



**100 HOUR FOUNDATIONS  
START ANYTIME**

**LEVEL ONE LIVE ONLINE  
SEPTEMBER 2024 -  
AUGUST 2025**

**LEVEL TWO LIVE ONLINE  
SEPTEMBER 2025 -  
AUGUST 2026**

# YOGALIFE INSTITUTE

**PRESENTS**



**COMPREHENSIVE  
YOGA THERAPY**

**800 HOUR IAYT ACCREDITED PROGRAM**

Welcome to the Comprehensive Yoga Therapy (CYT) Training at YogaLife Institute - a uniquely powerful perspective on health and healing. Our school has been a destination for yoga lifestyle education for more than 30 years.

The CYT program is designed differently, with roots in my training at The Yoga Institute of Mumbai, India, and integrated during my Ph.D. studies in Yoga Therapy at the California Institute of Integral Studies.

Being a Yoga Therapist is an incredible journey - a sacred calling to develop your yoga skills and teaching gifts and take them out into the world.

Is it your time to become a Yoga Therapist? We are here to help you answer that question. Reach out for a free program consultation today to learn more!

Bob Butera, Ph.D., C-IAYT, ERYT500  
Program Director

# 100 HOUR FOUNDATIONS COURSE

## START YOUR LEARNING JOURNEY TODAY

*If you are ready to start learning now, you can enroll in the 100 Hour Yoga Therapy Foundation online course ahead of September live start date and receive early reading and mentorship support.*

### 100 Hour Foundations - Start Learning Now

Are you ready to dive into the richness of yoga therapy? The knowledge awaits your exploration.

With our asynchronous digital learning format, the opportunity to begin your studies is at your fingertips—right now. The flexibility of asynchronous courses empowers you to delve into Foundational Yoga Therapy material ahead of the September live group program start date, providing a personalized and convenient learning experience.

### 100 Hour Foundations Course Highlights

**Early Access to Materials and Mentorship:**  
Explore the structure of the program and the significance of digital learning. Dive into the heart of yoga therapy and distinguish it from traditional teaching methods. The added advantage of mentorship ensures that your early start is not just about acquiring knowledge but also deepening your understanding through personalized guidance.

**Case Studies & Teaching Private Yoga:**  
Immerse yourself in real-life case studies, gaining practical insights for teaching yoga on a one-on-one basis as a way of preparing to eventually provide yoga therapy. Discover effective strategies and tips to enhance your teaching of individuals.

### Four Online Courses to Supercharge Learning

Introduction to the Art and Science of Yoga Therapy

- 101 How the Course Works: Structure, Assessments, and Mentorship
- 102 Beyond Asana: Navigating the Depths of Yoga Therapy versus Yoga Teaching
- 103 Private Yoga as a Path to Yoga Therapy

Listening as Path to Enlightenment

- 101 The Art of Attuned Presence: Baseline and Background
- 201 Harmonic Resonance: Deepening Skills
- 202 Guiding with Grace: The Role of Mentoring in Yoga Therapy
- 203 Sutras of Serenity: Yoga Sutras on Boundaries

Meditation in Theory and Practice

- 101 Teaching Individualized Meditation
- 201 Finding Stillness with Sensory Mastery
- 202 Deep Relaxation Techniques

Karma Yoga: Ethical Living and Purposeful Action

- 101 Clarity of Consciousness: Karma Yoga and the Art of Pure Thinking
- 201 Ethical Actions Unveiled: Karma Yoga's Fourfold Path for Action
- 202 Transforming Stress through Yoga Therapy
- 203 Dharma in Action: Aligning with Life Purpose

***All payment and learning credits from the 100 Foundations Program transfer immediately and seamlessly into the 800 Hour Comprehensive Yoga Therapy Training Program***

# 800 HOUR IAYT ACCREDITED COURSE FAQs



THE 100 HOUR  
FOUNDATIONS COURSE,  
PREPARES YOU FOR THE  
800 HOUR LIVE ONLINE  
TRAINING THAT STARTS  
SEPTEMBER 2024.

## FREQUENTLY ASKED QUESTIONS ABOUT THE 800 HOUR COMPREHENSIVE YOGA THERAPY TRAINING

*Does this program allow me register as an RYT500 ?*

In order to register for the 800 Hour Program, you need to already be an RYT200 with one year of teaching practice (can be done concurrently with the first year of the program).

The Level 1 training program meets and exceeds the 300-hour program requirements for graduates to register with the Yoga Alliance. Upon graduation, you will receive a 300-hour certificate that you can register to become an RYT500.

*How do I become a Certified Yoga Therapist (C-IAYT)*

The Level 1 program puts you on the path of becoming a C-IAYT with the International Association of Yoga Therapists. Students must graduate from both the Level One and Level Two programs to register as a C-IAYT with IAYT.

*Will I get individualized mentorship and feedback?*

Mentor sessions are designed to support learning needs and applied skill development. Mentors teach in the program, and students develop a consistent and supportive relationship with them during the training.

*Will this training improve my yoga teaching skills?*

While the program is geared toward the one-to-one Therapeutic Yoga process, you will learn new aspects of yoga anatomy, adaptive asana, philosophy, and teaching theory to enhance your group class teaching skills.

*What is the mentoring format?*

You will be assigned a personal mentor to whom you will submit your case studies and have monthly sessions to process progress through the training. Peer-to-peer mentoring also happens as part of the live group training.

*Is this program good for personal growth?*

Yes, this program concentrates on the one-to-one aspects of yoga mentorship. Each member will learn more about themselves through our various self-study and peer yoga therapy group processing exercises. You will experience the principles and practices of yoga therapy yourself as part of learning how to guide others.

*What happens if I miss a training?*

This is professional training, and students are expected to attend all weekends. Recordings of all of the live online classes will be made available to students. Some make-up study may be required in the case of excessive absence.

# MORE PROGRAM DETAILS

FOUNDATIONS COURSE

100 HOUR

YOGA THERAPY

PROGRAM

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800 HR COMPREHENSIVE  
YOGA THERAPY PROGRAM

SEPTEMBER

2024

YogaLife Institute

## EARN WHILE YOU LEARN

AS A CERTIFIED YOGA TEACHER, YOU WILL BE ABLE TO CHARGE A DISCOUNTED RATE FOR YOUR PRIVATE LESSON CASE STUDY REQUIREMENTS. THIS WILL HELP OFFSET TUITION FEES.

### *Enrollment Process*

Step 1: Have a free consultation with the program director to discuss your professional goals. Help us determine if the Comprehensive Yoga Therapy program is the right fit for your learning needs.

Step 2: Sign up for the 100 Hour Foundations course using the tuition down payment form.

Step 3: Complete the 100 Hour Foundations course and transfer your tuition and credits into the Level One Comprehensive Yoga Therapy training that starts in September 2024

### *Program Length*

The program is broken up into Levels 1 and 2, each one a year long. You can complete the program in two years or have an extra six months to complete case study work after the live coursework is completed.

Most students in the program complete the course within two years. The course workload is designed to be manageable and adaptable to adults with families who are working full time jobs.

### *Program Details*

The training runs live online via zoom one weekend and one evening per month. Attendance is required at all live online sessions.

Additional study in the form of teaching private lessons, case study reviews and write ups alongside reading and online courses in our digital learning environment. Mentorship happens every month.

Students must complete all study requirements, including attendance, case study and mentorship meetings in order to be considered for graduation.

### *Program Accreditation & Prerequisites*

The 800 Hour Comprehensive Yoga Therapy program is accredited by the International Association of Yoga Therapists (IAYT). IAYT standards require that program participants carry an RYT 200 designation with Yoga Alliance. Students must also have one year of teaching experience (can be gained concurrently) and one year of an established personal practice.

Graduates of the Level One CYT Program will be also able to register as an RYT 500 with the Yoga Alliance



# GRADUATE TESTIMONIALS

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YOUR SUCCESS IN PRACTICE IS OUR ULTIMATE GOAL!



"I have completed more than 800 hours of yoga teacher and yoga therapy training with YogaLife, and I am a successful yoga teacher and studio owner. I highly recommend YogaLife for in-depth yoga teacher training, continuing education, or simply to grow and deepen your personal knowledge and experience of practice."

Suzanne Accardo, M.Ed. Owner of The Yoga Place in Ephrata  
200 Hour Yoga Teacher & Yoga Therapy Training Graduate



"After three years of studying with YogaLife, I have learned a lot about myself. I use the skills that I have learned daily for myself, and with clients in my psychotherapy and coaching practices. I am grateful for my experiences and furthering my yoga education for many years to come."

Djuan D. Short, LCSW, Owner of Dahlia Rose Wellness  
200 Hour Yoga Teacher & Yoga Therapy Training Graduate



"The quality of the content, expert faculty, and the amazing community of students I encountered at the YogaLife Institute were exactly the perfect fit for me. I've been a part of the educational community for many years and always look forward to the new programs that this organization has to offer."

Angela Megasko, President & Owner, Market Viewpoint, LLC  
200 Hour Yoga Teacher & Yoga Therapy Training Graduate



"In the Yoga Therapy training, you'll learn ways to help others to incorporate yoga philosophy and practices into their daily life so they might experience less stress and improved wellbeing. You will also learn the skills needed to become a professional yoga therapist. Instructors are approachable and immensely knowledgeable, which makes the learning engaging and fun."

Rebecca Cate, LPC, MPH, CCTP, E-RYT 200, C-IAYT  
200 Hour Yoga Teacher & Yoga Therapy Training Graduate

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# LEVEL ONE PROGRAM DATES AND TIMES

COMPREHENSIVE YOGA THERAPY IS HOME TO HIGHLY QUALIFIED AND EXPERIENCED TEACHERS DEDICATED TO HONING THEIR CRAFT. EVERY TEACHER IN THE PROGRAM HOLDS ADVANCED CERTIFICATIONS IN YOGA THERAPY

## LEVEL ONE WEEKEND SCHEDULE

Friday 6:00-9:00 PM, Saturday and Sunday 10:00 AM-6:00 PM EST

September 20-22, 2024, October 11-13, November 8-10, December 13-15, January 10-12, 2025, February 7-9, March 7-9, April 11-13, May 16-18, June 13-15, July 18-20, August 8-10

## LEVEL ONE MID-MONTH MEETINGS

One Thursday Per Month, 6-9 PM EST

October 3, October 24, November 21 December (Break), January 23, 2025, February 20, March 20, April 24, May 29, June 26, July 31, August (Break)

The Comprehensive Yoga Therapy Training has been a fantastic expansion of our Yoga Lifestyle teaching mission. It is our honor to serve in the training of Yoga Therapists.

On behalf of the entire CYT Teaching Team, we look forward to helping you expand your knowledge and skill set on your journey from Yoga Teacher to Yoga Therapist.

Sincerely,  
Bob Butera, PhD  
Program Director





# 100 HOUR YOGA THERAPY FOUNDATIONS PROGRAM ENROLLMENT FORM

Option #1: \$1000 (upon completion, this will transfer to the 800 Hour Program)

Option #2: Customized payment plan - speak with Program Director

Mail Checks to: YogaLife Institute, c/o Bob Butera,  
6923 Carnation Drive, Carlsbad, CA 92011

Name:\_\_\_\_\_

Choice of payment plan: Option #1 \_\_\_\_\_ Option #2\_\_\_\_\_

Form of payment: Check \_\_\_\_\_ Cash\_\_\_\_\_ Credit Card\_\_\_\_\_

CC#\_\_\_\_\_

Expiration date \_\_\_\_\_ CVC code\_\_\_\_\_

Billing Address:\_\_\_\_\_

Agreement: In signing this document, I agree that I will pay the full tuition due within 11 months of starting the program. If I fail to make a payment, I understand the applicable charges will be made to my card on file.

I understand that payment in full is required regardless of program completion and that there are no refunds or exchanges for Yoga Therapy Training Programs.

Signature:\_\_\_\_\_Date:\_\_\_\_\_

Payment Start Date:\_\_\_\_\_



# COMPREHENSIVE YOGA THERAPY LEVEL ONE ENROLLMENT FORM

Option #1: Paid in Full by July 1, 2024 - \$6500 (minus cost of Foundations Program)

Option #2: \$6600 Payment Plan

- 1st Payment: \$2200 deposit due at registration (minus cost of Foundations Program)
- \$440/Month for 10 Months – Auto Billed on the 1st of the Month

Option #3: Customized \$6600 payment plan - speak with Program Director

Note: Tuition must be paid in full by July 1, 2025.

Checks To: YogaLife Institute, c/o Bob Butera, 6923 Carnation Drive, Carlsbad, CA 92011

Name:\_\_\_\_\_

Choice of payment plan: Option #1 \_\_\_\_\_ Option #2 \_\_\_\_\_

Form of payment: Check \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_

CC# \_\_\_\_\_

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Payment Start Date: \_\_\_\_\_