A stylized, light-colored illustration of a plant with several leaves and small, round buds or flowers, positioned on the left side of the slide.

# YOGA TEACHING AND YOGA THERAPY: MEANINGFUL DISTINCTIONS IN PRACTICE

Bulgarian Yoga Congress

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## WITH GRATITUDE TO MY TEACHERS:

- ★ Pandit Rajmani Tigunait  
Himalayan Institute
- ★ Gary Kraftsow  
American Viniyoga
- ★ Yogarupa Rod Stryker  
Para Yoga



# Practice to Prepare for Learning

From Taittirīya Upanishad

Translation

- |                           |                               |
|---------------------------|-------------------------------|
| • Saha navavatu           | • May we be protected         |
| • Saha nau bhunaktu       | • May we be nourished         |
| • Saha viryam karavavahai | • May we increase in vitality |
| • Tejas vina vadhitamastu | • May we see clearly          |
| • Ma vidvisavahai         | • May we not be in conflict   |
| • AUM                     | • AUM                         |
| • Shanti, shanti, shanti  | • Peace, peace, peace         |

# Overview

- ❖ Definition of terms:

- ✧ What do we mean by yoga and yoga therapy?

- ✧ What is their relationship?

- ❖ How are they similar and different in intention?

- ❖ What do we need to know to share/teach them?



# What is yoga? Bhagavad Gita

- ❖ BG 2.48 “Practice yoga and perform the actions you are obliged to do, but, Arjuna, don’t be attached to them. Treat success and failure alike. This kind of **even mindedness is called yoga.**”
- ❖ BG 2.5 “A man who is committed to insight leaves behind both good actions and bad. Therefore commit yourself to yoga, for **yoga is skillfulness in action.**”
- ❖ BG 2.53 “When your insight, which has been distracted by the traditional teachings, stands unwavering, **motionless in concentration, then you will reach yoga.**”

Rutt, Stephanie, An Ordinary Life Transformed: Lessons for Everyone from the Bhagava Gita, Hobblebush Books, 2006

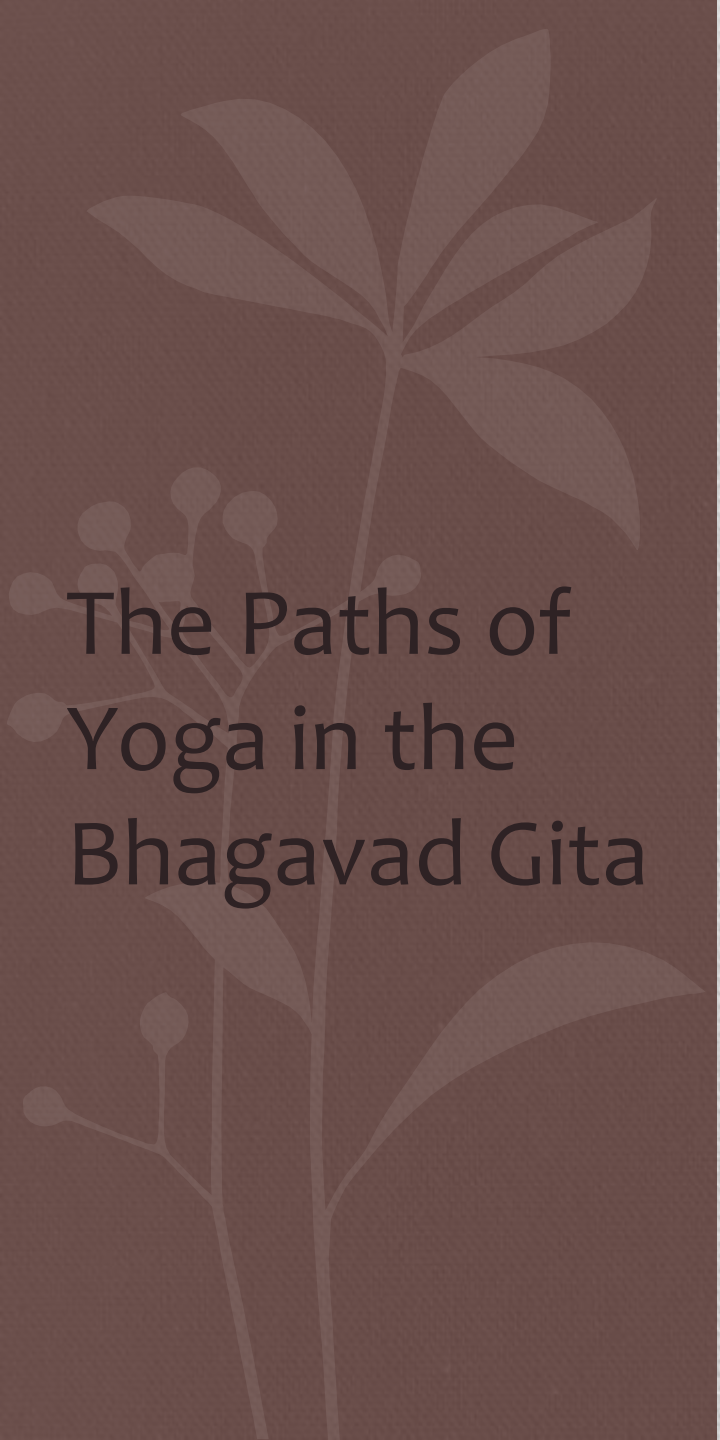


# What is yoga? Bhagavad Gita

- ❖ BG 6.23 “He should know that this is **what yoga is: it is to undo the bonds that bind us to sorrow**. It should be practiced with determination and without the despair that troubles one’s thoughts.”
- ❖ BG 6.29 “**Having yoked himself by means of yoga**, he sees the self, atman, that dwells in all beings and all beings within the self. **He sees the same in all things.**”
- ❖ BG 6.33 Arjuna: “**You have explained yoga to me as equanimity and the identity of all things**. But Krishna, I cannot see how it can be firmly established, because of my mind’s restlessness.

Rutt, Stephanie, An Ordinary Life Transformed: Lessons for Everyone from the Bhagava Gita, Hobblebush Books, 2006





# The Paths of Yoga in the Bhagavad Gita

## ❖ Jnana yoga

- ❖ knowledge of the truth of the greater reality/ consciousness

## ❖ Bhakti yoga

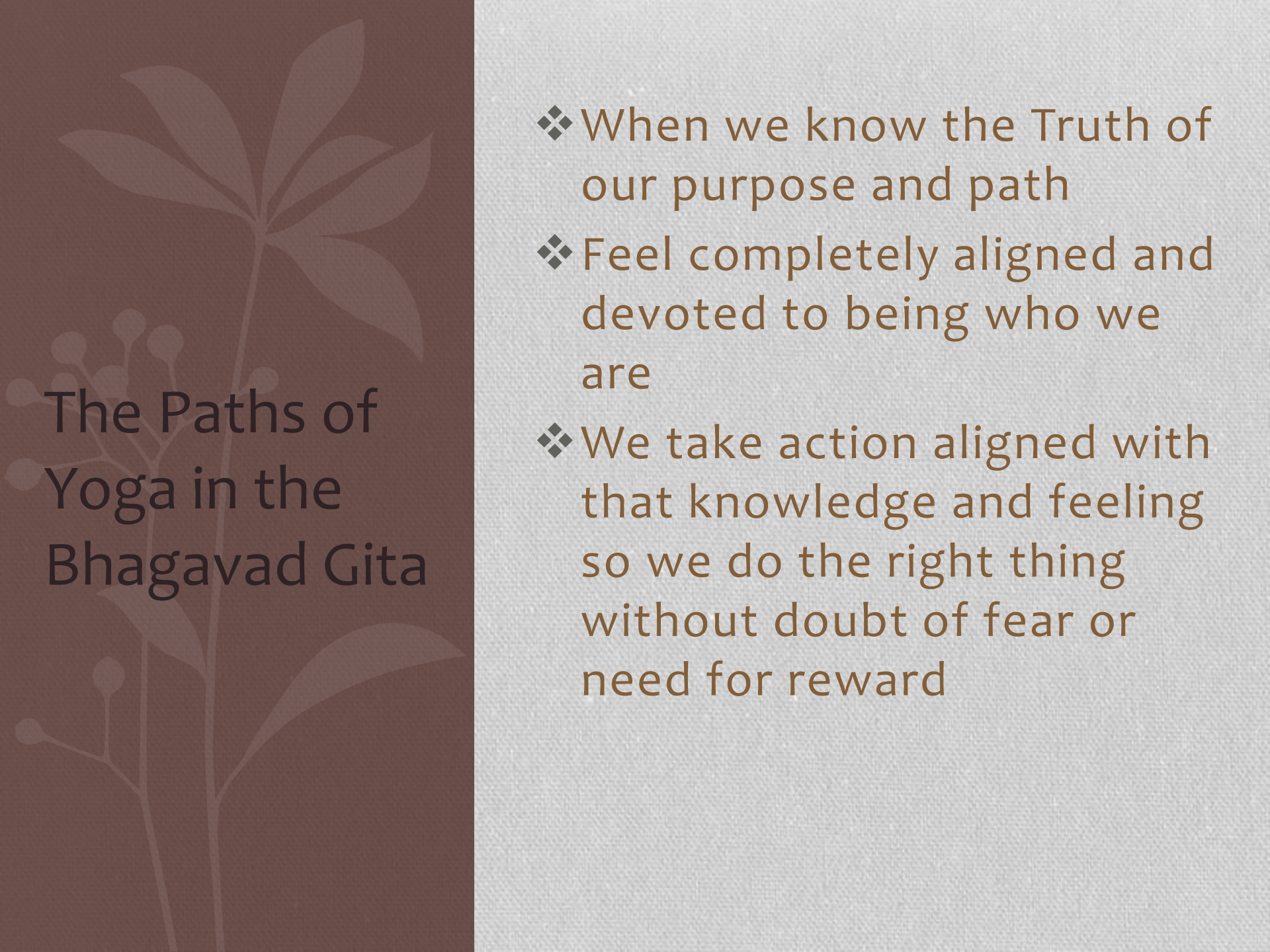
- ❖ devotion to the highest reality and selfless service

## ❖ Karma yoga

- ❖ Taking the right/necessary action without expectation of reward, or being deterred from taking it by fear or doubt

## ❖ Thinking, feeling, doing = self + Self to BE whole





## The Paths of Yoga in the Bhagavad Gita

- ❖ When we know the Truth of our purpose and path
- ❖ Feel completely aligned and devoted to being who we are
- ❖ We take action aligned with that knowledge and feeling so we do the right thing without doubt of fear or need for reward



# What is yoga? Yoga Sutra

## Yoga Sutra 1.2 **yogaś-citta-vṛtti-nirodha**

❖ **Yoga is** mastery over the roaming tendencies of the mind<sup>1</sup>

## Yoga Sutra 2.1 **tapaḥsvādhyāyeśvarapraṇidhānāni** **tapaḥ + svādhyāya + īśvarapraṇidhāna**

❖ **Yoga in action is** composed of austerity, self-study, and trustful surrender to Ishvara<sup>2</sup>

<sup>1</sup>Tigunait, Pandit Rajmani, The Secret of the Yoga Sutra: Samadhi Pada, Himalayan Institute, 2014.

<sup>2</sup>Tigunait, Pandit Rajmani, The Practice of the Yoga Sutra: Sadhana Pada, Himalayan Institute, 2017.

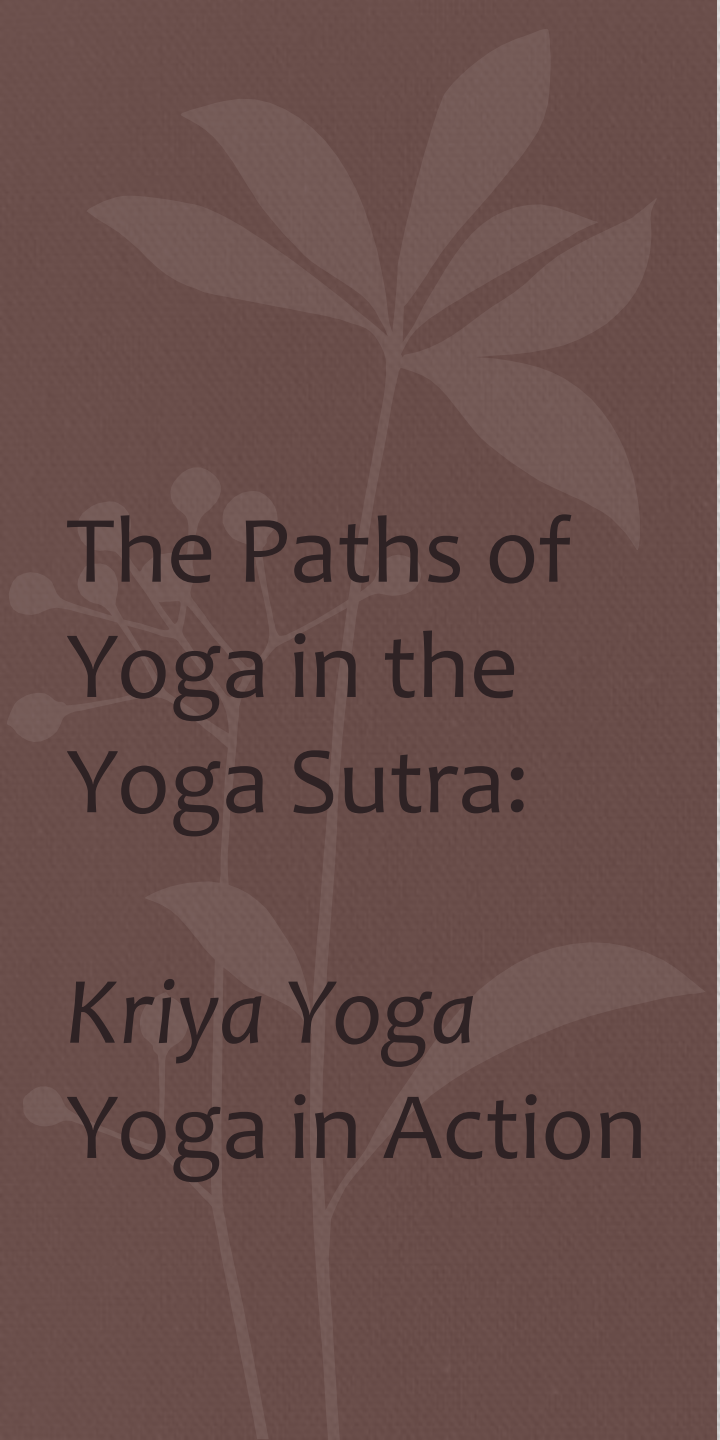


# What is yoga? Yoga Sutra

## Yoga Sutra 2.29

- ❖ Restraint, observance, physical posture, mastery of the pranic force, recalling the senses, concentration, meditation, and spiritual absorption **are the eight components of yoga**



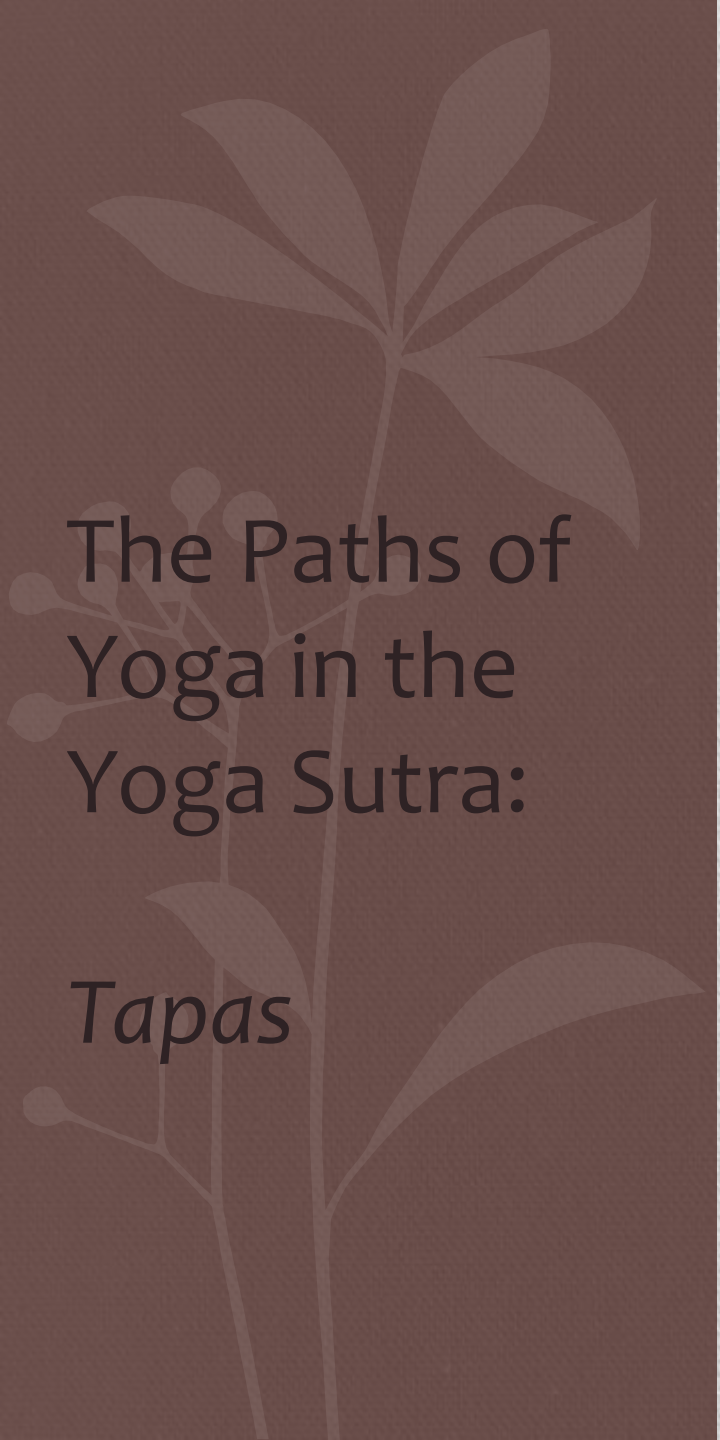


## The Paths of Yoga in the Yoga Sutra:

### Kriya Yoga Yoga in Action

- ❖ *Tapas* – “heat/radiant fire”
  - ✧ Practice that awakens us, ignites inner fire and radiance, makes us vibrant, energetic, enthusiastic, spontaneous and courageous
- ❖ *Svadhyaya* – “one’s own” + “study, contemplate”
  - ✧ Self-reflection and study of wisdom passed on by seers and other teachers
- ❖ *Ishvara Pranidhana* – “trustful surrender to God”
  - ✧ Opening to grace of unconditional love is trustful surrender to inner guide, provider, source, and protector
- ✧ Thinking, feeling, doing = self + Self in harmonious relationship



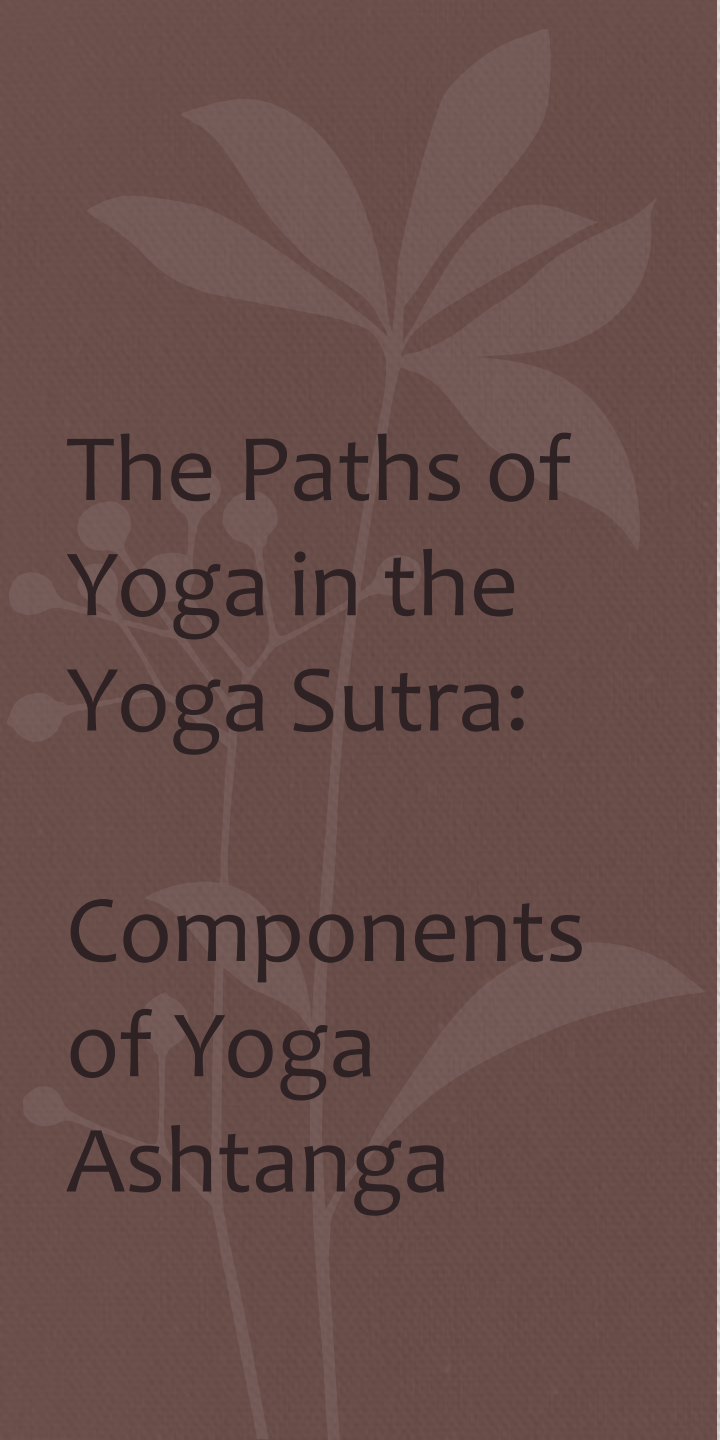


## The Paths of Yoga in the Yoga Sutra:

### *Tapas*

In practice tapas means refraining from unwholesome activities and adopting a lifestyle that supports the practice of yoga. The life of a yogi is one of purpose... Carelessness, sloth, inertia, and unhealthy eating habits are our greatest enemies... they cast a veil of illusion over our mind, convincing us they are our best friends... we run after habits that harm our body, mind, and senses. Withstanding the allure of such habits is tapas. Because in the beginning, acting against the dictates of these habits seems like torture, tapas is commonly





# The Paths of Yoga in the Yoga Sutra:

## Components of Yoga Ashtanga

### ❖ Yamas and niyamas

- ✧ Attitudes and behaviors to decrease conflict / increase harmony

### ❖ Asana

- ✧ Steady and comfortable physical postures

### ❖ Pranayama

- ✧ Mastery of pranic force

### ❖ Pratyahara

- ✧ Focusing senses inward

### ❖ Dharana

- ✧ Concentration on a point of attention

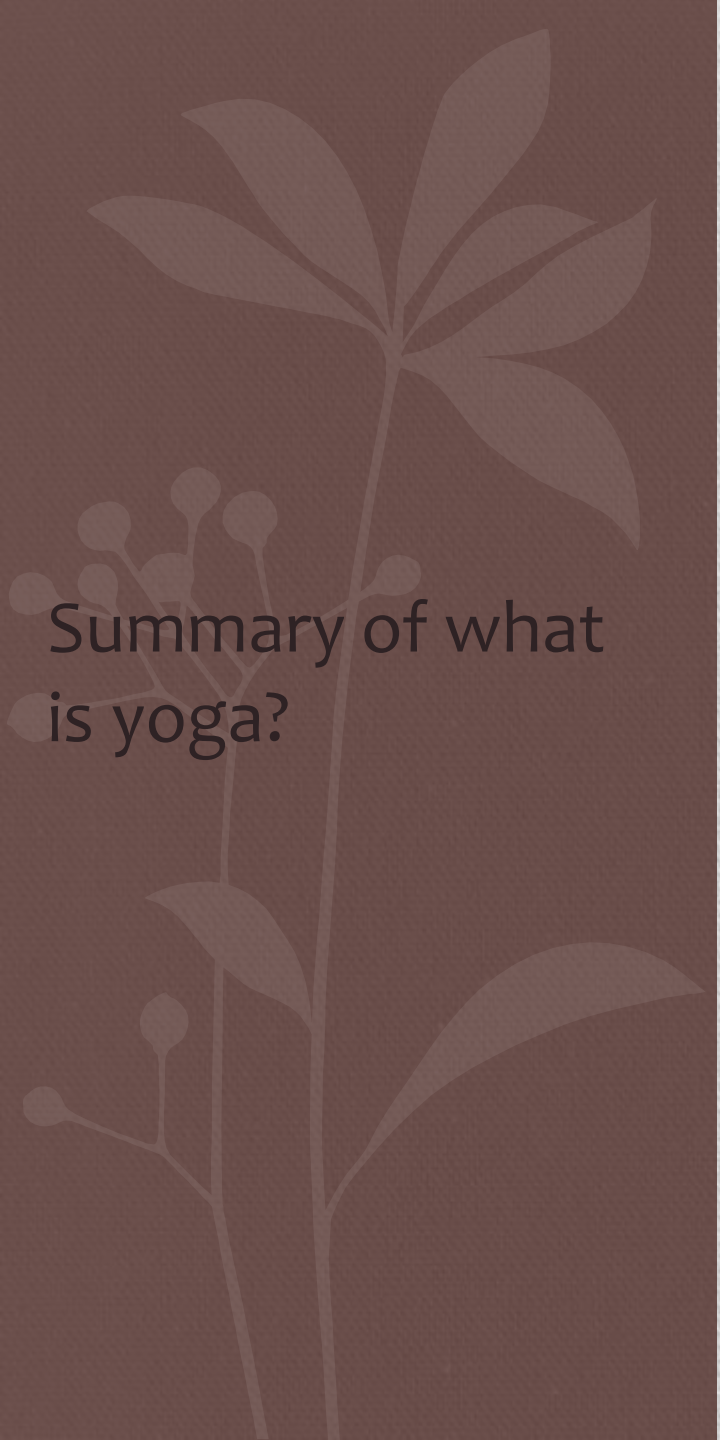
### ❖ Dhyana

- ✧ Meditation sustained in focus

### ❖ Samadhi

- ✧ Spiritual absorption in unity of greater reality / consciousness

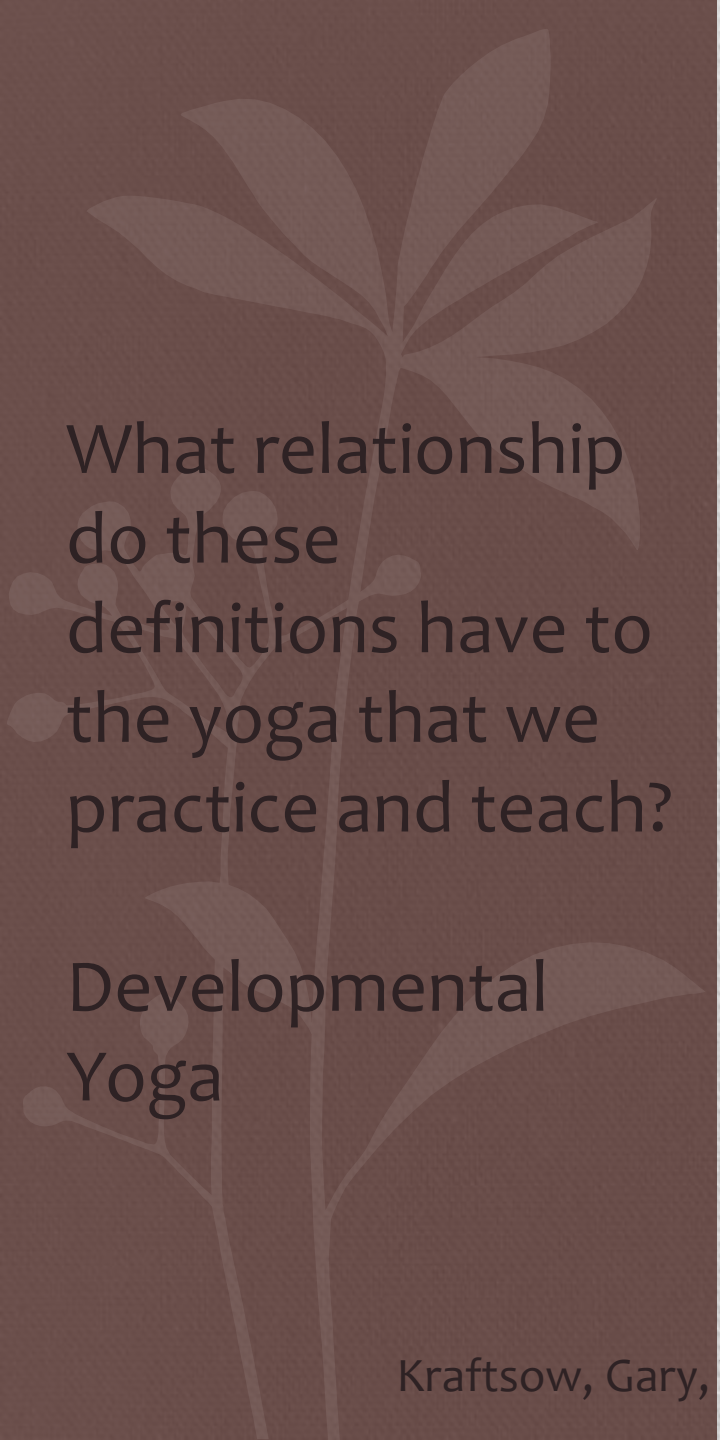




## Summary of what is yoga?

- ❖ The tools of yoga are intended to help us achieve the state of yoga – Self-realization
- ❖ The tools are multidimensional as are we – body, energy body, mind and emotions, and intuitive wisdom must all be engaged in their own way and yoked together in harmony to eliminate the obstacles to Self-realization
- ❖ Yoga practice moves us in the direction of more optimal functioning which results in improved quality of life
- ❖ We feel better



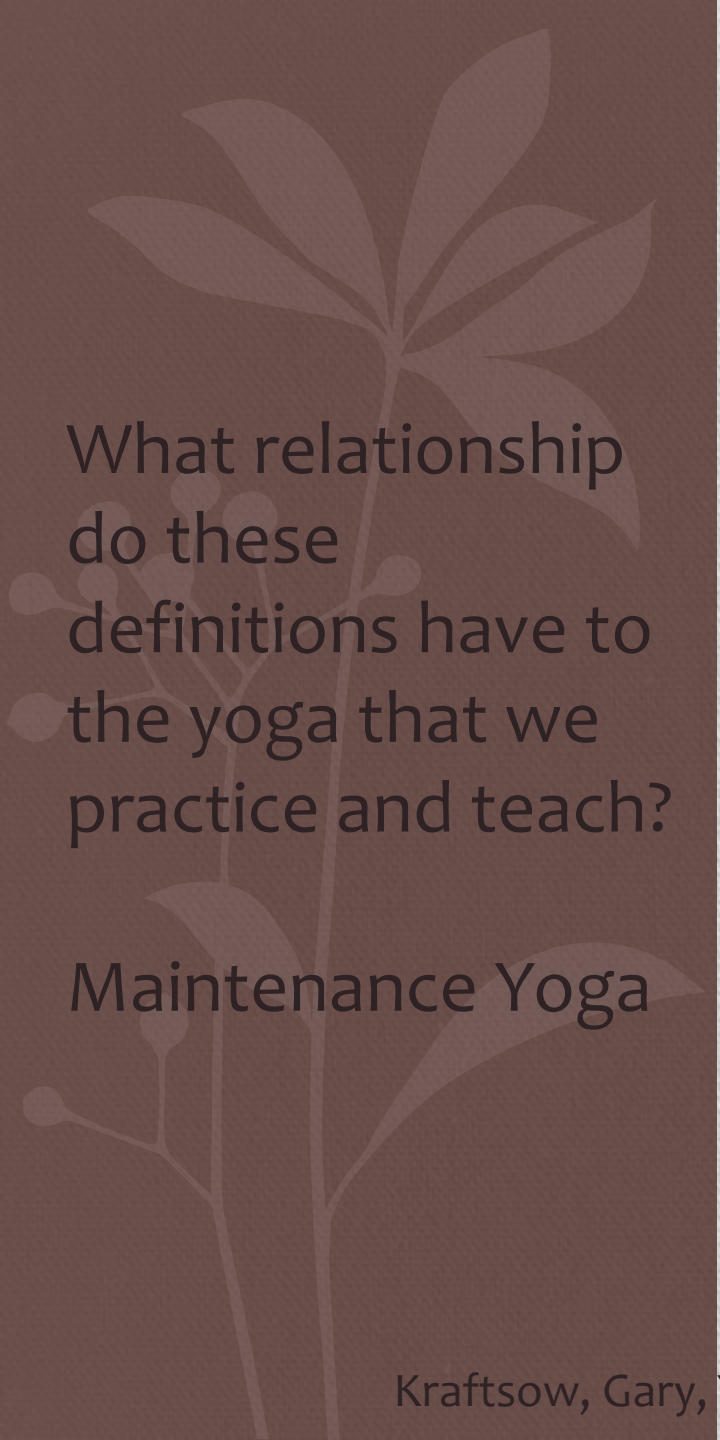


What relationship  
do these  
definitions have to  
the yoga that we  
practice and teach?

Developmental  
Yoga

- ❖ Physically builds balanced strength, flexibility, symmetry, and healthy range of motion
- ❖ Energetically increases vitality, equally effective and balanced functioning of the ANS, organs, and flexibly adaptive respiration
- ❖ Builds capacity for dedication, determination, distress tolerance, confidence, mastery, safe risk taking, emotional relief from distraction, capacity to choose, enhanced concentration, and focused attention
- ❖ A community to join with high ideals



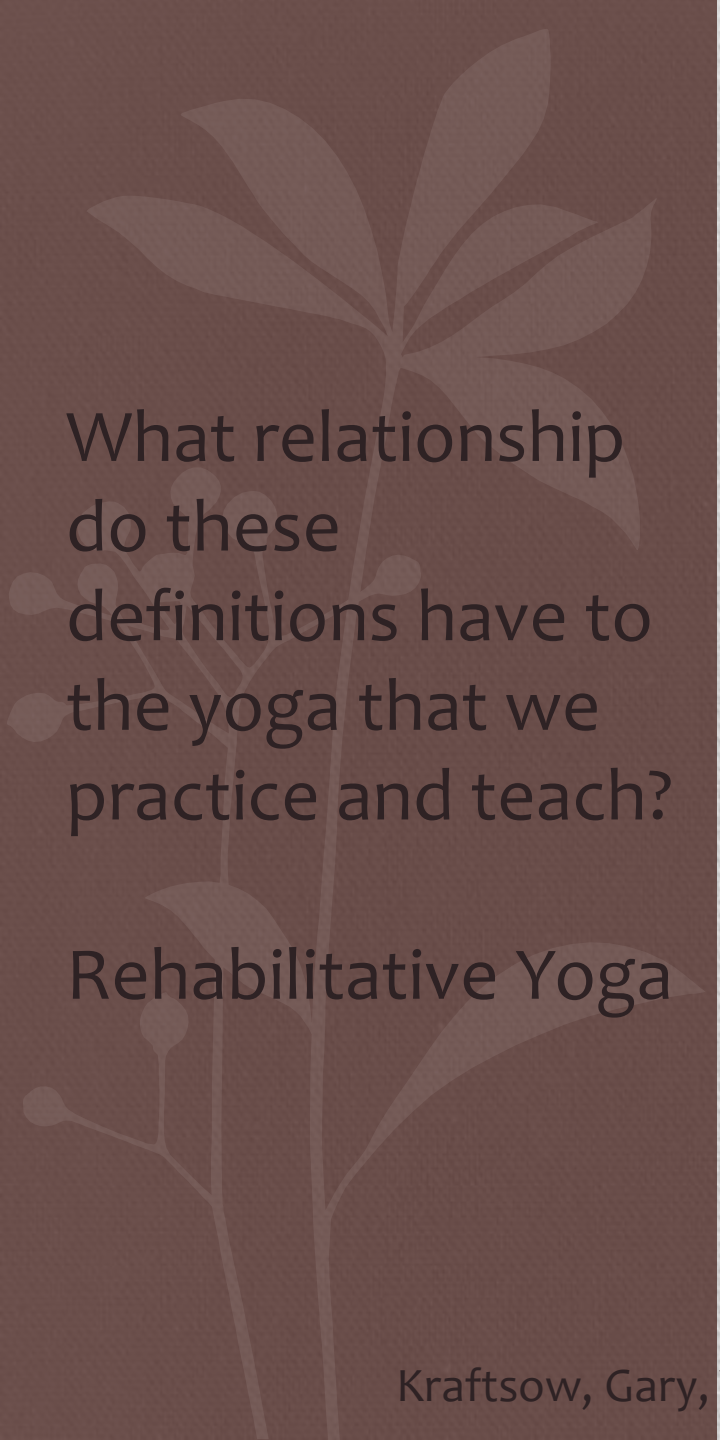


What relationship  
do these  
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the yoga that we  
practice and teach?

## Maintenance Yoga

- ✧ Same as previous but often more gentle physical practices
- ✧ Less focus on mastery of new poses and more attention to maintaining physical, physiological, and mental emotional health
- ✧ Yoga as regular routine maintained over a longer term
- ✧ May include expanded interest in yoga more broadly, and shift of time and attention from asana to breathing practices, relaxation and restoration, meditation, mantra, mudra, and philosophy



A stylized, light-colored plant with several leaves and small circular buds is positioned on the left side of the slide, extending from the bottom to the top. It is set against a dark brown background.

What relationship  
do these  
definitions have to  
the yoga that we  
practice and teach?

## Rehabilitative Yoga

- ❖ Physically adapted to relieve symptoms of injury, reduce pain, re-align dysfunctional asymmetries, and become positively embodied
- ❖ Restore vitality when there is fatigue, improve capacity for restorative sleep and healthy digestion, improve impaired cardio-respiratory function
- ❖ Improve quality of life through positive and self-empowering coping strategies, capacity to shift emotional states, and focus of attention to pain-free areas
- ❖ Meaning and purpose in life



## Developmental Hatha - practice to optimal ability

- ❖ Physically builds balanced strength, flexibility, symmetry, and healthy range of motion
- ❖ Energetically increases vitality, equally effective and balanced functioning of the autonomic nervous system and organs, and flexibly adaptive respiration
- ❖ Builds capacity for determination, dedication, and distress tolerance, feelings of confidence, mastery, safe risk taking, emotional relief from distraction, capacity to choose, enhanced concentration, and focused attention
- ❖ A community to join with high ideals

## Rehabilitative Hatha – practice to regain capacity

- ✧ Physically adapted to do no harm, to relieve symptoms of injury, reduce pain, re-align dysfunctional asymmetries, and to become positively embodied
- ✧ Restore vitality when it is low or depleted (fatigue), experience calm when there is agitation/restlessness, improve capacity for restorative sleep, healthy digestion, and impaired cardio-respiratory function
- ✧ Improve quality of life through positive and self-empowering coping strategies, capacity to shift emotional states and focus of attention to pain-free areas
- ✧ Meaning and purpose in life



# Yoga Cikitsa Krama

## Therapeutic action of yoga

“Yoga cikitsa is a remedial tradition, founded on a recognition that our physical condition, emotional states, attitudes, dietary and behavioral patterns, lifestyle and personal associations, and the environment in which we live and work are all intimately linked to each other and our state of health (p. 129).”<sup>1</sup>

<sup>1</sup>Kraftsow, Gary, Yoga for Wellness, Penguin Compass, 1999.



# Yoga Therapy Definitions

## International Association of Yoga Therapy (IAYT)

### Current Definition:

- ✧ Yoga therapy is the process of empowering individuals
- ✧ to progress toward improved health and wellbeing
- ✧ through the application of the teachings and practices of yoga.



# Yoga Therapy Definitions

## International Association of Yoga Therapy (IAYT)

Definition changes being considered:

- ✧ Yoga therapy is the application of the theory and practice of yoga
- ✧ to identified needs for improvement of health and well-being.
- ✧ It involves decisions being made in an on-going process of assessment, goal setting, planning and continuing evaluation.



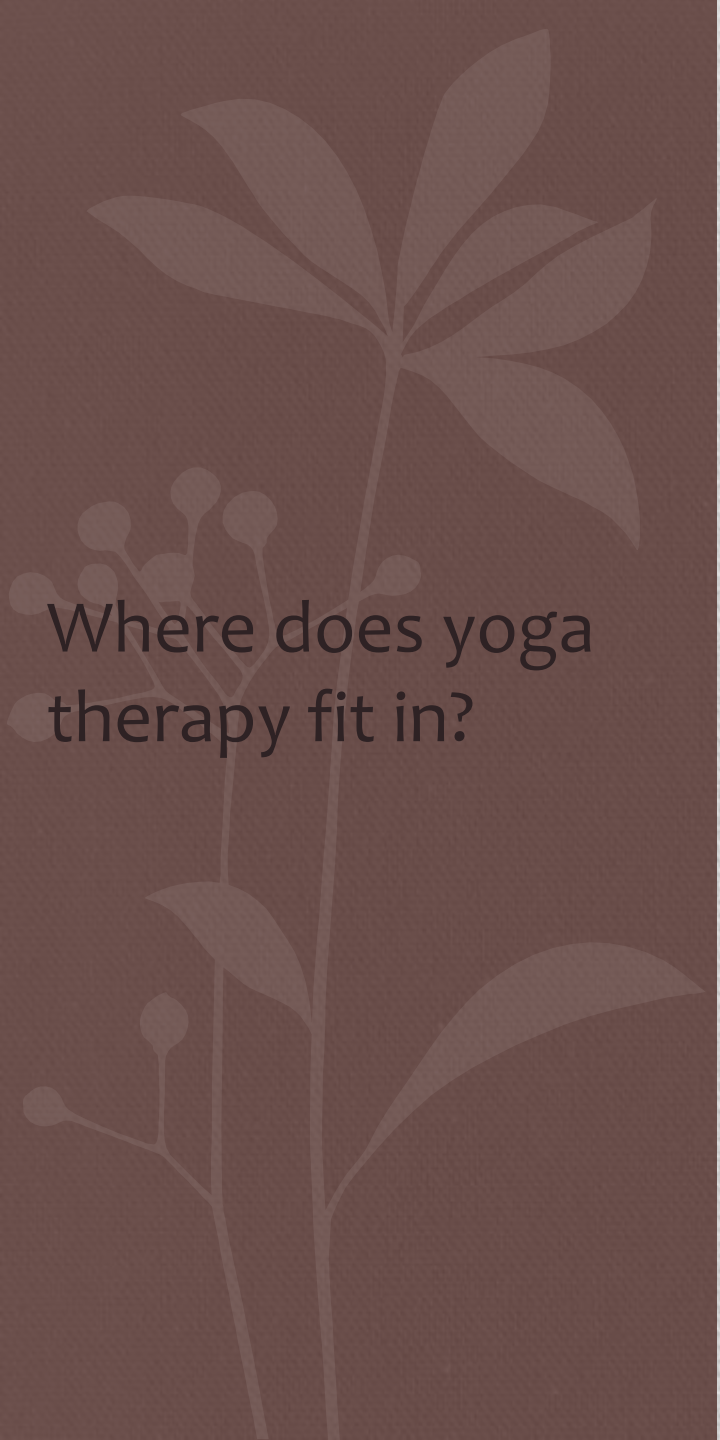
# Definitions: Yoga and Yoga Therapy

- *Yoga Sutra 1.2 yogaś-citta-vṛtti-nirodhaḥ*
- “Complete mastery over the roaming tendencies of the mind is yoga.”<sup>1</sup>
- “Yoga therapy is the process of empowering individuals to progress toward improved health and wellbeing through the application of the teachings and practices of yoga.”<sup>2</sup>

<sup>1</sup>Tigunait, Pandit Rajmani, The Secret of the Yoga Sutra: Samadhi Pada, Himalayan Institute, 2014.

<sup>2</sup>Taylor, Matthew, What is Yoga Therapy: An IAYT definition, Yoga Therapy In Practice, December 2007.

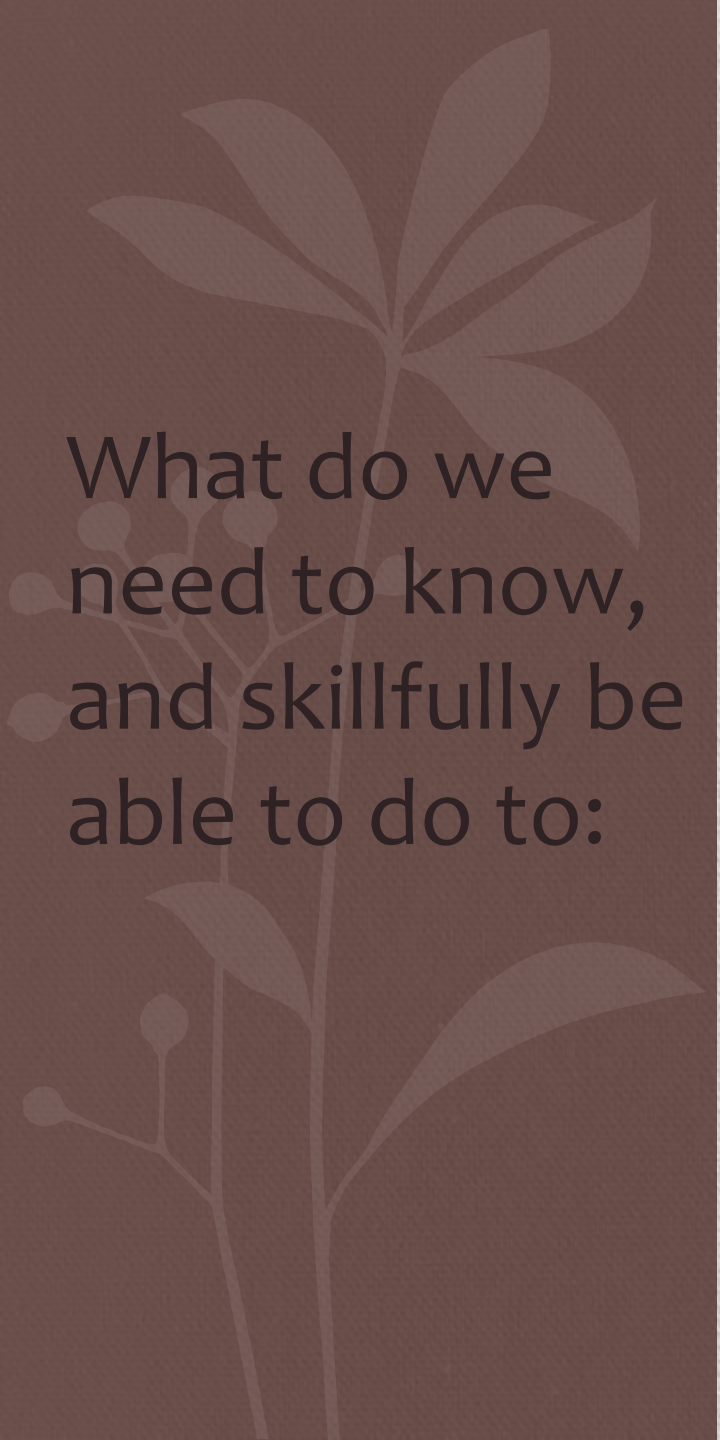




## Where does yoga therapy fit in?

- ❖ Yoga therapy is the application of yoga principles and practice
- ❖ With the specific intention to best match the practice to the person (even if the person is in a small therapeutic group)
- ❖ To remove the obstacles
- ❖ Move toward more optimal functioning to improve quality of health, well being, and life
- ❖ Help us feel better





What do we  
need to know,  
and skillfully be  
able to do to:

- ❖ Use the tools of yoga in practice ourselves?
- ❖ To move toward / live in the state of yoga with more:
  - ✧ Equanimity/Contentment
  - ✧ Clarity to see things as they truly are, un-obscured by conditioning
  - ✧ In a state of joy without sorrow
- ❖ To teach yoga to others?
- ❖ To assist others to use yoga to help themselves?
- ❖ To understand the needs and abilities of another well enough to match their needs with a practice to help them grow, transform, and heal?



# Yoga Teacher Teaching: Minimum Standard Training Requirements

- A RYS with a 200-hour training (RYS 200) should adequately prepare trainees to teach a general adult population and must incorporate training hours in the following Educational Categories:
  - Techniques, Training and Practice: 100 Hours
  - Teaching Methodology: 25 Hours
  - Anatomy and Physiology: 20 Hours\*
  - Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours
  - Practicum: 10 Hours
  - The last remaining 20 hours may be allocated as Contact Hours or Non-Contact Hours

<sup>3</sup>Yoga Alliance, <https://www.yogaalliance.org/Credentialing/Standards/200-HourStandards>

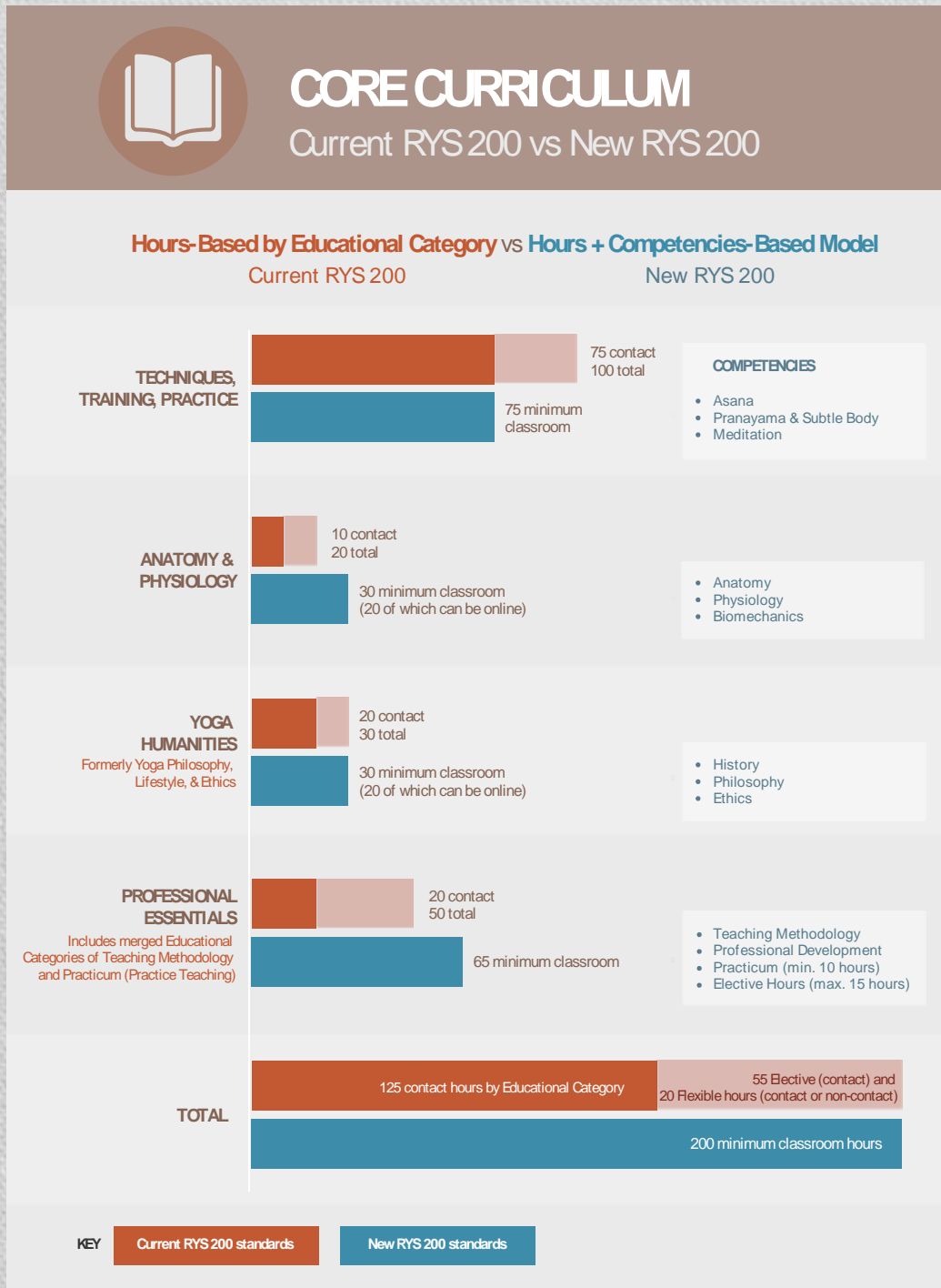
\*Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga.



# Yoga Alliance

Revised training requirements for 200 hour Yoga Teacher Training

<https://www.yogaalliance.org/Portals/0/new%20standards/rys200-current-vs-new.pdf?ver=2019-06-24-092414-470>

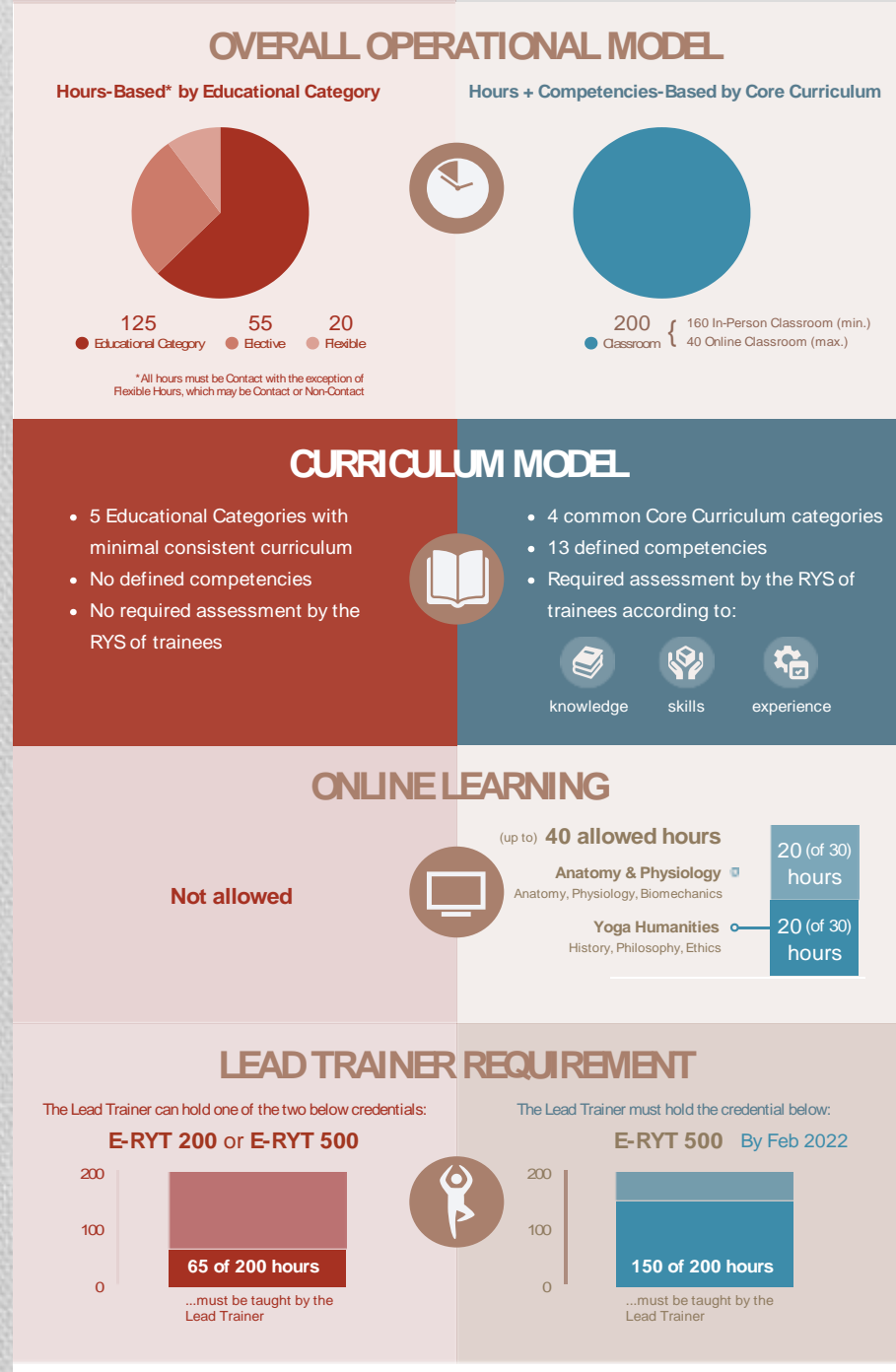




# Yoga Alliance

## Revised training requirements for 200 hour Yoga Teacher Training

<https://www.yogaalliance.org/Portals/0/new%20standards/rys200-current-vs-new.pdf?ver=2019-06-24-092414-470>





# Yoga Teacher Teaching: Training Program Requirements

- New standards for 300 and 500 hour teacher training programs will be released in summer 2020.
- From February 2022, Lead trainers on 200 hour course must meet criteria for an E-RYT-500 (minimum 2,000 hours teaching)
- Techniques, Training and Practice: 150 Hours
- Teaching Methodology: 30 Hours
- Anatomy and Physiology: 35 Hours\*
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 45 hours
- Practicum: 40 Hours
- The last remaining 50 hours may be allocated as Contact Hours or Non-Contact Hours

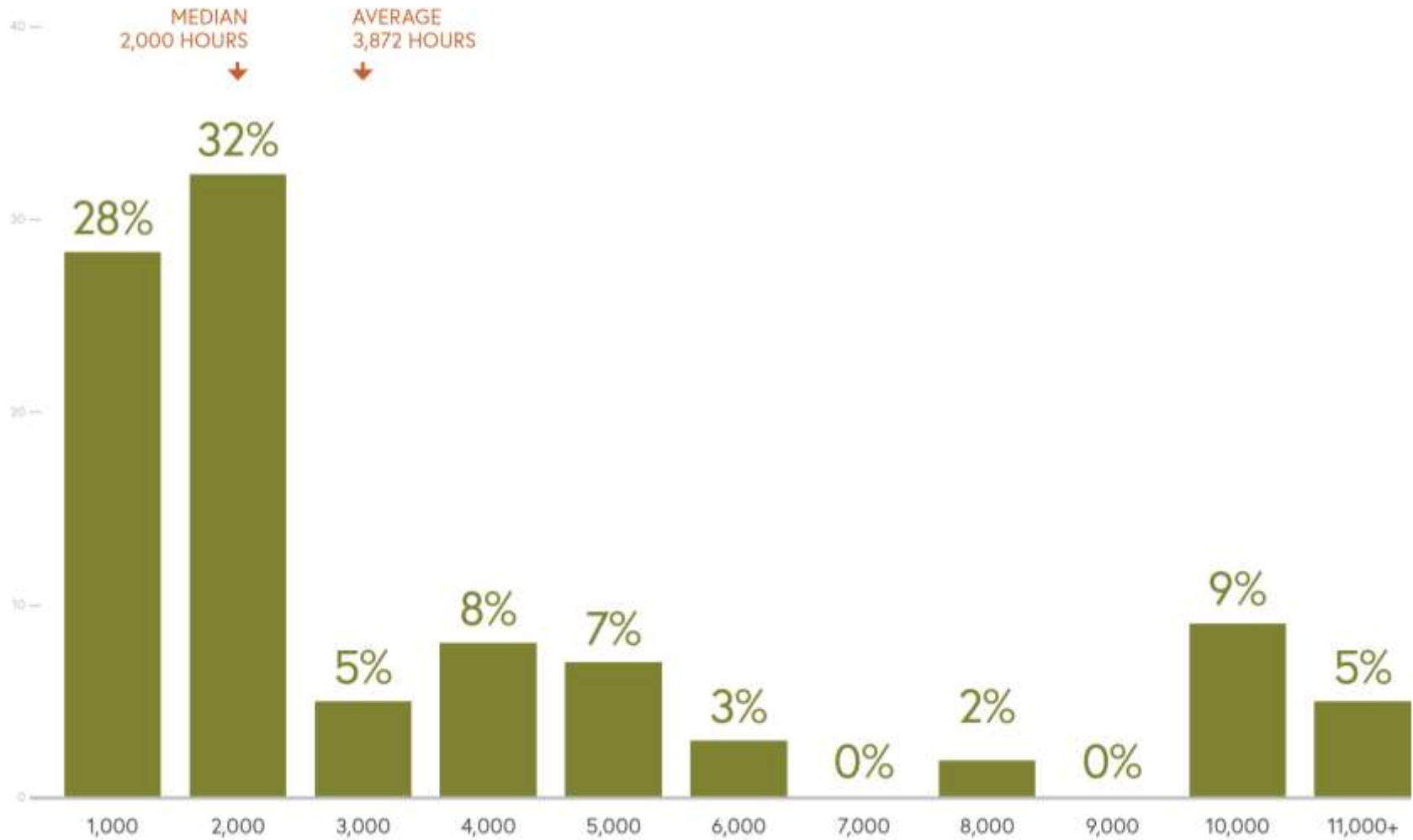
<sup>3</sup>Yoga Alliance, <https://www.yogaalliance.org/Credentialing/Standards/200-HourStandards>

\*Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga.



FIGURE 15

## Number of hours to be a trainer of teachers





# IAYT Educational Standards for Training of Yoga Therapists, *Revised*, June 2019

## **Minimum** Admission Requirements

- ❖ 200 hour yoga teacher training: yoga techniques, anatomy and physiology, yoga philosophy, teaching methodology, and practice teaching
- ❖ One year of teaching experience
- ❖ One year of personal practice

## **Minimum** Program Requirements

- ❖ 800 hours minimum taught over 2 years:
  - ✧ 500 residential hours core curriculum (200 may be synchronous distance learning)
  - ✧ 150 hours may integrate electives that meet competencies
  - ✧ 150 hours mentored practicum experience



# IAYT Educational Standards for Training of Yoga Therapists, *Revised*, June 2019

## **Program Director Requirements**

- ❖ Must be a C-IAYT or equivalent with 5 years practical experience in yoga therapy

## Transfer between schools

- ❖ May accept maximum of 300 hours transferred from another program
- ❖ May accept maximum 600 hours transferred from within a program's affiliated school



# Minimum Hours Required Competencies

- **Section 1. Yoga Foundations:** 120 hours
  - **Category 1.1. Yoga Teachings and Philosophy:** 35 hours
  - **Category 1.2. Yoga and the Mind:** 35 hours
  - **Category 1.3. Framework for Health and Disease:** 50 hours
- **Section 2. Biomedical and Psychological Foundations:** 155 hours
  - **Category 2.1. Anatomy and Physiology:** 90 hours
  - **Category 2.2. Additional Biomedical Knowledge:** 15
  - **Category 2.3. Psychology and Mental Health:** 30 hours
  - **Category 2.4. Additional Knowledge:** 10 hours minimum
  - **Category 2.5. Body and Mind Integration:** 10 hours



# Minimum Hours Required Competencies

- **Section 3. Yoga Therapy Tools and Therapeutic Skills:** 140 hours
- **Category 3.1. Yoga Therapy Tools:** 60 hours
- **Category 3.2. Basic Principles of the Therapeutic Relationship:** 35 hours
- **Category 3.3. Principles and Skills for Educating Clients/Students:** 35 hours
- **Section 4. Practicum:** 205 hours
- **Category 4.1. Providing Yoga Therapy:** 150 therapy hours + 55 mentorship and documentation hours
- **Section 5. Professional Practice:** 30
- **Category 5.1. Ethical Principles:** 15 hours
- **Category 5.2. Legal, Regulatory, and Business Issues:** 5 hours
- **Category 5.3. Relationship with Peers, Mentors, Clinicians, and Organizations :** 5 hours
- **Category 5.4. Personal and Professional Development and CPD:** 5 hours



# Core components of Yoga Therapy

## ❖ Therapeutic relationship

- ✧ A special kind of relationship with ethical and legal protections
  - ✧ With recognition of the need and desire for help and guidance
  - ✧ To put the needs of the client first and foremost
  - ✧ To maintain safety and trust in the relationship
  - ✧ To keep communications confidential
  - ✧ The role is to listen, and to engage the person to speak
  - ✧ Teaching is included, but it is only part of the relationship



# Core components of Yoga Therapy

## ❖ Assessment and Evaluation

- ✧ Initial and on-going assessment in order to gather relevant information to:
  - ✧ Form a therapeutic relationship
  - ✧ Identify the multidimensional conditions, needs, and priorities of the person
- ✧ Information is gathered through self report and observation
  - ✧ Body posture, alignment and movement patterns, especially where there is pain or limitation
  - ✧ Breath capacity and physiological functioning (ability to rest, digest, etc.)
  - ✧ Mental attitudes, beliefs and expectations, mood, modulation of emotion
  - ✧ Degree of awareness of what would help, ability to act on awareness
  - ✧ Ability to experience joy, meaningful fulfillment, nurturing connections, and freedom to be
- ✧ Assessment is on-going to identify shifts and changes, elicit feedback, and to evaluate the efficacy of the interventions



# Core components of Yoga Therapy

## ❖ Self-practice

- ✧ Providing guidance to enable a person to practice on their own
- ✧ Matching the practice to the needs, abilities, and priorities of the person
- ✧ Instilling motivation and problem solving obstacles to practice
- ✧ Fostering self-awareness and self-reflection to perceive benefit or harm and change over time

## ❖ Goal / intention setting

- ✧ The goal of the practice is to improve the quality of the person's life by reducing what is painful, harmful, a source of suffering, and increasing what is desirable, healthy, aligned, harmonious, and balanced.
- ✧ The goal is personal to the client – change in an area that is meaningful
- ✧ The practice is the means to achieve the goal, not the goal in itself



# Differences in Yoga Teaching and Therapy

- ❖ Yoga practice, teaching, and therapy draw upon the same philosophy and practices. Broader and deeper knowledge of yoga in all its aspects is ideally a part of all 3. The acquisition of knowledge and experience take time and effort, and yoga is ideally a life long learning path.
  - ✧ It is essential to yoga therapy
- ❖ Yoga teaching in the current age focuses on group classes with instruction that may be more or less well matched to the needs of all students in the class
  - ✧ Yoga therapy is specifically intended to match the needs and abilities of the person



# Differences in Yoga Teaching and Therapy

- ❖ The goals of yoga teaching are to teach the practices and principles of yoga and to promote general health and wellbeing
- ✧ The goals of yoga therapy are to specifically apply them to an individual with an identified need with therapeutic intent
- ❖ Maintenance of a therapeutic relationship, assessment of multidimensional functioning, goal setting with on-going evaluation, and encouragement of home practice are not skills commonly taught in yoga teacher training courses, or continuing development courses
- ❖ Yoga practice can be helpful or harmful depending upon the match of the person and practice. Additional knowledge about anatomy and physiology, medical and psychological conditions, can reduce risk of injury





# THANK-YOU FOR BEING INTERESTED

To stay in touch:

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