If you have always had a desire to come alongside those struggling with a condition or illness that impedes their quality of life, then this training might be for you. Holy Yoga Therapy Instructors work one-on-one, developing relationships as well as practices that transform lives.

Discover whole body wellness

www.holyyoga.net
What is Holy Yoga Therapy Training?

The Holy Yoga Therapy program’s purpose is to equip yoga instructors to facilitate health and healing in their students’ practices through a holistic understanding of the human body and its systems. Through further education on the intersection of faith and healing, this program equips instructors to address physical injury, pain, emotional and mental stress, and trauma through their yoga instruction as well as personal therapeutic practices.

“I took the Therapy training because I knew how valuable it would be for my students to receive personal attention in order to tailor their practice to meet their unique goals. I didn't expect to receive so much joy out of the one-on-one time myself! Partnering with individuals to customize their practice and support them in being well heart, soul, mind and strength is a tremendous privilege and opportunity to serve God.”

Katie Pearson, C-HYI Therapy

www.holyyoga.net
**Instructor Training Outline**

**Training Topics**

- Bible Study - Healing
- Principles of the Core
- Integumentary system
- Myology
- Cardiology
- Immunology
- Endocrinology
- Nervous system
- Digestive system
- Reproductive system
- Kinesiology
- Meditation
- Chinese Medicine
- Ayurveda
- Working with Athletes
- Eating Disorders
- Research & Assessment
- Working One-on-One with Clients

“As a massage therapist and a Holy Yoga instructor working full time for an integrative medical facility, my passion is to help people experience yoga as a way to deliver strength, balance, healing and spiritual depth. Many of my patients experience acute and chronic pain daily and are not comfortable with movement. I have seen physical and mental improvements working one-on-one with patients. Training to become a Holy Yoga Therapist has been such a powerful, transformative and highly informative experience that I can hardly find words to express my gratitude to the supportive team of excellent teachers.”

Sherry Bonds, C-HYI Therapy

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**Breakdown of Hours**

- **Technique:** 75 hours
- **Teaching Methodology:** 15 hours
- **Philosophy/Ethics/Lifestyle:** 85 hours
- **Anatomy:** 75 hours
- **Practicum:** 50 hours

Although you do not have to be certified by Holy Yoga, you must be a 200-hour teacher or be set to complete a 200-hour teacher training.

Learn about our 200-hr instructor training at [https://holyyoga.net/200-hour/](https://holyyoga.net/200-hour/)

www.holyyoga.net
Training Fee

Please visit holyyoga.net/therapy-training-purchase for more information regarding current training fees, interest free payment plans, and the registration process.

Training Includes

- 40-week online live webinar sessions
- Electronic Downloadable Manual
- Online Training Center with poses and practice videos (Access will available for 60 days after the last live webinar session.)
- Holy Yoga Therapy Certificate

Continuing Education Credits:
Yoga Alliance – 50 Hours
How do I enroll?

Register Now

holyyoga.net/therapy-training-purchase

Training Start Dates

Check out

www.holyyoga.net/calendar

for all upcoming Therapy Training start dates!

Contact Us

www.holyyoga.net/therapy

info@holyyoga.net

Frequently Asked Questions

JOIN THE HOLY YOGA® FAMILY!!

www.holyyoga.net