



ONLINE MS (YOGA)

WWW.VAYUUSA.ORG

INTRODUCTION

Vivekananda Yoga University (VaYU), located in Los Angeles, California, USA is the world's first Yoga university devoted to holistic yoga education and research outside of India.

VaYU launched its Online Master of Science (Yoga) Program in Fall 2020, VaYU is licensed by the Bureau for Private Postsecondary Education, State of California.

Best of the East meets Best of the West

OBJECTIVES



Propagation of evidence-based yoga supported by modern scientific research



Dissemination of yoga drawn from Indian texts, some of which are 5,000 years old



Preparing students to reach their maximum potential in yogic practices



ONLINE MS (YOGA) PROGRAM

The Online MS (Yoga) is a Graduate Program led by some of the most experienced faculty in the world with combined experience of over 350 years of research and teaching. Learning Modules/courses include Yoga Therapy, Research, Philosophy, Science, and, Applications. Practical training of Yoga is included.

With its unique combination of teaching based on traditional texts, cutting edge scientific research, and evidence-based yoga therapy, this program is designed to both educate and inspire.

**NEW ADMISSIONS EVERY
FALL AND SPRING**

SPECIALIZATION STREAMS

Designed for the working professional and the seeker alike, a student can choose from three streams of specializations:



Yoga Therapy



Yoga Research



Yoga Philosophy

PREREQUISITES

- ✓ Ability to speak and read English is mandatory
- ✓ 4-year degree from an accredited college or university in the US or International equivalent
- ✓ International students will need English proficiency

NOTE: No prior training in Yoga is necessary

4

Semesters

16

**Weeks per
Semester**

10^{*}

Courses

30

Credits

* Research students add 6 credit theses. Therapy and Philosophy students add 2 more courses.

PERSONAL CONTACT PROGRAM

During the 13th week of each Academic Year, the Fall Semester, students will attend a one-on-one, hands-on workshop at a week-long, online or residential Personal Contact Program (PCP). Training includes:



Asanas
Physical
Poses



Kriya
Purification
Techniques



Mudras
Hand
Gestures



Bandhas
Body
Locks



Pranayama
Controlled
Breathing



Dhyana
Meditation
Practices

PCP will be offered online or at our main campus in Los Angeles; in satellite campuses across North America; and in some cities in Asia such as our sister campus in Bengaluru, (India); or Singapore based on student interest and faculty availability.



WHY VaYU

Pioneer

- First ever Graduate (MS) Yoga program in the US
- Immersive online classes with weekly 90-minute synchronous office hours of faculty interaction per subject
- 2 weeks of residential classes per academic year

Unique

- 4 semesters | 16 weeks per semester
- Evidence-based Scientific approach
- Traditional wisdom

Excellence

- World-Class Faculty
- Traditional Holistic Yoga
- Experienced Team

Student friendly

- One-third to half the price of competitors
- Intuitive learning platform
- Learn at your own pace



CAREER PATHS AND SALARY

On completion of the program, graduates can be employed as Therapists, Researchers, open their own yoga studios, or pursue further academic opportunities such as Ph.D. or Teaching. The estimated annual salary range, based on surveys and studies, is shown below:

Career Path	Minimum	Maximum	Average	Source
Yoga Therapist	\$42,000	\$82,000	\$65,500	ZipRecruiter.com
Yoga Researcher	\$71,000	\$130,000	\$80,000	Salary.com

Note: VaYU does not guarantee how much a student earns upon graduation.

CERTIFICATION PATHS FOR GRADS



Complete four weeks of clinical training at the end of the 3rd or 4th Semester, to become eligible for International Association of Yoga Therapists certification (C-IAYT).



Be eligible for Yoga Alliance (YA) Registered Yoga Teacher's (RYT-200) Certification via a simple application process.

All Graduates will get a Yoga Instructor Certificate (YIC) and Yoga Therapy Instructor Certificate (YTIC) from VYASA USA.



ENDORSEMENTS



VaYU is reviving and authentically teaching universal truths of ancient Vedic knowledge and enlightening yoga practices, and is delivering them to the western world as the next stage in the global renaissance of universal vedic teaching.

Prof. Jeffrey Armstrong

Award Winning Author and Founder
Vedic Academy of Sciences & Arts



"It is more important than ever that we educate the world in Yogic philosophy and practices, because we know that the Yogic lifestyle decreases the burden of disease and suffering that comes from lifestyle based diseases."

Dr. Lorenzo Cohen

Cancer Researcher
MD Anderson Cancer Center

STUDENT SPOTLIGHT

"I am thrilled to be part of the first cohort of VaYU, and am grateful to learn from teachers, who are masters in the science of Yoga. I was quickly drawn in by the professors' wealth of knowledge and the rich depth of the materials. I know in my heart that the program will expand my ability to live as a healer, a helper and a yogini. The program has helped me to realize what Swami Vivekananda once said:

'We all have the ability to either make or mar ourselves.'

Elizabeth Leenheer

Yoga Teacher, Alberta, Canada

Student - VaYU Online MS (Yoga) program



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APPROVED BY THE STATE OF CALIFORNIA²

2. Bureau for Private Postsecondary Education, State of California requires VaYU to be accredited by the end of 2024