



OPTIMAL STATE

865 CERTIFIED YOGA THERAPIST TRAINING PROGRAM

Program Director: Amy Wheeler, Ph.D.

Minimum Prerequisite: REGISTERED 200-HOUR YOGA TEACHER

Continue your yoga training and become an Optimal State Certified Yoga Therapist. The Optimal State of Living Yoga Therapy School has the goal of bringing Eastern Yogic wisdom of health and healing into the modern context of Western healthcare via The Optimal State model created by Amy Wheeler.

The Optimal State Certified Yoga Therapist program will prepare students to work in the field of Integrative Medicine at hospitals, senior centers, Veteran's Associations, county and government facilities, and with individuals who desire to use complementary health modalities.

There will be approximately 600 hours of T. Krishnamacharya Yoga Therapy, 100 hours of Ayurveda/Samkhya & 165 Biomedical and Psychology. The Optimal State Certified Yoga Therapist Program requires daily yoga practice to prepare you to serve others and nourish yourself. The goal of this program is experiential in nature and will use ancient yogic knowledge to help people heal themselves in a modern context.

Boost your health, relationships and life into the *next level* of personal and professional *well-being*. Create your *Optimal State* of Living today.

Your transformation begins in January

PROGRAM OVERVIEW (865 Total Hours)

- **Distance Learning** (Essential Framework Online) = 189 hours
- **In-Person Modules** (Mental & Physical Health Modules - four 9-day modules) = 335 hours
- **Entering the Yoga Therapy Profession Weekend Retreats** (three 3-day retreats) = 100 hours
- **Practicum** = 207 hours

When you apply to the yoga therapy program we will create a personalized advising calendar with specific steps and dates for you.

STEP ONE: DISTANCE LEARNING & COMMUNITY DAYS

****STEP ONE MUST BE COMPLETED BEFORE STARTING STEP TWO ****

OPTIMAL STATE ESSENTIAL FRAMEWORK ONLINE TRAINING

You must be a registered 200-Hour Yoga Teacher to begin Essential Framework Online

Upcoming Start Dates: January 2, 2019 • January 2, 2020 • January 4, 2021

90 hours of *online curriculum*. The Optimal State Essential Framework Online Training includes curriculum from the Tradition of T. Krishnamacharya and The Optimal State of Living. This course includes online classes each Wednesday night from 4:00-6:00 pm (PST) for 12 months on the Zoom Platform.

STEP ONE: DISTANCE LEARNING & COMMUNITY DAYS (cont.)

COMMUNITY DAYS

Upcoming Dates:

January 5, 2019

April 6, 2019

September 7, 2019

February 2, 2019

May 4, 2019

October 5, 2019

March 2, 2019

August 3, 2019

November 2, 2019

99 hours in 9 days over the Essential Framework Online Training to build *community and outreach*. We will teach topics from the IAYT standards at each Community Day during the first half. The second half will have an open door policy to allow community members to attend for free. For those students out of area we will stream community days online.

STEP TWO: YOGA THERAPY FOR MENTAL HEALTH SERIES

**** STEP ONE MUST BE COMPLETED BEFORE STARTING STEP TWO ****

OPTIMAL STATE YOGA THERAPY FOR MENTAL HEALTH SERIES

Upcoming Beginning Dates: January 12-20, 2019 • January 11-19, 2020 • January 9-17, 2021

186 hours of training over two 9-day in-person modules (4 instructional days, 1 day off for *fun and rest*, 4 instructional days) and a Zoom module spanning five months. The residential training starts in January with an in-person module, then Zoom module on Fridays, and finishes with the July in-person module each year. You must complete all three modules; both in-person modules and the all online Zoom module.

ZOOM FRIDAY MODULE

Zoom Fridays are an integral part of your training and will be held from 9-10am (PST) for a total of 19 Fridays between February and June. Classes are 1-hour case studies that will include intake and assessment, reviewing the case, and writing a therapeutic plan for real client.

STEP THREE: YOGA THERAPY FOR PHYSICAL HEALTH SERIES

**** STEP TWO MUST BE COMPLETED BEFORE STARTING STEP THREE ****

OPTIMAL STATE YOGA THERAPY FOR PHYSICAL HEALTH SERIES

Upcoming Beginning Dates: September 7-15, 2019 • September 12-20, 2020 September 11-19, 2021

184 hours of training over two 9-day in-person modules (4 instructional days, 1 day off for *fun and rest*, 4 instructional days) and a Zoom module spanning five months. The training starts in September with an in-person module, then Zoom module on Fridays, and finishes with the March in-person module each year. You must complete all three modules; both in-person modules and the all online Zoom module.

ZOOM FRIDAY MODULE

Zoom Fridays are an integral part of your training and will be held from 10-11am (PST) for a total of 16 Fridays between October and February. Classes are 1-hour case studies that will include intake and assessment, reviewing the case, and writing a therapeutic plan for real client.

STEP FOUR: ENTERING THE YOGA THERAPY PROFESSION WEEKEND RETREATS

**** STEP THREE MUST BE COMPLETED BEFORE STARTING STEP FOUR ****

THE OPTIMAL STATE WEEKEND RETREATS

100 hours in 3 weekend retreats focused on preparing you for opportunities for professional growth in Mental Health, Physical Health, and Public Servant sectors. Each retreat will be a Friday, Saturday and Sunday.

The Optimal State Weekend Retreats will be held each year in June and coordinate with SYTAR for travel convenience; especially for our international students. We encourage you to attend SYTAR.

Each retreat will be a multi-faceted weekend of learning by teaching in mentored and supervised sections of the weekend, learning how to work with specific populations, and learning how to start your own business. You will learn using the blueprint provided via your participation in the Optimal State Weekend Retreats. The OSOL Yoga Therapist Training Program has a strong focus on marketing your services to *build your business*.

STEP FIVE: PRACTICUM

**** STEP FOUR MUST BE COMPLETED BEFORE STARTING STEP FIVE ****

PRACTICUM

207 hours supervised practicum at student's home location. The hours include work with clients, mentor hours, and documentation. You will be asked to do a full assessment of the client, write up of the practice and teaching the practice, as well as follow-up with the client. You will also be asked to do a self-analysis or observation of each session conducted.

PRACTICUM MENTORING

22 hours of one-on-one supervision. The mentor will track and offer suggestions for individual case and group class taught by the teacher-training student. This supervision will include discussion of assessment, short-term and long-term course planning and self-analysis of how it feels to be a yoga therapist.

During the entire program, your mentor will also give you a program designed for you, using the Optimal State model. This will enable you to experience first hand the benefit of it. We feel it is important to *nourish yourself* before helping others. During the application process you will fill out a Mentor Match form that will allow us to carefully match you with a mentor for the best possible outcome.

CONTINUING EDUCATION UNITS

CE credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC), which is co-sponsoring this program.

SCRC is approved by the American Psychological Association to sponsor continuing education for psychologists. SCRC maintains responsibility for the program and its content.

SCRC is approved by the California Board of Registered Nursing (BRN Provider CEP 16887) for licensed nurses in California.

The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.

For questions about CE credits, visit www.spiritualcompetency.com or contact David at CE@spiritualcompetency.com.

There will be an additional administrative fee of \$50 to submit your CE's to the SCRC.

CERTIFICATION

After completing the requirements, you can take your Optimal State Yoga Therapist Certificate of Completion and turn it into IAYT. They will then give you a certificate to become a Certified Yoga Therapist or C-IAYT. IAYT has a small fee to become a C-IAYT (certified by the IAYT as a Yoga Therapist). See www.iayt.org for details.

The Optimal State of Living has submitted the application to IAYT for accreditation of our yoga therapy program. We will be able to provide information on our status after IAYT completes its review process.

OPTIMAL STATE CERTIFIED YOGA THERAPIST PROGRAM COST

The total cost of the program is \$15,000, plus your practicum mentor fees over the 3-6 year span of the program. There is a \$50 application fee (non-refundable) and once accepted, a \$1,000 deposit (applied to your tuition and non-refundable). The balance \$14,000 is to be paid before the class begins or through our payment program. Please see our *Payment Terms* document for more information on our payment program.

Your practicum mentor fees are estimated to be \$2,000. Your practicum mentor fees can vary and are paid directly to your mentor.

The program manuals cost \$500 and payment is due before the program starts.

Please note that these costs cover tuition and instruction. The program costs does not include travel, airfare, hotel, rental cars or food. Each student will be responsible for negotiating their own room and board. We do have students who have chosen to rent houses and cook together and we can put you in touch with them.