If you’re a yoga teacher with a mission to help individual students find ease not only in their practice but also in their daily lives, you may be on the path to becoming a yoga therapist.

These eight steps will help you understand how yoga therapy can offer an effective approach to providing support for a wide range of physical and emotional conditions, and will provide you with the information that you need to start (or continue) the process of becoming certified with The International Association of Yoga Therapists (IAYT).

IAYT now accredits yoga therapy training programs and certifies individual yoga therapists, honoring the breadth of the yoga tradition while meeting the high standards required for this emerging profession.
What do you love about yoga? What do you want to share with others as a yoga therapist?

Helpful Resources:

The Power of Yoga Therapy
with Steffany Moonaz, C-IAYT

Yoga Therapy Can Help Ease the Pain and Anxiety of Cancer
by Anne Pitman, C-IAYT at the Ottawa Citizen

Yoga Therapy: A Living, Healing Tradition
by Gary Kraftsow, C-IAYT

Yoga for Depression: An Integrated Practice
by Gary Kraftsow, C-IAYT
And become experienced as a yoga teacher. It may be especially beneficial to choose yoga teacher training in a school that has a well-established yoga therapist training path and to seek continuing education opportunities in the area of yoga therapy.

Many IAYT-accredited yoga therapy programs have 500-hour yoga teacher training programs. Talk to the yoga therapy programs that interest you to see if this is available.

Helpful Resources:

- **How to Choose a Teacher Training** by Rachel Scott
- **So You Want to Be a Yoga Teacher** by Yoga International
Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of yoga.

The yoga tradition views humans as a multidimensional system that includes all aspects of body, breath, mind, intellect, and emotions—and their mutual interaction. Yoga therapy is founded on the basic principle that intelligent practice can positively influence the direction of change within these human dimensions, which are distinct from an individual’s unchanging nature or spirit.

The goals of yoga therapy include: eliminating, reducing, and/or managing symptoms that cause suffering; improving function; helping to prevent the occurrence or re-occurrence of underlying causes of illness; and moving toward improved health and well-being.

A yoga therapist draws from the principles of yoga and the full range of yoga practices as well as bio-medical and psychological foundations and assessment skills. They work with the client to develop a self-empowering therapeutic program appropriate to the client’s needs.

An IAYT-Certified Yoga Therapist (C-IAYT) has undertaken specialized training, well beyond that of a yoga teacher, in accordance with IAYT’s Educational Standards for the Training of Yoga Therapists or has met IAYT’s requirements for grandparenting. They adhere to the professional ethics, guidelines, and codes relating to the practice of yoga therapy as defined by IAYT and guard against making false or inaccurate claims about yoga’s therapeutic and healing capacities.*

*From the IAYT IAYT Scope of Practice for Yoga Therapy, as adapted from the Definition of Yoga Therapy in the IAYT Educational Standards for the Training of Yoga Therapists.
LEARN FROM THE RESOURCES AVAILABLE TO YOU NOW.

JOIN THE INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS.

(IAYT)—the professional organization that sets standards for training programs and certifies individual yoga therapists.

Click here to Join IAYT.

Helpful Resources:

Gary Kraftsow’s lecture on yoga therapy from Yoga International’s 2016 Fall Digital Conference

But I Thought All Yoga Was Therapeutic?
by Beth Spindler, C-IAYT

Yoga and Yoga Therapy
by Georg Feuerstein, PhD

Yoga Therapy: Definition, Perspective, and Principles
by Richard Miller, PhD, C-IAYT
If you have the opportunity, try sessions from therapists who come from different training programs or lineages. You can find an IAYT certified yoga therapist (C-IAYT) by searching the IAYT website.

Helpful Resources:

- The Distinction Between a Yoga Class and a Yoga Therapy Session by Gary Kraftsow, C-IAYT
- Yoga Therapy and Healing by Michael Lee, C-IAYT
- Gentle Doesn't Always Mean Therapeutic in Yoga by Beth Spindler, C-IAYT
8 STEPS TO BECOMING A
CERTIFIED
YOGA THERAPIST

SELECT AN ACCREDITED YOGA THERAPIST TRAINING PROGRAM.

See How to Find the Right Yoga Therapist Training Program for You by John Kepner, IAYT Executive Director.

Read about the various IAYT accredited training programs and find the ones that best match your interest. If you attend a SYTAR conference, you can talk to representatives from many of them.

Helpful Resources:

The Differences Between Yoga Teacher Training Programs and Yoga Therapist Training Programs by Gary Kraftsow, C-IAYT

Yoga Teaching or Yoga Therapy by Nischala Joy Devi, C-IAYT

Qualities of a Yoga Therapist by Joseph and Lilian Le Page, C-IAYT with Cathy Prescott, C-IAYT, Sandra Eimers, C-IAYT and Ellen Schaefer, C-IAYT

Yoga Therapist Education and Yoga Teacher Training:

Intention Fuels Action by Michael Lee, C-IAYT
Yoga therapists who graduate from IAYT-accredited yoga therapist training programs are automatically eligible to apply for C-IAYT designation. As an IAYT member, you will be able to access the online application.

Join and remain a member of IAYT to stay current on certification news.

Recommended digital courses and workshops related to Yoga Therapy:

- **Pranayama Unlocked: A Practice-Based Intensive**
  with Gary Kraftsow, C-IAYT

- **Stress Management through Yoga and Meditation**
  with Carrie Demers, C-IAYT

— continued on next page —
8 STEPS TO BECOMING A CERTIFIED YOGA THERAPIST

RECOMMENDED COURSES

Relieve Tension in the Psoas with Sandra Anderson

Yoga to Soothe Sciatica with Doug Keller, C-IAYT

Yoga for Lower Back Pain with Aadil Palkhivala, C-IAYT

Yoga International’s 2016 Fall Digital Conference

More Resources:
Visit the Yoga Therapy Channel at Yoga International.
Attend IAYT’s Symposium on Yoga Therapy and Research (SYTAR), held annually.
See Conferences on the IAYT website.

KEEP RETURNING TO STEP 1!