

ADORE  
YOGA



# GRADUATE DIPLOMA IN YOGA THERAPY (680HRS)

2021-2022



ACCREDITED YOGA THERAPY CERTIFICATION PROGRAM

100% Online!



Professional yoga  
therapist training

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Yoga Australia recognised  
Yoga Therapist  
Certification

Comprehensive 680hr  
program over two years

Open to yoga teachers with  
350hrs+ training



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# ARE YOU READY TO BE INSPIRED?

## WELCOME TO ADORE YOGA THERAPY

The Graduate Diploma in Yoga Therapy will open up a world of opportunities for you to make a real and lasting impact.

With the highest quality content delivered through innovative online formats, this exciting program will change the way you teach and the lives of your students.

There has never been a better time to study yoga therapy. The demand for highly trained yoga therapists is growing rapidly, as health professionals, the media and the wider public recognise the extraordinary benefits of this ancient science.

At Adore Yoga, you'll learn from world class teachers who are steeped in Eastern traditions and highly qualified in Western modalities. It's the perfect fusion of ancient wisdom and modern evidence-based practice.

You'll love our friendly, welcoming environment and our thriving community of dedicated, passionate yogis. We can't wait to welcome you!



# MY YOGA THERAPY STORY

"FOR ME, YOGA THERAPY WAS A  
MATTER OF SURVIVAL..."



I walked into my first yoga class 30 years ago. Paralysed with fear, I was struggling with acute anxiety and panic disorder and had lost hope of ever feeling 'normal' again. I was in despair.

I'd like to say I had a wonderful experience in that chilly suburban sports hall. But I didn't. I hated it. However, there were moments during that class when I wasn't overwhelmed by suffering. No transcendent bliss – just moments when I stopped wondering if life was still worth living. That was enough.

I was fortunate to find teachers in the tradition of Sri Krishnamacharya who helped me transform my life through yoga. Little by little, I began to heal and the therapeutic yoga that had started out as a means of survival became a roadmap to joy, fulfilment and love.

I've spent the last two decades studying Yoga Therapy in the tradition of Sri T Krishnamacharya, including learning with TKV Desikachar, figuring out how this extraordinary practice has such a profound effect on so many lives. It's an incredible journey and the wonder of learning and supporting others on their own path never diminishes.

## SO WHAT'S YOUR YOGA STORY?

What has inspired you to dive deeply into the art and science of Yoga Therapy? Come and write the next chapter of your yoga story with Adore.

A handwritten signature in black ink that reads 'Nikola'.

Nikola Ellis, C-IAYT, MCAP  
Founder, Adore Yoga

# GRADUATE *Yoga* *therapy* STORIES

[www.adoreyoga.com](http://www.adoreyoga.com)



## OUR GRADUATES

Adore Yoga has been training extraordinary yoga therapists since 2012. Many of our graduates have their own deeply personal story about how yoga has helped them heal.

Some have used yoga to manage anxiety and depression. Others have helped family members with health issues, including chronic pain and injury. Some are cancer survivors or living with auto-immune diseases and have experienced first-hand the benefits of therapeutic yoga.

This first-hand experience of the healing power of yoga has inspired them to study yoga therapy and share this gift to others.

As graduates, they are now sharing yoga therapy in health care settings, private practice, community organisations, in person and online. They are in hospitals, psychology clinics, yoga studios and travelling the world while supporting their students online.

As a certified yoga therapist, the sky's the limit when it comes to creative ways to have a lifestyle you love and make a difference in the world.

# Sandra's Yoga Therapy Training Experience



"Studying at Adore Yoga has given me the ability to teach real tools to my students."

"Nikola's vision of Yoga is very special in the sense that she combines a deep knowledge of yoga philosophy and traditions with a great deal of personal experience with yoga in her own life.

This combination brings what, to me, is the most up to date application of Yoga in the current world. Adore Yoga is ahead of its time as it goes back to yoga roots to find the best application for our current times . Yoga Therapy is a way of bringing yoga to everyone that breathes. Nothing could be more democratic.

Studying at Adore Yoga has given me the ability to teach real tools to my students. The ability to combine Hatha Yoga, Yoga Therapy and Meditation in a flawless way allows me to understand the real needs of my students.

Had I not studied Yoga Therapy at Adore, I might have been a trained teacher that would never really teach."

**Sandra Marcourakis, Adore Yoga graduate**



# WHAT DO YOGA THERAPISTS DO?

As a yoga therapist, you'll play an important role in Australia's changing healthcare landscape. When you train with Adore Yoga, you will be highly trained in the key skills used by professional yoga therapists:

## COMMUNICATION

Yoga Therapists know how to hold space for students. They know how to use counselling micro-skills to create a safe environment for their clients to learn, explore and grow

## RESEARCH

Yoga Therapists understand how to find and interpret reliable research papers and support their work using primary data sources.

## ASSESSMENT

Yoga Therapists assess their clients anatomical, structural, emotional and mental health through the lenses of yoga and ayurveda.

## TREATMENT

Yoga Therapists develop flexible and effective treatment plans that take into account the unique attributes of each student.

## COLLABORATION

Yoga Therapists can read and interpret information provided by medical/allied health professionals and work collaboratively with them to ensure optimal client care

"Yoga therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups."

International Association of Yoga Therapists



# Jim's Yoga Therapy Training Experience



"It can change how you teach and you can make a difference."

"I wanted to bring yoga into the community, to people who don't normally come, either for mental health or physical reasons or because they feel out of place and it doesn't work for them.

I saw yoga therapy as a way to have something behind me, some accreditation, and some real skills to be able to teach and help people who could benefit. I focus on mental health in my teaching. I have a son who is an ex veteran who has mental health issues and so I started to focus on those issues - I was drawn to it. I'm also teaching on the mental health ward of a private hospital. I know the yoga can help because it helped me.

Studying yoga therapy at Adore Yoga has made a huge difference. All the elements I've learned have been infused into what I teach. It's working - I can see it working and so can my students. I'm working with many more students, and a real variation of students. They seem to be attracted to this kind of yoga. I've had people come to me who've said 'I've been told I can't do yoga'. I can adapt classes for everyone now.

Studying yoga therapy is not easy, there's a lot of work that goes into it and you've really got to commit. But it can change how you teach, it can change the people you teach and you can make a difference."

**Jim Geddes, Adore Yoga Graduate**



## CAREERS FOR YOGA THERAPISTS

Yoga Therapy is a rapidly growing modality that is receiving increasing recognition. Here are some examples of where Australian Yoga Therapists are currently working.

### PUBLIC AND PRIVATE HOSPITALS

Adore Yoga Therapy graduates are currently working in public and private hospitals in Sydney, Newcastle, Melbourne and Adelaide.

Many major hospitals now offer yoga programs for patients, including specialist programs for cancer, eating disorders, mental health, palliative care, traumatic brain injury and disability.

### COMMUNITY AND NON-PROFIT

Yoga Therapy programs are being adopted by community and non-profit organisations. Some of our graduates are working in partnership with respected charities such as Cancer Council NSW, The Butterfly Foundation, A Sound Life and RSL Defence Care.

### PRIVATE PRACTICE

Many Yoga Therapists work in private practice. This doesn't mean working alone, though! Our graduates work in a variety of spaces, including sharing rooms with allied health professionals and working in partnership with psychologists, chiropractors, naturopaths and others therapists.

# GRADUATE DIPLOMA *in* YOGA THERAPY





# WELCOME TO THE GRADUATE DIPLOMA IN YOGA THERAPY

**Our yoga therapy program keeps getting better.**

Since Adore Yoga first offered yoga therapy training back in 2012, the program has been continually improved and updated.

In 2021, our training has undergone a significant upgrade, extending the program from a 650hr Certificate to a 680hr Diploma. Standards are even higher. Content is even deeper. Your learning experience will be even richer. **Here's what's changed:**

## **STRONGER LEADERSHIP**

The Diversity and Unconscious Bias module has been upgraded and extended by 2hrs. Our students learn how to make their work inclusive and support the wellbeing of students of all genders, ethnicity, cultures, ability and ages.

## **DEEPER AUTHENTICITY**

The meditation module has been enhanced and extended by 10hrs. Adore Yoga Therapy students develop deep understanding of the philosophy and psychology of healing meditation.

## **ENHANCED CAREER OPPORTUNITIES**

The professional practice module has been upgraded and extended by 8hrs. Adore Yoga Therapy graduates are confident in their ability to create successful, sustainable careers as yoga therapists.

## **GREATER INTEGRITY**

The yoga research module has been upgraded and extended by 10hrs. Adore graduates know how to find and interpret high quality research, so that they can teach with greater efficacy and integrity.

## **ENGAGING DIGITAL CONTENT**

Our world-class training is now available as high quality, interactive digital content. Online delivery makes study more accessible and convenient. You'll experience the best in blended learning as you combine online and face to face training to hone your skills as a yoga therapist.



# GRADUATE DIPLOMA IN YOGA THERAPY - COURSE FORMAT



## **Self paced home study (180hrs)**

The home study component of this training is delivered via e-Learning modules, written content, videos, audio and reading tasks.



## **Live Online Tutorials (218hrs)**

Highly interactive and engaging, you'll join fellow students in real time for live teaching exercises and participation in class discussions. Cameras are on and energy is high!



## **Live Online Intensives (120hrs)**

Our live online intensives are exciting, practical learning environments that will fast-track your skills and confidence as a yoga therapist.



## **121 Mentoring sessions (12hrs)**

Live online personalised mentoring with a senior teacher. Experience personalised yoga therapy and build your understanding of key topic areas.



## **Student practicum (150hrs)**

Practice teaching with private students and small groups - start applying what you learn right away! Practicum hours are conducted in your home location, both online and face to face.



# **GRADUATE DIPLOMA IN YOGA THERAPY**

## **COURSE TIMELINE**

### **9 MAY 2021**

Semester 1 2021 begins with live online tutorials (1-2 per month on Sundays).

### **JUNE 2021**

Practicum hours begin (teaching practice with individuals and small groups - you choose where and when).

### **6-13 JUNE 2021**

Live online intensive (7.5 days)

### **4 JULY 2021**

Semester 2 2021 begins. Continuing with live online tutorials 1-2 times per month on sundays.

### **DEC 2021 - JAN 2022**

Summer break. Catch up on reading and practicum hours.

### **30 JANUARY 2022**

Semester 1 2022 begins with further live online tutorials, 1-2 per month on Sundays.

### **26 JUNE 2022**

Semester 2 2022 begins. Live online Sunday tutorials.

### **25 NOV - 2 DEC 2022**

Second live online intensive (7.5 days)

### **2 DEC 2022**

Graduation

# Course Curriculum

When you dive into the deep and comprehensive curriculum offered at Adore Yoga, you will develop the skills and confidence to work with students experiencing a wide variety of physical, mental and emotional health issues.

## The philosophy and psychology of yoga therapy

In Semester 1, you will discover the ancient philosophy that underpins the art and science of yoga therapy. This module includes an exploration of:

- The philosophical foundations of yoga therapy
- The traditional yogic frameworks for healing
- The therapeutic application of classical texts (Yoga Sutras, Bhagavad Gita)
- The principles of yogic psychology

## Yoga therapy and mental health

This course offers comprehensive training in supporting students experiencing mental health issues. You'll learn from senior yoga teachers who are also qualified in western modalities (counselling, psychology, social work) to explore yoga therapy for:

- Trauma sensitive yoga
- Anxiety and panic disorders
- Eating disorders
- Addiction recovery

## Ayurveda

Ayurveda plays an important role in yoga therapy. This course provides you with a strong grounding in clinical Ayurveda. At the end of the Ayurveda modules, you will be able to confidently:

- Conduct a student assessment using Ayurvedic diagnostic tools
- Practice and teach key Ayurvedic cleansing and detoxification techniques
- Prescribe personalised Ayurvedic lifestyle recommendations
- Understand and discuss the principles of Ayurvedic nutrition

# Course Curriculum cont.

## Anatomy and physiology

This module will extend your understanding of the human body as we take a close look at the functional anatomy, dysfunction and treatment of the physical body. This module includes the study of:

- Diversity in the human body
- Musculoskeletal conditions
- Soft tissue injuries
- Somatics
- Therapeutic adjusting

## Clinical assessment skills

You will learn how to undertake a full clinical assessment of your students, including:

- Functional movement assessment
- Mobility assessment
- Postural assessment
- Energetic assessment (prana, vayus, gunas, koshas)
- Counselling skills

## Meditation in yoga therapy

This new upgraded component of the course will introduce you to a variety of meditation practices to meet the needs of different students, including:

- Chanting and mantra
- Mindfulness
- Moving meditation
- Loving kindness (Metta)
- Yoga Nidra

## Research skills for yoga therapists

Being able to access, interpret and communicate original research material is an essential skill for yoga therapists. In this module, you will learn how to:

- The importance of using high-quality research as a foundation for yoga therapy
- Search for relevant and high quality research studies
- Interpret academic studies
- Use academic referencing



# Course Curriculum cont.

## Diversity and ethics in yoga therapy

Yoga therapists have high ethical standards and are committed to serving students of all ages, genders, ethnicities, sexual orientations, religions, cultures, abilities and backgrounds. In this module, you will address:

- Cultural competence
- Unconscious bias
- Ethical behaviour
- Theories of personality and social psychology

## Yoga therapy for older adults

This module explores how to meet the needs of older students and includes techniques to address:

- Osteoporosis
- Limited mobility
- Dementia
- Cognitive decline
- Chair yoga

## Yoga therapy for chronic diseases

Yoga therapy can provide an effective adjunctive treatment for many chronic diseases, relieving symptoms and improving wellbeing. This module will give you the skills to work safely and effectively with students living with:

- Cancer
- Neurodegenerative diseases (Parkinson's, MS)
- Cardiovascular disease
- Diabetes
- Asthma and respiratory disease
- Autoimmune diseases
- Chronic pain

## Complex presentations

In this module, you will get hands on experience working with students living with complex or multiple health issues. Working with a senior yoga therapists, you will integrate what you have learned during the course as you systematically apply your knowledge to real-life case studies.

# Course Curriculum cont.

## The subtle body

In this module, you will learn to apply the principles of yoga therapy to the subtle body - energetic properties that can influence health. You will explore the subtle anatomy and practices relating to:

- Prana & pranayama
- Chakras
- Nadis

## Restorative yoga therapy

Restorative yoga is a powerful practice with profound healing potential. This module will give you a thorough grounding in the philosophy and techniques of restorative yoga and deliver the practical propping skills you need to assist a wide diversity of body-types into appropriate restorative practices.

## Professional yoga therapy skills

This module prepares you to build a thriving practice as a yoga therapist and includes tutorials on:

- Ethical business and marketing practices
- Workplace health and safety, duty of care and legal obligations
- Navigating the Australian healthcare system
- Reading medical information
- Building professional relationships



# COURSE DATES 2021-2022

## 2021

### MODULE 1

Sun 9 May 9.30am -5.30pm  
Sun 16 May 9.30am -5.30pm

### MODULE 2

Sun 6 June 1pm - 5pm  
Mon 7 June 9.30am - 5.30pm  
Tues 8 June 9.30am - 5.30pm  
Weds 9 June 9.30am - 5.30pm  
Thurs 10 June 9.30am - 5.30pm  
Fri 11 June 9.30am - 5.30pm  
Sat 12 June 9.30am - 5.30pm  
Sun 13 June 9.30am - 5.30pm

### MODULE 3

Sun 4 July 9.30am -5.30pm  
Sun 25 July 9.30am -5.30pm  
Sun 15 August 9.30am -5.30pm  
Sun 5 September 9.30am -5.30pm  
Sun 26 September 9.30am -5.30pm  
Sun 17 October 9.30am -5.30pm  
Sun 31 October 9.30am - 5.30pm  
Sun 7 November 9.30am -5.30pm  
Sun 21 November 9.30am -5.30pm  
Sun 5 December 9.30am -5.30pm

## 2022

### MODULE 4

Sun 30 January 9.30am -5.30pm  
Sun 13 February 9.30am -5.30pm  
Sun 27 February 9.30am -5.30pm  
Sun 13 March 9.30am -5.30pm  
Sun 3 April 9.30am -5.30pm  
Sun 24 April 9.30am -5.30pm  
Sun 15 May 9.30am -5.30pm

### MODULE 5

Sun 5 June 9.30am -5.30pm  
Sun 26 June 9.30am -5.30pm  
Sun 17 July 9.30am -5.30pm  
Sun 14 August 9.30am -5.30pm  
Sun 11 September 9.30am -5.30pm  
Sun 9 October 9.30am -5.30pm  
Sun 6 November 9.30am -5.30pm

### MODULE 6

Thurs 25 November 1pm - 5pm  
Fri 26 November 9.30am - 5.30pm  
Sat 27 November 9.30am - 5.30pm  
Sun 28 November 9.30am - 5.30pm  
Mon 29 November 9.30am - 5.30pm  
Tues 30 November 9.30am - 5.30pm  
Weds 1 December 9.30am - 5.30pm  
Thurs 2 December 9.30am - 5.30pm



# Mentoring

## Why is mentoring important?

Mentoring is the traditional way of learning yoga. A student works with a senior, experienced teacher to develop their own skills, ask questions and be guided in a way that is personalised and meaningful.

In these one-on-one sessions, you get to work on whatever is most important to you. That might be working on aspects of your learning that need extra development. Perhaps you want to practice a new techniques you're exploring. You might want to receive yoga therapy for your own health and wellbeing. You can even bring in your own case studies and work through solutions for supporting your students.

## What happens in mentoring sessions?

Firstly, you choose your mentor from our highly qualified and experienced list of professional mentors. You can work with the same mentor throughout your training, or you can work with different mentors for each of your 9 mentoring sessions, choosing the mentors that best meet your learning needs.

The first mentoring session is all about YOU. You'll get to learn about the process of yoga therapy by receiving a private session from your mentor who will help you develop a therapeutic practice to support your own health and wellbeing.

The next 8 sessions are split between mentoring you on your development in specific aspects of the course, your own personal wellbeing, mentoring you through your practicum sessions and supporting you to prepare for and review your assignments.

## When and where does mentoring happen?

You will undertake 9 mentoring sessions altogether. Each session lasts 90 minutes and takes place online at a time to suit you and your mentor.

## How much does mentoring cost?

Mentoring is \$120 per 90 min session, payable directly to your mentor. The price of mentoring is not included in your course fees.



# FAQs

## Where does this course take place?

The teaching components of this course take place 100% online. The practicum hours (your student practice time and case studies, 150hrs) can be done in a place that is convenient for you, such as a local yoga studio, your home, community centre, health clinic or other appropriate setting.

## How long does it take to complete the course?

The Graduate Diploma in Yoga Therapy is a 680hr program that runs for a minimum of 2 years. However, the course has a flexible format for self-paced study and you can take up to 4 years to complete.

## What happens if I miss some of the live training sessions?

You must participate in a minimum of 80% of the live training sessions. Some missed sessions can be made up via mentoring, others can be caught up when the session runs again in 12-24 months time.

## How much home-study will I have to do?

This training requires you to complete a minimum of 180 hours home study, including reading, assignment writing, eLearning modules, teaching exercises and research. In addition, you must complete 150hrs of practicum work. During your practicum hours you will hone your developing Yoga Therapy skills by observing and assisting senior teachers/yoga therapists and offering consultations to individuals and small groups.

## Do I have to buy books or other materials?

You will be expected to read widely from the course reading list. The current list recommends approximately 22 books, of which 7 are compulsory. You will not be required to purchase any other materials.

# FAQs

## What are the mentoring requirements for the course?

You will undertake a minimum of 9 private mentoring session with senior faculty members. Mentoring sessions take place online and you pay your supervising mentor directly \$120 at the time of the session.

## What are the course entry requirements?

This is an advanced training for yoga teachers who currently hold a minimum 350hrs training. RYT200 or newly graduated teachers should contact the course director to discuss pathways to entering the course.

## Can I do some of the course this year, then do the rest in subsequent years?

Yes. The Graduate Diploma in Yoga Therapy takes a minimum of 2 years to complete and you can take up to 4 years to finish the course.

## What accreditation will I receive?

When you successfully complete all course requirements, you will receive the Graduate Diploma of Yoga Therapy and be eligible to register as an recognised Yoga Therapist with Yoga Australia.

## What technology equipment and skills do I need for the online components?

You will be using Zoom for the live online workshops and mentoring sessions. You will need a device with good internet access, a camera and speakers. You will also be using Dropbox and other platforms to receive and share content during the course. All the technologies we use are free and easy to use - you do not have to pay for a subscription to any platforms.



## Your teachers

You'll be learning with some of the most experienced yoga teachers and health professionals in Australia and the world, including:

Nikola Ellis  
Sunita Baste  
Joan Miller  
Tracy Gerza  
Eleni Tsikrikas  
Liz Bennett  
Sarah Ball  
Gemma Perry

PLUS  
International guest teachers

# IS STUDYING WITH ADORE YOGA RIGHT FOR YOU?

Founded in 2002 in Sydney Australia, Adore Yoga is steeped in the tradition of Sri Krishnamacharya. The Adore Graduate Diploma in Yoga Therapy offers unique features you won't find anywhere else. Studying with Adore Yoga is right for you if:

## RECOGNITION

You want to join a course that is nationally recognized and accredited.

## RESPECT

You respect the work of legendary teachers such as TKV Desikachar, Vasant Lad and BKS Iyengar and want to learn from teachers who studied directly with these great masters.

## VALUE

You value being part of a long-standing, supportive community that is dedicated to taking Yoga Therapy to those who need it most.

## FLEXIBILITY

You love the flexibility of blended learning, combining online and face to face study.

## INCLUSIVITY

You care about diversity, equality and cultural competence.

## MEDICAL LITERACY

You want to be able read and interpret medical reports to better support your students.

## CONFIDENCE

You want to be confident that your course will definitely run, with all the study dates available up front.

## CREDIBILITY

You want to gain research literacy skills to give your work as a yoga therapist authority and credibility.

## REAL-WORLD

You want real-world experience with live case studies.

## QUALITY

You want high quality training in biomedical systems and psycho-social conditions.

## AYURVEDA

You're excited at the idea of undertaking extensive training in Ayurveda.

## EVALUATION

You want to be able to confidently conduct client assessments and evaluate effective Yoga Therapy programs.



# COURSE FEES AND PAYMENT OPTIONS

## COURSE FEES

STANDARD: \$9800

OPTION 1: \$600 Deposit + \$9000 balance, due prior to course start (SAVE \$200)

OPTION 2: \$600 DEPOSIT + \$400 per month for 23 months

OPTION 3: \$600 deposit + pay per module ( 6 x \$1516 - SAVE \$100)

Course fees do not include mentoring sessions (9 x \$120 paid directly to your mentor)

## HOW TO ENROL

### Step 1: Complete the Application Form.

Fill in the form at the end of this prospectus and email to [info@adoreyoga.com](mailto:info@adoreyoga.com). Please attach extra pages if required.

If you meet the course requirements and there is a place available, you may be offered a place on the course at this time.

Offers must be accepted and deposit paid within 7 days of formal acceptance on the course. If you do not accept this offer and pay the deposit within 7 days your place cannot be guaranteed.

## Bursaries

A small number of discretionary bursaries are available for students experiencing financial hardship. Please complete the Bursaries section when you submit your course application form if you wish to apply.

### Booking Terms and Conditions

Deposit and fees are non refundable. Should you cancel a booking more than 4 weeks prior to start date, 50% of the balance after non-refundable deposit will be given. No refunds will be made for cancellations made within 4 weeks of course start date.

# APPLICATION FORM

First Name

-----

Last Name

-----

Email

-----

Mobile

-----

D.O.B

-----

State and postcode

-----

How many hours of recognized professional teacher training have you undertaken?

-----

Have you studied yoga therapy before? If yes, who did you train with/what course(s) did you take?

-----

Which yoga school(s) with did you complete your Teacher Training with?

-----

Date of teacher training certification:

-----

Are you teaching yoga at the moment?

How did you hear about this course?

Y/N

-----

Why would you like to study Yoga Therapy with Adore Yoga?

Are you applying for a bursary? YES / NO

If YES, please support your application with a written submission of no more than 700 words detailing: 1. Your reasons for applying for scholarship support; 2. Volunteer/community work you are/have recently been engaged in; 3. If you are successful in obtaining a place on the course, how you intend to use your yoga therapy skills to benefit the community.

DECLARATION: The information contained in this form is complete and accurate to the best of my knowledge.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

We can't wait to  
welcome you to  
Adore Yoga.



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