



Svastha Yoga Therapy Program

BUILDING UPON THE TEACHINGS OF KRISHNAMACHARYA



web: www.svastha.net
email: info@svastha.net

In this professional program on yoga therapy, we aim to bring you the most effective aspects of traditional yoga and ayurveda combined with modern medicine.

Specific guidelines for different conditions and general treatment principles will be detailed, empowering you to safely and effectively address disabilities and ill-health through yoga.

Program Structure

The program is delivered in intensive modules (5 days for each module A and B). Each section (I, II, and III) may be attended independently. Certificates will be issued for each module.

I. Musculoskeletal System / Body

A: Low Back, Pelvis & Lower Limb

B: Cervical & Thoracic Spine, Upper Limb, Anatomy of Breath

II. Internal Medicine & Breath

A: Physiology and Sequencing of the Breath, Respiratory and Cardiovascular Disorders

B: Neurological/Digestive/Immune systems, Sequencing, Pranayama, Props, Yoga for the Elderly

III. Yoga Psychology & Psychiatry / Mind

A: Managing Stress, Anxiety, Mild Depression, Common Emotional Disorders

B: Recognizing and Approaching Serious Psychiatric Conditions

IV. Integration/Completion Module

Holistic case studies, Assorted topics.

Program Development & Faculty

Dr. Ganesh Mohan is a physician trained in both conventional medicine and ayurveda. Son of A.G. Mohan and Indra Mohan, he started practicing yoga as a child, in the tradition of Krishnamacharya. He is well-versed in traditional yoga studies. His work in therapeutic yoga centers around employing the most relevant methods from ancient and modern healthcare. He is the co-author of the Mohans' book *Yoga Therapy* (Shambhala Publications, 2004). He is an advisor to the IAYT in the USA and the AAYT in Australia.



Dr. Günter Niessen is a specialist in orthopedic and trauma surgery practicing in Berlin (Germany). He has over twenty years of experience in dealing with structural and functional disorders of the musculoskeletal system from a multidisciplinary perspective, being trained in physical therapy, chiropractic, manual therapy, sports medicine, neural therapy and acupuncture. In addition, he has been practicing yoga for over a decade, and is a yoga teacher registered with the BDY/EYU. For more information, please visit www.yogaundorthopaedie.de.



Dr. James H. Grubbs is a child and adult psychiatrist. He is a Fellow of the American Academy of Child and Adolescent Psychiatry. He received his adult psychiatric training at the University

of California at Davis and completed a fellowship in child psychiatry at the Yale Child Study Center. Over four decades, he has worked in a variety of clinical settings throughout the USA and internationally. He has served as the Executive Director of Mental Health for the middle of the North Island of New Zealand, and as the Medical Director of Southwestern Virginia Mental Health Institute. Dr. Grubbs has an abiding interest in bringing traditional yoga and Western medical and psychiatric practice into greater synergy. Dr. Grubbs is based in Austin, TX.



A.G. Mohan and Indra Mohan have been teaching yoga for close to four decades in the lineage of Krishnamacharya. They are a direct link to the original teachings that have transformed yoga in the last century, and laid the foundation for its therapeutic applications. Their studies span the spectrum of ancient Indian wisdom, from yoga and ayurveda to rituals, mantras, and many other aspects, firmly anchoring this program in the authentic tradition of yoga.



Program Highlights

Cohesive development by faculty team. The faculty have worked together to design an integrated and focused program specifically for yoga teachers.

Clear, practical approach. The highlight of Svastha yoga's approach is clarity.

Authoritative background in classical yoga and ayurveda. This program offers a direct link to the profound sources.

Mainstream medical content. You can feel confident in interacting with healthcare professionals using the knowledge you gain from this program.

Broad coverage. Holistic perspective combining traditional yoga, a wide spectrum of modern medicine (general medicine, rehabilitation, psychiatry) and ayurveda.

Open, modular framework. You can integrate these skills easily, as well as build upon them.

Continuing education. Specialized studies, refresher courses and online programs will also be offered.



II. Internal Medicine & Breath

A: Anatomy, Physiology, and Sequencing of the Breath, Respiratory and Cardiovascular Disorders

1. Safety considerations in yoga sessions for clients with respiratory and cardiovascular issues, breathing difficulty and respiratory diseases.
2. Disorder based considerations for specific conditions. For example, in respiratory and cardiovascular systems:
 - a. Asthma
 - b. COPD and other breathing difficulties
 - c. Holistic approach to prevention and therapy of heart disease
 - d. High and low blood pressure
 - e. Heart failure
3. Case study based learning, modeling clients and situations the yoga teacher is likely to encounter.
4. Experience different breathing patterns. Analyze and modify breathing patterns in asana to address the needs of the student.
5. Functional approach to the breath using conscious modulation, gravity, body position, muscle action, relaxation etc.
6. Using sound and chanting to work on the breath therapeutically.
7. Progressively sequencing the breath for students in steps from abdominal breathing to chest breathing, deep breathing, long breathing, and the bandhas.
8. Traditional concepts in ayurveda and their relation in yoga. Orientation on ayurvedic guidelines concerning lifestyle, diet, and useful herbs.
9. An overview of traditional yoga concepts related to therapy:
 - a. Brmhana, Langhana
 - b. Sikshana, Rakshana

II. Internal Medicine & Breath

B: Neurological/Digestive/Immune systems, Sequencing, Pranayama, Props, Yoga for the Elderly

1. Safety considerations in yoga sessions for balance problems, cognitive impairments, movement disorders.
2. Observation and assessment skills. Setting optimal and realistic goals based on the problem and the person, especially in neurological disorders.
3. Disorder based considerations for specific conditions. For example:
 - a. Cerebrovascular disease (stroke)
 - b. Parkinson's disease
 - c. Multiple Sclerosis
 - d. Headache
 - e. Chronic Fatigue Syndrome
 - f. Irritable Bowel Syndrome
 - g. Crohn's disease, Ulcerative Colitis
4. Pranayama as a therapeutic tool:
 - a. Different types of Pranayama
 - b. Sequencing Pranayama
 - c. Relation to ayurveda
5. Effective sequencing in single yoga sessions and over multiple yoga sessions.
6. Using props, supports, aids effectively in a therapeutic yoga setting.
7. Visualization and imagination as tools in yoga practice.
8. Ayurvedic guidelines on lifestyle, diet, and useful herbs.
9. An overview of traditional yoga concepts related to pranayama:
 - a. Nadis, Prana.
 - b. Koshas