

Yoga Therapy Rx™ IAYT Grandparenting Hours

	Contact	Non Contact	Total
Section 1: Yoga Foundations (Total of 50hrs)	62	8	70
Section 2: Biomedical & Psychological Foundations (Total of 50hrs)	57	6	63
Section 3: Teaching & Therapeutic Skills	53	6	59
Section 4: Yoga Therapy Tools & their Application	65	8	73
Section 5: Professional Practice	30	5	35
TOTAL HOURS	267	33	300