



Yoga Vaidya Śāla

Centre for Advanced Learning in Yoga, Yoga Therapy and Vedānta

Applications are invited for

YVS Yoga Therapists Training Course - (International Batch - 2024 to 26)

from eligible candidates.

Eligibility : Practicing Yoga Teachers (trained from all traditions of Yoga), Candidates who are already working in different forms of Therapeutic practices (Doctors, Physiotherapists, Psychiatrists, Psychologists, Sports medicine and more).

Course Content : The Course consists of **Six Modules of Study** and **One Module of Internship**.

Course Duration : 3 years of Study and One module of Internship.

Medium of Instruction : English

Course Fee : 1200 € for each session consisting of 2 modules and 800 € for the Internship module.

For **International Batch**, Two modules will be conducted one after the other and the duration of two modules together will be for Three weeks (Monday to Friday).

The Dates :

February, 2024 from 05 to 23 (Module 1 & 2)

February, 2025 from 03 to 21 (Module 3 & 4)

February, 2026 from 02 to 20 (Module 5 & 6)

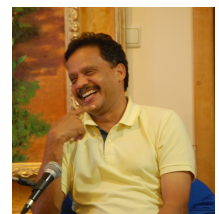
December, 2026 from 07 to 18 (Internship Module)



Dear Yoga Teachers and Healing Professionals,

Make use of this course:

- ***To enable you to design individual specific Yoga practices***
- ***To align your constitution and to perfect all your life activities***
- ***To offer soothing healing touch to the suffering people***
- ***To immerse in the age old Vedic Healing System***
- ***To qualify yourself to teach Therapeutic Yoga in the Tradition of Śrī. Krishnamacharya***
- ***To tread the path as guided by Śrī. Desikachar***
- ***To learn directly from Dr. N. Chandrasekaran, Founder - Yoga Vaidya Śāla, Chennai***



Brief about the course

Yoga Vaidya Śāla humbly presents this Therapeutic Yoga Application study as a complete and comprehensive course to all eligible and desirous students.

This course talks about the differences between Yoga and its five forms of applications. All five forms of applications, *Śrsti Krama*, *Śīksana Krama*, *Samhāra Krama*, *Rakśana Krama* and *Cikitsa Krama* are explicitly discussed with practical demonstrations.

This course elaborately discusses all the nuances of Yogic Anatomy, Yogic Physiology, Yogic Psychology and Yogic Deeper Study.

This course also includes the unique Methodology of Examination of every student, which is the most important component before the applications of Therapeutic Yoga.

This course enables every participating student to arrive at the most accurate Yogic diagnosis before the application of Yoga.

Śrī. Krishnamacharya said, “The Therapeutic Yoga as specific as that of a surgical procedure, without the use of any instruments”. This miraculous efficacy of the Therapeutic Yoga is attributed to the unique methodology of combinations of many techniques available in Yoga. This Therapeutic Yoga Course shares all the nuances of practice.

To know all about the ailments, the ***Pathology***, as elaborated in allopathic medical science is imperative. Our Therapeutic Course discusses the pathology of important ailments, as applicable to Yoga Therapists.

All the ***Principles and Practices*** that guide the Therapeutic application of Yoga towards Physical, physiological, psychological and Deeper ailments will be instructed in a practical and in a workshop like manner.

The distinctive feature of this course is the inclusion of **Live Case Studies**. Modules 3 to 6 and the entire Internship studies include the presentation of live case studies in the classroom. Before the completion of the course, every participant will observe around 100 live case presentations and followed by discussions on the ailments and their Therapeutic methodologies.

The most unique feature of our Course is that the the Therapeutic Teachings follow entirely in the **Yogic Way**.

Our course discusses elaborately on the *Vedic Anatomy, Vedic Physiology, Vedic Psychology and Vedic Deeper Study*.

Vedic Methodology of examination of the students who come to Yoga therapy for their varied ailments and the nuances of arriving at specific diagnosis will be taught in our course.

The physical ailments are based on the *Dhātu-s* (*Rasa, Rakta, Māmsa, Medas, Asti, Majja* and *Sūkṣma/Retas*).

The physiological ailments are based on the *Agni-s, Vāyu-s, Nādi-s* and *Cakra-s*.

The Psychological ailments are based on the contents and divisions of our mind: *Manas, Buddhi, ahamkāram, Cittam* and *Sad Ūrmī-s*.

The deeper *Vijñānamayam* ailments are based on the *Mahat* contents.

The one characteristic essence of Yoga Therapy is that it brings out ***Samanam*** (Symptomatic Relief), ***Śoṭhanam*** (Causative Cure) and ***Svatantram*** (Complete self reliance). Therefore, Therapeutic Yoga not only offers symptomatic relief from the sufferings for which the care seekers take up Yoga Therapy but also wipes out the cause of the ailment. It goes much more. It does not stop until the care seeker is completely Independent.

This course enables every Yoga Teacher to provide the most effective and the safest mode of Therapy. This course transforms the workings of Health Professionals into a Complete and Comprehensive one.

For more Informations, please contact:

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Dr. N C's Yoga Vaidya Śāla

Centre For Higher Learning in Yoga, Yoga Therapy and Vedānta

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Registration Form

Course - Yoga Therapist Training Program (International)



Name :

Photo

Age :Years Male / Female

Country of Residence :

e mail address:

Educational Qualifications:

Qualifications in Yoga:

Yoga Study Experience:

Yoga Teaching Experience:

Therapeutic Work Experience: