

Online short courses

| Title of short course | TSYP teacher | TSYP Practitioner | Non-member |
|--|--------------|-------------------|------------|
| Health and healing in the yoga tradition; yoga models. 7 sessions | £98.00 | £119.00 | £140.00 |
| Contemporary perspectives on health and illness; yoga therapy in wider healthcare. 3 sessions | £42.00 | £51.00 | £60.00 |
| Yoga therapy for musculo-skeletal conditions 7 sessions | £98.00 | £119.00 | £140.00 |
| Yoga therapy for mental health problems 7 sessions | £98.00 | £119.00 | £140.00 |
| Yoga therapy for cardiovascular and respiratory conditions 7 sessions | £98.00 | £119.00 | £140.00 |
| Yoga therapy for digestive and urinary conditions 7 sessions | £98.00 | £119.00 | £140.00 |
| Yoga therapy for immune, lymphatic and integumentary conditions 7 sessions | £98.00 | £119.00 | £140.00 |
| Ayurveda for yoga therapists 5 sessions | £70.00 | £85.00 | £100.00 |
| Yoga therapy, psychiatric diagnoses and drugs 7 sessions | £98.00 | £119.00 | £140.00 |
| Yoga therapy for endocrine, reproductive and nervous system conditions 7 sessions | £98.00 | £119.00 | £140.00 |
| Lifestyle and age related conditions 6 sessions | £84.00 | £102.00 | £120.00 |
| Professional and business skills for yoga therapists 5 sessions | £70.00 | £85.00 | £100.00 |

In Person Modules (4-days Friday -Monday)

| Name of Module | TSYP teacher | TSYP Practitioner |
|--|--------------|-------------------|
| Observation and assessment; therapeutic relationship | £345.00 | £425.00 |
| Therapeutic application of āsana, prānāyāma, mantra, dhāraṇā, bhāvanā, mudrā and nyasa | £345.00 | £425.00 |
| Strategies and models for yoga therapy practices. | £345.00 | £425.00 |
| Trauma sensitive practice; equality, diversity and inclusivity | £345.00 | £425.00 |
| Working with cases and scenarios per weekend | £345.00 | £425.00 |