



All Three Levels of GSY Teacher Training

2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.

2.1.3 Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.

2.5.1 Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being

3.1.2 In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include but are not limited to

3.1.2.1 asana (postures);

3.1.2.2 pranayama (regulated breathing);

3.1.2.3 meditation and relaxation techniques such as bhavana (visualization), mantra (recitation), and ritualized activities such as nyasa and mudra; and 3.1.2.4 vihara (lifestyle modifications), including basic yogic dietary concepts

3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship

3.3.1 In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.

3.3.2 In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self responsibility throughout the therapeutic process.

3.3.3 In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student.

3.4.2 Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities



and boundaries, as well as techniques to address the specific needs of individual participants to the degree possible in a group setting.

4.1.11 Demonstrated ability to facilitate the client/student's experience of the practice, including 4.1.11.1 providing instruction, demonstration, and education of the client/student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools; and

4.1.11.2 providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools).

GSY Level 3 Training Only

4.1.1 Demonstrated ability to conduct intake and assess the client/student, including

4.1.1.1 taking a history of the client and his/her condition(s); and

4.1.1.2 assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.

4.1.2 Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student.

4.1.3 Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.

4.1.4 Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.

4.1.5 Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student.

4.1.6 Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies. 4.1.7 Demonstrated ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other



goals and aspirations of the student as relevant to the work of a yoga therapist.

4.1.8 Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual.

4.1.9 Demonstrated ability to apply knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients

4.1.12 Demonstrated ability to develop and maintain therapeutic relationships, including 4.1.12.1 fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; and 4.1.12.2 practicing effective, client-/student-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors. 4.1.13 Demonstrated ability to provide follow up and re-planning, including 4.1.13.1 gathering feedback, re-assessing, and refining the practice and determining short-term and long term goals and priorities; 4.1.13.2 addressing new and changing conditions, goals, aspirations, and priorities of the student/client and providing appropriate support; and 4.1.13.3 providing appropriate closure for the therapy sessions.