



THERAPY

Instructor Training

HOLY  YOGA™

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What is Holy Yoga®?

Holy Yoga exists because in a broken and hurting world everyone deserves a place to belong. Holy Yoga is an experiential worship created to deepen people's connection to Christ. Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness. Holy Yoga exists to carry the Gospel to the ends of the earth through the modality of yoga.

Our intention is to live out four pillars of purpose.

- **Community** - We are here to serve. We long to create a place for everyone to belong, from the Christian who is afraid of yoga to the Christian who loves yoga; from the yogi to the seeker; from the non-believer to those who believe differently. We welcome the diversity, anticipate great conversations and are excited to facilitate authentic community.
- **Yoga** - We are a highly regarded international yoga instructor training program. Our staff has collectively participated in and completed some of the most well-known yoga certification programs. With years of experience and training, they collaborate to offer a stellar training that truly cannot be compared with any other. Whatever your desire, upon graduating you will have the education and tools you need to facilitate Holy Yoga in your sphere of influence. Holy Yoga does not water down the truth or the experience for seekers. It invites them into a world class yoga experience, one that offers both physical and spiritual sustenance.
- **Christ-Centeredness** - We are Christ-centered. Knowing who we are invites others to come into the fullness of their unique identity. Holy Yoga training is here to equip you to facilitate a Christ-honoring experience that offers the opportunity for believers and non-believers alike to authentically connect to God through His Word, worship, and wellness. Holy Yoga exists to bring the Gospel to the ends of the earth through the modality of yoga.
- **Living Beyond Ourselves** - We are keenly aware of our world. It is broken and many are hurting. Our desire is to have eyes, arms and hearts wide open. We are creating a community of those willing to go beyond themselves to influence this world in the unique ways God has called them. We do not know all things, and we long for the mystery of God to guide us. We want to speak truth, listen to stories, and discuss the in-between, finding the thread of service and ministry throughout.

What is Holy Yoga Therapy?

So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

Isaiah 55:11

The Holy Yoga Therapy program is a comprehensive training designed to allow Holy Yoga Instructors to facilitate health and healing in their students' practices through in-depth understanding of yoga postures and skeletomuscular re-education. Students will learn anatomy and physiology of all systems of the body, common dysfunctions of these systems, bodywork techniques, and meditation & breath work for therapeutic purposes. Additional topics covered will include Traditional Chinese Medicine (TCM), Holy Yoga for eating disorders, Ayurvedic techniques and practices, and teaching to special populations such as athletes.

"Any yogic technique used to systematically address physical injury or pain, or mental and emotional stress or trauma can be considered yoga therapy." -Yoga Journal, 2016

Qualifications for Certification

We ask all certified Holy Yoga Instructors to adhere to the following:

- be committed in faith to Christ.
- be committed to learn and grow in Him and in Holy Yoga.
- be committed to being stretched in all senses of the word.
- be committed to leading a life that is glorifying to God and is consistent with the values of a Christ-centered life.
- use Holy Yoga tools and materials and abide by the brand specifications and requirements.
- believe in the Holy Yoga Statements of Faith as outlined below:

Holy Yoga Statements of Faith

- We believe there is only one God, who exists for all eternity in three persons; the Father, the Son and the Holy Spirit. (*Deuteronomy 6:4, Revelation 1:8*)
- We believe that God has revealed Himself to us both through His creation and His Word. (*Romans 1:20, Hebrews 1:3*)
- We believe God continues to reveal Himself to His people through the indwelling of the Holy Spirit. (*Romans 8:9, John 16:13-14, 1Corinthians 2:12-14, 2 Corinthians 6:16*)
- We believe that there is only one way to God, through His Son, Jesus Christ. (*Isa 43:10-13, John 14:6*)
- We believe that God made forgiveness and redemption available to all who accept Jesus Christ as their personal Lord and Savior. (*1Tim 2:3-4, John 3:16-18, 1 Corinthians 15:3-5*)
- We believe the Bible is absolute truth. It is the divinely authored and authoritative Word of God. It is complete in its current canonical form. (*2 Tim 3:16-17, 2 Pet 1:20-21, Luke 24:27*)
- We believe that those who are His will be made known by their love for God and for all people. (*Mark 12:30, John 13:34-35*)

Holy Yoga International Training

We welcome international students and the Holy Yoga family includes instructors from around the world. All of our trainings are available internationally via online webinars, and international students can also use the Zoom mobile app (<https://zoom.us/download>).

Training Details

When: Thursdays, 6:30 - 8:30 p.m. CST, August 9th, 2018 – June 20th, 2019.

How: Via webinar. Each participant will be required to complete a series of clinical assignments due 5-7 days after assigned.

Designation: Individuals who complete the Holy Yoga Therapy program will have the designation of Holy Yoga Therapist.

Pre-Requisites: This program is open to any 200-hour certified teachers. You do not have to be certified by Holy Yoga, but you must be a 200-hour teacher or be set to complete a 200-hour teacher training by December 2018. You do not have to take the Holy Yoga Masters program prior to taking this program.

Curriculum: There will be **40 webinar sessions** over one year. As is customary to Holy Yoga, the Holy Yoga Therapy program will take off the month of July and six weeks over November and December to enter into Sabbath rest. The training classes will take place on Thursday evenings beginning in August 2018. Course materials will be available online for 60 days after the last webinar.

Cost: \$1,995

Single payment of \$1,995.00

2 payments of \$997.50

4 payments of \$498.75

6 payments of \$332.50

**If you are already a registered HYT and wish to audit the program, you may do so for \$250.*

Fee Includes:

- *Comprehensive training e-manual including pose photos and descriptions*
- *Online Instructor training materials*
- *Holy Yoga Therapist Certification*

Additional Costs:

Required Readings

The following books are to be purchased separately. During the course of the training you will be required to take a short quiz on the material presented in these books.

- [Sanctuary of the Soul](#) by Richard Foster
- [Whole Body Barefoot](#) by Katie Foster
- [Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation](#) by Katie Bowman

Materials

You will be provided with an e-manual for the total program prior to our August 2018 start date. You can choose to print the manual and store in a three-ring binder or review it digitally, whichever is best for you. You can print the manual from any home computer. If you choose to print the manual professionally, you can expect it to cost between \$20 and \$25.

Holy Yoga is branded and trademarked and all rights are protected by law.

Only registered Holy Yoga instructors can use the Holy Yoga name and/or teach Holy Yoga classes.

Certification Hourly Requirements – 300 hours

Technique – 75 hrs

Includes yoga postures and movements to assist with the proper functioning of body systems, techniques for alignment and common problem areas like neck/shoulder pain, and foot pain.

Teaching Methodology – 15 hrs

Includes outlines and methods for effectively and safely working with people one-on-one in the area of yoga and proper body movement.

Anatomy – 85 hrs

Includes understand of the systems of the body in conjunction with a research and assessment project related to a dysfunction of that system. The training will compromise 17 research and assessment projects.

Philosophy/Ethics/Lifestyle – 75 hrs

Includes foundational faith principles as it relates to “healing”, along with information about developing a meditation practice with clients. The course will also cover the business side of yoga therapy along with the understanding that diagnosis is outside the scope of practice for a yoga therapist.

Practicum – 50 hrs

Acquire 50 hours of Practicum training, which include preparing, evaluating and leading 20 one-on-one sessions. These one-on-one sessions will be documented and submitted to Holy Yoga upon completion.

Course Trainers

Jonnie Goodmanson, E-RYT 200, YACEP, M-HYI

- Histology
- Osteology/Arthrology
- Central Nervous System
- Peripheral Nervous System
- Cardiovascular/Lymphatics System
- Respiratory System



Christina Mroz, E-RYT 200, YACEP, M-HYI

- Endocrine System/Adrenal Fatigue & Stress
- Foundation of the Feet
- Core Function
- Urinary System
- Reproductive System
- Digestive System



Brooke Boon, E-RYT 200, YACEP, M-HYI

- Healer Bible Study



Katie Pearson, E-RYT 200, YACEP, M-HYI

- Eating Disorders



Jill Fisk, E-RYT 200, YACEP, M-HYI

- Therapeutic Meditation



Caitlin Lore, M-HYI

- Intro to Cells
- Athletes



Heath Reed

- Traditional Chinese Medicine
- Advanced Energy Concepts
- History & Application of Ayurvedic System of Health
- Touch for Health Kinesiology
- Fascial Planes/Proprioception & Myology
- Muscular Disorders
- Physiology of Stretching
- Endocrine System



How to Apply

Payment Options

The cost of the Holy Yoga Therapy Training is \$1995.

Holy Yoga extends financial aid to all applicants in the form of interest free payment installments. When you register online, you will choose the payment option that works best for you:

- One payment of \$1995
- Two equal monthly installments of \$997.50
- Three equal monthly installments of \$665.00

- All payments must be made using a debit or credit card. No checks or cash will be accepted.
- All payment options are interest free and made on a monthly installment basis beginning one month from the date of your initial payment (e.g. – first payment processed on 1/9, next payment will occur on 2/9.)
- Each declined payment will incur a \$35 fee.

Refund Policy – All fees are non-refundable. If a student opts to withdraw from the program at any point, the fees will not be refunded.

To Apply

1. Thoroughly read the [Frequently Asked Questions](#).
2. Register online <https://holyyoga.net/therapy-training-purchase/>, submit non-refundable payment, and sign the Holy Yoga Terms & Conditions.

Example Schedule

NOTE: the order of topics will change, but the dates will remain the same.

2018	Topic
8/9	what is yoga therapy
8/16	Bible Study
8/23	Bible Study
8/30	Bible Study
9/6	Introduction to Cells
9/13	Histology/Integumentary System
9/20	Core Function/Dysfunction Part 2
9/27	Core Function/Dysfunction Part 1
10/4	Osteology/Arthrology
10/11	Fascial Planes/Proprioception & Myology
10/18	Physiology of Stretching
10/25	Cardiovascular system/Lymphatics
11/1	Endocrine System- Adrenal fatigue and stress issues
11/8	Introduction to Meditation for Clients
11/15	How you work with a client one on one
**Break from November 22nd - Dec. 27th	
	Start lining up one on one hours
1/3	Central Nervous System
1/10	Peripheral Nervous System
1/17	Digestive System
1/24	Urinary System
1/31	Reproductive System
2/7	Touch for Health Kinesiology Part 1
2/14	Touch for Health Kinesiology Part 2
2/21	Yoga therapy for Athletes Part 1
2/28	Yoga therapy for Athletes Part 2
3/7	Muscular Disorders - Lower Body

3/14	Muscular Disorders - Upper Body
3/21	Shoulders/Neck
3/28	Shoulders/neck
4/4	HY therapy for Eating Disorders Part 1
4/11	HY therapy for Eating Disorders Part 2
4/18	HY therapy for Eating Disorders Part 3
4/25	HY therapy for Eating Disorders Part 4
5/2	Respiratory system
5/9	Therapeutic Meditation Part 1
5/16	Therapeutic Meditation Part 2
5/23	Traditional Chinese Medicine
5/30	Advanced Energy Concepts
6/6	History and Application of Ayurvedic System of Health
6/13	Application of Ayurvedic System of Health
6/20	Legal/Marketing yoga as therapy

Frequently Asked Questions

What is the difference between the Holy Yoga Masters (HYM), Holy Yoga Therapy (HYT) and Trauma-Sensitive Holy Yoga (TSHY) trainings?

HYM is a 300-hour advanced training dedicated to studying the ancient philosophical, traditional and theological practices of yoga while offering a Christ-centered perspective on the tenets of classical yoga.

HYT is a 300-hour training dedicated to exploring the healing modalities of yoga through the lens of physical function and disease.

TSHY is a 55-hour training dedicated to exploring the healing properties of yoga to help understand and treat the effects of trauma on the mind, body and soul.

What if I am currently in instructor training?

That is no problem! We would love to have you. You must finish your program by December 2018. If you are worried you'll be overwhelmed, I encourage you to pray. God's timing is what we want here. This program only runs every other year so that is something to consider.

Does this program count towards Holy Yoga Continuing Education credits?

Yes. This training counts for 300 non-contact hours. If you have any questions about continuing education requirements, contact info@holyyoga.net.

More questions?

Click [HERE](#) or above for answers to the most commonly asked questions about the instructor training.