

## ENTRY POINTS FOR AYURVEDIC YOGA THERAPY PROGRAM

Minimum Requirements for AYT Curricula via currently approved Entry Points

<b>NAMA Program Entry Points</b>	<b>Curricular Focus</b>	<b>Hours Needed</b>	<b>Certification Fee</b>	<b>Result</b>
NAMA approved Stand-Alone AYT Program	AYT full curriculum	1100-1500	\$170	AYT+ optional AHC requiring estimated 50 clinical oversight hours at allied AHC school. Can sit for exam.
NAMA approved AHC/AP School	AYT full curriculum	1100-1500	\$170	AYT + optional AHC. Can sit for exam.
NAMA add-on Program for current AHC/AP/AD through AYT program	AYT Integration	800	\$25	Previous credential +AYT

**AYT approved schools will have the options to offer/create curriculums that:**

1. Start from the ground up, meaning the full AYT curriculum (1100 -1500 hrs) leads to AYT professional membership. (\$170 NAMA fee)
2. Offer the AHC - AP level and also offer an ADD ON program that meets AYT school curriculum guidelines. This school is already offering AHC, AP, AD programs and they have created a specialized curriculum with full clinical hours to meet the AYT designation (\$25 NAMA fee).
3. Allow NAMA professional member with an AHC or higher to Add-On required education to achieve AYT (\$25 NAMA fee).

*Please note - An additional pathway for students with extensive previous yoga/yoga therapy training is still in discussion. Schools faced with such prospective students, should reach out to the NAMA AYT committee for guidelines.*