



# Pranakriya Yoga Therapy Certification Program at Main Street Yoga

*Yoga is an ancient path which was intended to lead the sincere practitioner to enlightenment by transcending human suffering. Healing of the body, mind and heart were essential stages on the path to that enlightenment, and the Yogic healing techniques are most effective when practiced with a thorough understanding of modern healing modalities.*



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The Pranakriya Yoga Therapy Certification program is designed for yoga practitioners, teachers and health care providers who want to specialize in yoga's therapeutic aspects. The program provides an understanding of yoga's healing methods seen in the light of modern medical and psychological therapies. This combination brings out the best of both.

The Pranakriya Yoga Therapy School is a charter member of the International Association of Yoga Therapists and works closely with IAYT in developing standards for Yoga Therapy schools.

In the program you will develop the following skills:

- Learn about diseases and dysfunction from a western model and from a Tantric Hatha yoga model.
- Integrate the Tantra Hatha Yoga tools of asana, pranayama and meditation into the treatment of musculoskeletal, medical and psychological conditions.
- Become a trained yoga therapist capable of working in private or group settings.
- Learn to evaluate a person for musculoskeletal and psychological conditions and apply yoga techniques as treatment for a variety of medical conditions.
- Develop care plans based on evaluations

This program is for yoga teachers, practitioners and health care providers and is intended to build upon the approach to Hatha Yoga taught in the Pranakriya 200 hour Basic Yoga Teacher Training program and Pranakriya 500 hour Professional Level Teacher Training program. Health Care practitioners with a yoga practice or background may enter the program.

The following modules make up the program and may be taken in any order unless specific prerequisites are given in program descriptions. Individual modules may be taken for educational purposes.

The total curriculum training time is 300 hours and includes courses from the Pranakriya 500 hour Professional Level YTT, Courses specific to the Pranakriya Yoga Therapy program and a mentoring process.

## **Functional Anatomy and Therapeutic Yoga September 9 - 14, 2011**

In this experiential course we will explore the major muscles and how they relate to yoga practice. Through observation, hands-on exercises, and practice of specific asanas, you will learn the location and function of the key anatomical regions of the body and understand how they relate to asana, as well as how asana can in turn affect the body. By employing these techniques, you will become proficient at understanding and identifying imbalances in your students' practice. Common stresses and injuries for each part of the body will be addressed. Learn how to apply asana therapeutically for specific injuries, as well as modifications (providing appropriate hands-on support and protection) to maximize the healing and strengthening that is possible from the practice of yoga. \$450



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## **Musculoskeletal Assessment June 3 - 7, 2011**

Prerequisite: Functional anatomy and therapeutic yoga.

This course will deepen your understanding and knowledge of the function and location of the muscles and joints of the body. You will learn evaluation techniques for the strength and length of each muscle and joint. This evaluation will be taught in two ways. First you will learn to evaluate each part separately. Then you will learn a more functional, integrated approach to evaluation. Through learning to “read” the student’s body you will learn the tools to find imbalances as you watch their ability to move through asana practice. This ability to “read” the practice will give you a more functional understanding of what is going on in their body and how certain imbalances may lead to pain and dysfunction. The development of a personalized plan of care and personalized asana practice for your student based on this evaluation will be taught. After this course, you will be able to help students with musculoskeletal dysfunctions (for example: back pain, neck pain, arthritis, tendonitis) by finding their imbalances and helping them to find a yoga practice to restore balance as well as modify asanas as needed. This course is taught by Marlysa Sullivan MPT, RYT. \$450

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## **Understanding the Hatha Yoga Pradipika March 4 - 8, 2011**

The Hatha Yoga Pradipika is an ancient yogic text written in the 15th century. This text describes the original “spiritual technology” that was the purpose behind the asanas, pranayamas, and meditations that have evolved into the yoga practice we have today. Learn more about why yoga is the way it is, and enrich your practice by learning more about how it was intended to unfold. Pick up pieces that have been lost along the way. This course is taught by Yoganand Michael Carroll. \$450

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## **Advanced Pranayama for Pranakriya Yoga Teachers December 2 - 6, 2011**

Pranayama, the yogic science of breath control, is a powerful way for you and your students to raise energy and channel it into spiritual growth and life mastery. This program provides a unique opportunity to immerse yourself in the techniques of pranayama as taught in the Tantric Hatha Yoga traditions. Practicing with the guidance of an experienced teacher, learn a variety of pranayama techniques and teaching methods. Explore the effects of combining pranayama with bandhas (locks), and experiment with ways to incorporate them into a deep spiritual practice. Increase your understanding of how to safely integrate the power of advanced breathing practices into yoga classes and develop your own style in supportive practice-teaching sessions. This program is for yoga teachers only. This course is taught by Yoganand Michael Carroll

## **The Yoga Way: Emotional Well-being March 2 - 6, 2012**

This course will give a concentrated overview of psychology and the human condition from the ancient Yogic perspective. We will review Yogic concepts related to understanding the mind, including kosas, kleshas, samskaras, gunas. We will explore how these concepts fit into the modern psychological models of the mind and how they may be useful in understanding and treating dysfunction. Students will learn Yoga Therapy methods for managing or assisting in healing psychological difficulties, including depression, anxiety, and traumatic stress responses. This course is taught by Stacie Smith, MA. \$550

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## **Teaching Meditation for Pranakriya Yoga Teachers June 8 - 12, 2012**

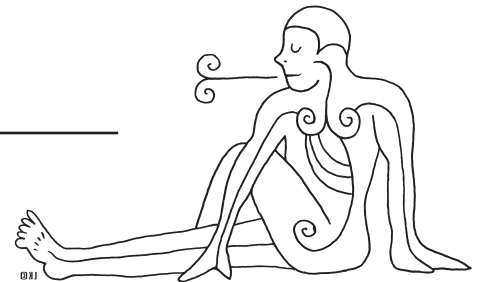
In ancient times yoga schools had a rich meditation practice that has been lost in many modern traditions. Some yoga schools today turn to Buddhism for meditation if they teach it at all. This program will explore the many stages and techniques of yoga meditation. We will start with the most ancient forms from which Hindu, Buddhist, and Jain meditation have sprung. After learning these techniques we will explore how they can be incorporated into a modern practice and taught to our students. This program is for yoga teachers only. \$450

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## **Medical Issues: Integrating Medical Knowledge and Intuitive Healing October 26 - 30, 2012**

This program is designed to integrate medical knowledge with traditional yoga practices of asana, pranayama and meditation. Common medical conditions including: neurological, endocrine, cardiovascular, pulmonary, autoimmune, inflammatory, cancer, and gastrointestinal will be discussed. The physiology behind the condition as well as common treatments and the application of yoga practices to the disease will be discussed. Current research on Yoga for these conditions will be presented. The relationship of the mind to the healing process will be explored. There will be opportunity for students to inquire about any medical topics of interest. This course is taught by Louis P. Fuerstman, MD. \$550

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## **Functional Integration December 14 - 18, 2012**

This is the last class taken in the program. Using all of the information from the seven courses you will have the opportunity to work with case studies. You will practice evaluation techniques from the medical, musculoskeletal and psychology modules. You will then develop an assessment and plan of care using what you learned in the meditation, pranayama and Hatha Yoga Pradipika courses. This will be an experiential course focused on bringing all of the information together and will include a competency check off to ensure you have developed these skills. This course is taught by Marlysa Sullivan MPT, RYT.

## **PRANAKRIYA YOGA THERAPY TEACHERS**

### **Yoganand Michael Carroll**

Yoganand Michael Carroll has been recognized as a Master-Level teacher in the Kripalu Yoga tradition. Through many years of intensive study and practice of the Kripalu approach to yoga, Yoganand has gained a profound ability to distil and interpret esoteric yoga texts and techniques. After studying with Kripalu Yoga masters in India and America, Yoganand taught at Kripalu Center for more than 15 years before founding Radiant Well-being Yoga Center in North Augusta, South Carolina, where he leads Pranakriya Yoga 200 hour Basic and 500 Hour professional Level Yoga Teacher Training and a variety of other programs. Yoganand is registered with the Yoga Alliance as an E-RYT500 level teacher and is a registered yoga therapist (International Association of Yoga Therapists -IAYT).

### **Marlysa Sullivan**

Marlysa Sullivan MPT, RYT is a professional physical therapist and Yoga instructor working in Atlanta, GA. Her experience in becoming a yoga teacher and her pursuit of further knowledge in meditation has shown her how building awareness and knowledge of the body and mind can empower a person in their own healing process. This has led her to practice therapy in a way that focuses on mind and body awareness through traditional therapeutic treatment combined with Yoga, breathing and meditation. Marlysa continues to research and develop new methods for integrating Yoga and physical therapy. She is a member of the International Association of Yoga Therapists and is pursuing further certification and study with Yoganand. Marlysa is an instructor of Functional Anatomy and Therapeutic Yoga and collaborates with therapists across the country on the integration of Yoga into current therapy practices. You may contact Marlysa for program information at marlysayogini@gmail.com.

### **Stacie Smith**

Stacie Smith, MA - With 18 years of experience, Stacie combines insight-oriented psychotherapy with principles of mindfulness practice and other body-centered approaches. Her transpersonal orientation to the therapeutic process aims toward deeper integration of the physical, mental, emotional and spiritual aspects. Stacie understands the importance of the body's story in the healing process and invites deeper exploration through present-moment awareness, breath and dialogue. Stacie's work is grounded in the integration of Western psychology and Eastern thought and mindfulness-based, contemplative practices. Being fully present invites new possibilities of well-being, enhancing our mental functioning, our physiological health and our interpersonal relationships. Stacie directs the psychology model of the Pranakriya Yoga Therapy program.

### **Louis Fuerstman**

Louis P. Fuerstman, MD is a graduate of Amherst College and Emory University School of Medicine. He currently practices Emergency Medicine in North Georgia. His medical experience includes Hospice medicine, founding a Pediatrics practice, and leading numerous volunteer medical trips to a Tibetan settlement in South India. Dr. Lou is also a practitioner of Craniosacral Therapy. He especially enjoys combining medicine with alternative forms of healing and psychospiritual development. Lou teaches the medical module of the Pranakriya Yoga Therapy Certification program.