

# Procedure for VaYU MS (Yoga) Graduates to acquire C-IAYT

## 1. INTRODUCTION

VaYU MS (Yoga) Program with Yoga Therapy specialization is an [International Association of Yoga Therapists](#) (IAYT) accredited training program<sup>1</sup>. Graduates optionally can get Certificate from IAYT (or C-IAYT).

## 2. PATHWAY FOR IAYT CERTIFICATION (C-IAYT)

### 2.1. VaYU Graduates Eligibility for C-IAYT

VaYU Master of Science Yoga or MS (Yoga) program with Yoga Therapy specialization lays down an excellent theoretical and therapeutical foundation for a student interested in pursuing C-IAYT, hence no extra coursework is necessary for these students. VaYU MS (Yoga) Graduates with Yoga Philosophy or Yoga Research specializations need to take additional two approved Yoga Therapy courses to qualify for C-IAYT.

### 2.2. Eligible VaYU Graduates Requirement for C-IAYT

However, according to IAYT Certification requirements to get C-IAYT, interested eligible VaYU graduates need to complete additional requirement laid down in **PART 1** and **PART 2** below:

**PART 1:** This Clinical Practicum and Professional practice part is fulfilled by completing VaYU courses YMS 411X (see Appendix A) and YMS 112T (see Appendix B).

- a) Practicum delivery of minimum **180** hours. This is in two portions:
  - i. Deliver a minimum of **150** clinical hours independently as lead Yoga Therapist.
  - ii. Complete **30** hours practicum mentorship.
- b) Professional practice course for Yoga therapists.

**PART 2:** Pass the “*IAYT Certificate exam.*” Per [IAYT website](#). VaYU students who started their programs at VaYU prior to and including Spring 2023 Semester, are exempt from “IAYT Certificate exam.”

#### 2.2.1. Steps towards C-IAYT for VaYU Graduates

VaYU lays out four steps below towards C-IAYT to satisfy **PART 1**. Graduates can do Steps I and Step II in parallel.

**STEP I.** Complete any one of the VaYU courses<sup>2</sup> below to satisfy practicum delivery of 180 hours:

- YMS 411AP *C-IAYT Clinical Practicum- Faculty Mentoring with No Residency* (0:3 Credits). Cost: \$1,795.

<sup>1</sup> VaYU MS (Yoga) program is accredited since May 31<sup>st</sup>, 2023.

<sup>2</sup> 'VaYU Alumni Association' members get \$100 discount for YMS 411X. Membership is at no cost but requires [registration](#).

- YMS 411BP C-IAYT Clinical Practicum- Residency@Arogyadhama (2 Weeks) (0:3 Credits). Cost: \$995<sup>3</sup>.
- YMS 411CP C-IAYT Clinical Practicum - Residency@Arogyadhama (4 Weeks) (0:3 Credits). Cost: \$1,395<sup>3</sup>.

Courses are offered in Fall, Spring, and Summer Semesters in any year. See Appendix A and Appendix B.

**STEP II.** Complete a professional practice course for Yoga therapists by completing VaYU course:

- YMS 412T Professional Practice (0:1 Credits). Cost \$199. See Appendix C. Offered all semesters.

**STEP III.** Once **PART 1** is satisfied, VaYU Registrar will send the list of those students who passed both YMS 411X and YMS 412T courses, to IAYT with updated transcripts at the end of the Semester. Applicants missing the deadline will be included in the following semester list.

**STEP IV.** C-IAYT Applicants will deal directly with IAYT directly from this step onwards, and VaYU is not involved. Checklist to apply for the C-IAYT can be found [here](#). After your application has been reviewed by IAYT, the applicants will get a link for C-IAYT registration including signing up and taking the 'IAYT Certification Exam' as appropriate. IAYT may charge registration and annual fees for this step separately that the student will deal directly with IAYT.

## APPENDIX A

### YMS 411AP: Clinical Practicum - Faculty mentoring with No Residency (0:3 Credits)

Under the mentorship of designated VaYU Faculty, Graduate Yoga therapists independently deliver therapy to clients in their own communities. This course is run via VaYU LMS as any VaYU Course This course can be optionally taken in the 4<sup>th</sup> Semester of MS (Yoga).

Requirements are below:

- Students find clients on their own.
- Students deliver Yoga Therapy to 4-6 clients, each with different primary ailments.
- Each Student as a lead therapist delivers 150 hrs. of Yoga Therapy according to the following guidelines:
  - At least 100 hours are technique delivery/monitored practice hours
  - Remaining hours are a combination of client intake, counseling, review, and course correction
  - At least 3 and no more than 5 clients
  - No less than 15 hrs of engagement with each client
  - For each client, no more than 4 months elapsed time between client intake and completion of therapy
- Yoga therapy sessions are strongly recommended to be done in person.
- 5 hours of report writing is expected for final submission.

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<sup>3</sup> Special arrangement with Arogyadhama - the Integrative medicine hospital at SVYASA, Bengaluru, India.

Students will be mentored by VaYU course faculty for 30 hours during the whole process.

- This would start from client intake, review of the protocol/assessments, necessary guidance for course corrections, interim review/monitoring during live sessions, speaking with clients, review of the final report and overall assessment.
- A formal plan should be submitted by the student to the VaYU Faculty with timeline, start / end dates. VaYU Faculty signs off on the plan before the student begins the therapy sessions.
- This course will be run via VaYU LMS as any VaYU Course with deadlines.
- **Cost \$1,795.**

## APPENDIX B

### YMS 411BP: C-IAYT Clinical Practicum - Residency at Arogyadhama, SVYASA Campus, Bengaluru, India (0:3)

This course can be optionally taken in the 4<sup>th</sup> Semester of MS (Yoga).

Arogyadhama is a world renowned Integrative medicine hospital that provides care for its patients by using Yoga therapy as the primary modality led by Dr Nagarathna, VaYU faculty and pioneer in the field of Yoga Therapy. Students learn hands-on Yoga Therapy techniques, while observing Integrative Medicine practice under the tutelage of VaYU faculty in Arogyadhama.

There are two courses under this scheme with the following privileges common between both options:

- **Cost includes** Bengaluru Airport pickup-drop off; Single occupancy AC Room; Special food; SVYASA branded Kit with Track Pant, T Shirt, and Yoga Mat; and Arogyadhama Residency.
- **Price is per person** and does not include Air travel cost or additional persons.
- **Residency** dates are selected at course registration. Mid-Semester residency date changes need approval by course faculty.

**Note:** Residencies or training not previously authorized by VaYU will not be counted for the specified course requirements. These courses will be run via VaYU LMS as any VaYU Course.

### YMS 411BP: C-IAYT Clinical Practicum - - Residency@Arogyadhama (2 Weeks) (0:3)

Spend 2-weeks at Arogyadhama as a Yoga Therapist. Covers 80 hours of clinical delivery at Arogyadhama and 20 hours Practicum Mentorship on your own.

- Upon returning home, Students work with 3 Yoga Therapy patients for a total of 70 hours under the mentorship of VaYU faculty to submit a report approved by VaYU Faculty.
- **Cost \$995<sup>1</sup>.** Special \$100 discount for VaYU Alumni members.

### YMS 411CP: C-IAYT Clinical Practicum - Residency@Arogyadhama (4 Weeks) (0:3)

Spend 4-weeks at Arogyadhama as a Yoga Therapy intern. Covers 150 hours of clinical delivery at Arogyadhama and 30 hours Practicum Mentorship

- **Cost \$1395<sup>1</sup>.** Special \$100 discount for VaYU Alumni members.

Work with minimum 3 and a maximum of 5 Yoga Therapy patients during residency and submit a report approved by VaYU Supervisor at Arogyadhama to the course faculty.

## APPENDIX C

### YMS 412T: Professional Practice for Yoga Therapists (1:0 Credits)

This self-paced course can be done in asynchronous online mode and will have the below four modules.

Module 1 - Ethical Principles

Module 2 - Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy

Module 3 - Relationships with Peers, Mentors, Clinicians, and Organizations

Module 4 - Personal and Professional Development and Continuing Education

