTIONS:

What do I do if I know I'm going to miss class?

If you know you are going to miss class, please send an email to amanda@samata.com notifying Samata. You will be able to make up this class next term. We do NOT provide recordings of classes to students who miss class, due to privacy restrictions for the instructors, etc. An official note-taker will be selected, and notes will be made available after class on Brightspace.

When can I call myself a yoga therapist, and use the YTRX designation?

Anyone can call themselves a Yoga Therapist, as there are currently no city, state, or federal guidelines on what a Yoga teacher or Yoga therapist is. Credibility is all based on the reputation of the Yoga therapy school or organization and their credentials.

When you graduate from the YTRx program, you will receive a Certificate of Completion from Loyola Marymount University. However, Loyola Marymount University does not certify anyone. Graduating from the YTRx Level II program will qualify you to apply for the Yoga Alliance RYT-500 and/or YTRX-500 in the Samata International Credential Program. In order to use the Samata YTRX designation, you must register for the Samata International Credential Program described here: http://www.samata.com/?page_id=68

What is the Mentorship Program?

The Mentorship Program is an *optional* addition to the YTRx program, and a chance for students to earn Continuing Education Credits and an additional certificate. Students contact the instructor directly to book mentoring sessions, paying a rate of \$95 per hour, directly to the instructor. Each participating student who wants to receive a Mentorship certificate must complete 6 hours of mentoring for each level of certificate. (Level I certificate -- 6 hours, Level II certificate – an additional 6 hours, Level III certificate -- an additional 6 hours totaling 18 hours).

At the end of all three (3) levels, participating students should have 18 completed mentoring sessions (maximum). The certificate levels *do not* correspond to the levels of the courses. Students may choose to have the same mentor for all of their sessions or they may choose a combination of mentors from the list. They will need to have a private yoga practice from at least one (1) of their mentors. Mentorship forms can be found on Brightspace, and must be submitted to our office by **September 1st**, at the end of the course.

Is the YTRx certificate from LMU recognized by Yoga Alliance?

Yes, if a student is Yoga Alliance RYT-200 registered at the start of Level I course, upon completion of Levels I & II, they can apply for Yoga Alliance RYT-500. Please note that we are registered as “Yoga Studies at LMU” with Yoga Alliance, NOT “YTRx” or “Yoga Therapy



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Rx". We are listed as an RYS-300, since your 500 is earned by combining the required RYT-200 credential with Levels I & II.

<https://www.yogaalliance.org/SchoolPublicProfile?sid=760>

What are the credentialing opportunities with IAYT?

For those of you interested in the highest possible accreditation, IAYT's new Certificate program is now available, and YTRx is an Accredited Program. Here are the details:

<http://www.iayt.org/default.asp?page=certification>

The new YTRx 1000-hour program was among the first group of courses to be approved for the IAYT credential. It consists of completion of YTRx levels 1-4 and another 200 hours through LMU Yoga Studies with Yoga Mindfulness & Social Change (100) and Ayurveda Self Care (100). <http://academics.lmu.edu/extension/crs/yoga/programs/>

For further information, visit our website: www.samata.com