



700 Hour Yoga Therapy Diploma

On successful completion of the TSYP yoga therapy diploma you will be eligible for registration as a yoga therapist with the Complementary and Natural Healthcare Council (CNHC). The course is accredited with the British Council for Yoga Therapy (BCYT) to meet the UK National Occupational Standards for yoga therapy.

KEY INFORMATION

Duration:	700 hours over 30 months
Start date:	4 September 2023
End date:	31 March 2026
Location:	Achieving for Children Training Centre, Grimwood Road, Twickenham TW1 1BY
Fees:	£4,000 yoga therapy course tuition fees, plus £1,300 (maximum) clinical supervision fees, plus additional costs (see Fees and Additional Costs section), plus if accredited prior learning (APL) applies, £480 bridging course fees (see Accredited Prior Learning section)

THE SOCIETY OF YOGA PRACTITIONERS (TSYP)

TSYP is a UK-based yoga organisation and British Wheel of Yoga Qualifications (BWYQ) and British BCYT recognised training centre offering yoga teaching to some of the highest standards available.

As well as offering yoga teacher and yoga therapist training, TSYP offers other yoga and Vedic chant courses, workshops, mentoring and continuing professional development and opportunities to bring interested and like-minded people together. Committed to continuing the teaching and inspirational vision of T. Krishnamacharya and T.K.V. Desikachar, who sought to make yoga relevant to the demands of modern life, TSYP believes that by using all the tools of yoga in an intelligent way, yoga can be accessible to anyone.

COURSE OVERVIEW

This diploma course is accredited with the BCYT to meet the UK National Occupational Standards for yoga therapy. This training will equip you with the theoretical knowledge, clinical skills and professional values needed to become highly proficient in the practice of yoga therapy according to codes of practice, ethics and conduct appropriate for UK and Europe. On successful completion of the diploma you will be eligible for voluntary registration as a yoga therapist with CNHC, the UK's independent regulator for complementary healthcare practitioners.

This course offers a stimulating integration of theory and practice that draws on classic yoga models whilst also taking account of current developments and research. It teaches a systematic approach to yoga therapy based on clear and established principles in the tradition of T. Krishnamacharya and T.K.V. Desikachar.

You will learn how to create safe and effective therapeutic practice plans, tailored to the client's unique situation, presenting problems and physical and mental capacities. You will also be supported to put this learning into practice as a trainee in voluntary settings, providing therapy to individuals and groups under the guidance of your clinical supervisor and course tutors. Once skilled in this approach, you will be able to respond appropriately and flexibly to the individual needs of each client in both private and healthcare settings.

WHY CHOOSE THIS COURSE?

Here are some compelling reasons to choose this course:

- Registration with CNHC: On graduation you will become eligible for registration with the CNHC because the course is BCYT accredited to meet the National Occupational Standards for Yoga Therapy.
- Quality assurance: TSYP is dedicated to training yoga teachers, yoga therapists and Vedic chanting teachers to the highest UK and international standards. To this end, we have robust internal and external quality assurance procedures in place.
- Therapeutic approach: The course is developed around an effective and systematic therapeutic approach built on clear principles.
- Quality of teaching: Students at a higher level of training benefit from studying with different teachers. For this reason the course is taught by a small, selected team of yoga therapists who bring a diverse wealth of knowledge and experience to the areas they are teaching.
- Continuity and consistency of delivery: The course is overseen from start to end by a course leader to ensure continuity and consistency of delivery.
- Potential for further accreditation: We intend to pursue accreditation with the International Association of Yoga Therapists (IAYT) by developing a supplement to the current course. We are well positioned to achieve this goal and, should we succeed, you will have the option to supplement this yoga therapy diploma with further studies to become an IAYT certified yoga therapist.

ADMISSION CRITERIA

- A Yoga Teacher Training qualification from TSYP, or TSYP recognised training organisation (please see the TSYP Recognition of Prior Qualifications Policy), or a yoga teaching qualification from another training organisation.
- Minimum 120 hours of yoga teaching experience over one year.
- Evidence of CPD (continuous professional development) of at least 15 hours per year post qualification.
- Minimum of three years' regular personal yoga practice.
- A personal statement that demonstrates the applicant's readiness for yoga therapy training.
- Successful performance in an individual interview that assesses the applicant's readiness for yoga therapy training.
- To fulfil assessment requirements students should be confident in their use of English language, both written and oral.

ACCREDITATION OF PRIOR LEARNING

If you have a yoga teaching qualification of minimum 200 hours of training and minimum 180 contact hours from a training organisation other than TSYP or TSYP recognised training organisations, your qualification can be recognised on successful completion of the TSYP 55-hour bridging course at the start of the yoga therapy course. The bridging course will provide you with essential knowledge of principles and practices specific to the tradition of T. Krishnamacharya and T.K.V. Desikachar.

COURSE STRUCTURE, SYLLABUS AND DATES OF DELIVERY

Course Structure

The yoga therapist training course of 700 hours is delivered over 30 months and structured as follows:

- 400 hours direct contact with tutors
 - 150 hours of synchronous online learning (Zoom)
 - 224 hours of in-person learning
 - 26 hours of one-to-one individual clinical supervision
- 120 hours independent student-led and supervised individual and group yoga therapy with clients
- 180 hours non-contact guided research and distance learning
 - 50 hours writing up of case studies
 - 130 hours self-directed peer group work and other assignments

You should also expect to undertake weekly independent study of between 4 and 6 hours.

Course Dates

From the week of 4 September 2023 until the week of 6 October 2025, you will attend online theory classes for two hours per week, excluding breaks during the Christmas, Easter, and summer periods.

From October 2023 until June 2025, you will learn yoga therapy skills in person during intensive 4-day sessions. These sessions will run from Friday to Monday on the following dates:

- 13 to 16 October 2023
- 19 to 22 January 2024
- 19 to 22 April 2024
- 12 to 15 July 2024
- 6 to 9 September 2024
- 22 to 25 November 2024
- 7 to 10 March 2025
- 6 to 9 June 2025

From April 2024 onward you will also deliver yoga therapy to individuals and groups in a voluntary setting under the guidance of a course approved supervisor. Following the last day of teaching in October 2025, you will have a further 6 months, until the end of March 2026, to complete your clinical practice with the support of your supervisor and to submit your professional portfolio.

Yoga Therapy Course Syllabus

- Theoretical foundations of yoga therapy
 - Yoga perspectives on health and illness

- Contemporary perspectives on health and illness
- Yoga therapy in wider healthcare
- Yoga therapy for conditions of the physical and physiological body
 - Conditions of the cardiovascular and respiratory systems
 - Conditions of the digestive and urinary systems
 - Conditions of the immune, lymphatic, and integumentary systems
 - Conditions of the endocrine, reproductive, and nervous systems
 - Lifestyle related disorders and age-related changes
- Yoga therapy for mental health problems
 - The mind in the yoga tradition
 - Contemporary perspectives on mental health
 - Mental health issues – yoga and contemporary perspectives
 - Psychopathology
- Āyurvedic perspectives in yoga therapy
 - Health and illness according to āyurveda
 - The process of healing in āyurveda
 - Precautions and contra-indications
- Professional and business skills
 - Professional codes of conduct
 - Legal and regulatory requirements
 - Collaborating with others
 - Continued professional development
 - Setting up a yoga therapy practice
- Skills for observation and assessment
 - Biomechanics of movement
 - Systematic approach to yoga therapy
 - Examination of posture, movement and breathing
 - Interviewing and pulse taking
- Skills for designing and delivering yoga therapy
 - Therapeutic relationship
 - Precautions and contra-indications in yoga therapy
 - Analysis, evaluation, and strategising
 - Therapeutic application of yoga techniques (postures, breathing, sound and mantra, meditation, visualisation, touch)
 - Therapeutic strategies based on a selected yoga model
 - Lifestyle guidance and modification
 - Reviewing, refining, and concluding yoga therapy
 - Teaching the yoga therapy clients
 - Equality, diversity, and inclusivity
- Skills for working with specific conditions
 - Observation and evaluation of yoga therapy practice
 - Theory into practice with in-person scenarios

Bridging Course Structure and Dates

Please note the bridging course only applies to applicants that meet admission requirements under APL – see the section on Accredited Prior Learning.

The bridging course of 55 hours is taught online over three months and covers the following:

- The yoga tradition of T. Krishnamacharya and T.K.V. Desikachar
- Principles of āsana with breathing practice
- Construction of a yoga practice
- Introduction to the use of sound and mantra

The course will run from September 2023 until November 2023. We will confirm exact dates and times early in 2023.

TEACHING, ASSESSMENT AND ATTENDANCE

A blend of online and in-person delivery is used through a variety of teaching methods including lectures, workshops, group work, clinical supervision, analysis of case material, observation and evaluation of live therapeutic practice and participation in yoga sessions that illustrate therapeutic principles.

Evidence of your progress will be assessed by a variety of coursework assignments including oral presentations, development of therapy plans, case studies, a small-scale research project and completion of a professional portfolio (record of clinical practice).

A minimum of 85% attendance is required for successful completion of the course.

FEES AND ADDITIONAL COSTS

We expect that in your capacity as a practising yoga teacher, you will already hold valid professional indemnity insurance and first aid certification and will continue to keep both current for the duration of the course.

Yoga Therapy Course

Item	Amount	Payment options
Tuition Fee (Includes registration fee and course materials)	£4,000	<ol style="list-style-type: none"> 1. Monthly payments <ol style="list-style-type: none"> a. A non-refundable, non-transferable deposit of £800 paid by 31 July 2023 b. followed by twenty monthly payments of £160 from 1 September 2023 through to 1 April 2025. 2. Annual payments <ol style="list-style-type: none"> a. A non-refundable, non-transferable deposit of £800 paid by 31 July 2023 b. followed by two annual payments of £1,600 on 1 September 2023 and 1 September 2024, respectively. 3. A lump sum of £4,000 paid by 31 July 2023.
Clinical supervision	£1,300 maximum	£50 (maximum) per hour for 26 hours, payable directly to a course approved supervisor, between April 2024 and March 2026.

Bridging Course

Item	Amount	Payment options
Tuition Fee	£480	<ol style="list-style-type: none">1. Monthly payments<ol style="list-style-type: none">a. A non-refundable, non-transferable deposit of £180 paid by 31 July 2023,b. followed by three monthly payments of £100 from 1 September 2023 through to 1 November 2023.2. A lump sum of £480 paid by 31 July 2023.

Additional Costs

- If you are not already a teacher member of TSYP, you will be required to be a trainee member of TSYP for the duration of your training. The trainee membership fee is currently £25 per year.
- The cost of books, in addition to the course materials provided, should not exceed £120.
- Travel costs
- Accommodation costs if relevant

Refunds

Please see the TSYP website for the Refund Policy.

Financial Assistance

The TSYP strives to make courses more accessible to those experiencing financial hardship. Please see the TSYP website for the Financial Assistance Policy.

INTERNET ACCESS

You should have access to a computer and the internet for receiving emails and course materials, submitting assignments, and attending Zoom sessions.

LEARNING SUPPORT

The course tutors will provide support during training days and feedback on assignments. Do raise concerns with them as they arise.

Towards the end of the first and second years of the course, the course leader will undertake a one-to-one review with you to discuss your progress.

TSYP has a number of policies in place to support students' progression including, mitigating circumstances (for use where a student is unable to complete assessments due to unforeseen circumstances such as bereavement, serious injury/illness), reasonable adjustments (where a student has a particular assessment requirement), award of certification and qualification (where a student has

failed to complete the set assessments, or has not completed these to the required standard). Please see the TSYP website for these policies or contact the course leader.

FURTHER QUESTIONS?

If you need more information than we have provided in this prospectus, we invite you to contact us with your questions. Please email Michelle Tarling, TSYP Head of Education, at training@tsyp.yoga and Annemarie Visser, TSYP Head of Yoga Therapy, at yogatherapy@tsyp.yoga.

The course leader will also facilitate live, online information sessions on Sunday 22 January, Sunday 26 February and Sunday 19 March, all at 16h00 UK time. If you would like to attend one of the sessions, please get in touch.

APPLICATION PROCEDURE

You will find the application form on the TSYP website. As you will see, we require two relevant references.

We will respond within two weeks of receiving your application. If you meet the criteria for admission, you will be invited for an interview with the course leader and a course tutor. The interview will last between 30 and 45 minutes.

Following the interview, we will notify you of the outcome within a week.