

# The Minded Institute Professional Diploma in Yoga Therapy

Delivered by Minded Professional Training Ltd.



# Welcome to The Minded Institute

Dear Prospective Student,

Here at Minded we all share one simple and unifying mission: to offer trainings in yoga therapy that feed the intellect, nourish the heart, and teach our students how to support others in transforming their lives.

By combining yoga therapy and mindfulness with psychotherapeutic skills, and a deep knowledge of anatomy, physiology, and neuroscience, we are committed to revolutionising the perception and treatment of long-term mental and physical health conditions. We want to empower you, the change-makers, to bring about this evolution in healthcare.

We believe our unique approach, our rigorous programmes aligned to the higher education system in England, and our expert teaching effectively integrate to provide the highest standard of yoga therapy education. I am delighted you have chosen to explore what we have to offer, and I hope within the pages of our prospectus you find the information and inspiration you need to continue your journey.

With warmest wishes,

Heather Mason  
Founder and Director, The Minded Institute



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# YOGA THERAPY'S MOMENT

## **The field of yoga therapy is growing and starting to transform the treatment of chronic health conditions**

Healthcare organisations and practitioners internationally are awakening to the evidence-based benefits of yoga therapy as a comprehensive and cost-effective intervention for many of the most prevalent and intractable lifestyle and stress-related diseases that are at epidemic levels in the modern world. At the same time, the evidence base for body-oriented and mindfulness approaches to the treatment of many mild and severe mental and physical health issues, from anxiety and depression to PTSD, chronic pain, and eating disorders, is growing rapidly.

The National Institute for Health and Care Excellence (NICE) guidelines in the UK, USA and Canada now include the use of therapeutic yoga as a recommended treatment for lower back pain. Yoga therapy is also mentioned in the NICE guidelines for schizophrenia.

Increasing numbers of GPs and medical professionals are recommending yoga and yoga therapy to their patients, while both are expected to be in high demand from the social prescribing model under the new NHS Long-Term Plan. Simply, it has never been a better time to become a yoga therapist.

The Minded Institute is at the forefront in working for this change in the UK and internationally through partnerships and innovation, and most importantly by training therapists who are equipped to take up the roles as pioneers of integrating yoga therapy into mainstream healthcare and mental health settings and research, as well as bringing it to yoga studios and private practice.

# A CAREER IN YOGA THERAPY



**Our courses are designed to train change-makers in bringing yoga and yoga therapy into healthcare**

This requires a depth of knowledge and range of skills that goes beyond the scope of many yoga therapy trainings, and we empower our Minded graduates to take their place within the healthcare profession, should they wish to do so. Our recent accreditation with the National Council for Integrated Psychotherapists endorses the advanced position that our Professional Diploma in Yoga Therapy now holds in this arena. We are confident we graduate exceptional yoga therapists who are able to justify their evidence-based practice and thread it together with person-centred and compassionate care.

Accordingly, our courses attract highly committed and motivated students from a variety of backgrounds, with the critical academic abilities, practical skills and passion to create new career pathways, help others to understand the multi-dimensional healing capacity of therapeutic yoga, and in the process, elevate the field of yoga therapy. Minded graduates operate in private practice and within settings as varied as corporates, social enterprises, voluntary organisations, NHS clinics and in-patient services, prisons, schools, and care homes.

Minded yoga therapists work with clients of all ages, and with a wide range of health issues, providing a combination of private, one-to-one, and group



sessions, as well as offering specialised classes or courses for individuals with specific health needs.

Many of our trainees already work in clinical settings before they start the course; others are experienced yoga teachers who may have started to apply their expertise in working with particular client populations.

The range of specialisms of our graduates is vast and includes everything from working with chronic pain, PTSD, lower back pain, type-2 diabetes, cardiovascular diseases, cancer, eating disorders, perinatal mental health, neurodegenerative conditions, respiratory issues, complex comorbid disorders, auto-immune conditions, musculoskeletal conditions, other structural issues, and many more.

As pioneers in their field, former graduates often return to share their expertise on the course as guest lecturers or senior team members.

Each year, some graduates undertake further in-house training to join the supervision team.



**Laura Wilson**

**Minded Yoga Therapist,**

"For me the Minded Institute's 500hrs professional training has been an extraordinary opportunity to deepen my knowledge and understanding of how yogic practices can be tailored for therapeutic use. The course offers a comprehensive and insightful way in: combining ancient eastern wisdom with cutting edge science. As a nearly newly qualified yoga therapist I now have great confidence in working with very many physical and mental health conditions both in a one to one and group setting. I also feel I have a new vocabulary in which to communicate the value of this work within both the caring and medical sectors. It has been a challenging but deeply rewarding journey of self discovery and intellectual and spiritual learning for which I am eternally grateful."

# AN INTEGRATED APPROACH

‘Yoga Therapy is the process of empowering individuals to progress toward health and wellbeing through the application of the teachings and practices of Yoga.’

*International Association of Yoga Therapists (IAYT)*



Yoga therapy draws from the wisdom and traditions of yoga and other mind-body practices. At its heart is the traditional five-layer Kosha model of integrated physical, energetic, psychological, social and spiritual wellbeing.

Human flourishing requires all of these areas to be balanced, as disturbances in one of these aspects of the person will likely cause disease in the others. The kosha model finds parity with a biopsychosocial approach to health and healing.

Healthcare is increasingly appreciating that for most health conditions, biopsychosocial approaches provide better long-term outcomes.

# Minded Yoga Therapy



# MINDED YOGA THERAPY

At The Minded Institute, we work with each of the eight limbs of yoga (personal responsibility, self-care, physical practice, breath and energy techniques, sensory awareness, concentration and mindfulness, meditation, and spiritual development) in the service of a healing journey.

The holistic, multi-valance approach of yoga therapy encapsulates the biopsychosocial model of health: a growing recognition in mainstream healthcare that wellbeing comes from looking at the individual not as a collection of individual symptoms but as an integrated whole, situated within their social environment. This model is becoming the best practice within healthcare treatment.

Working at the intersection between yoga therapy, mindfulness, psychotherapeutic practices and clinical insight, neurobiology and medical science, The Minded Institute prides itself on bridging the divide between evidence-based science and the ancient wisdom of yoga and other mind-body and philosophical traditions.



# PROFESSIONAL TRAINING

The Minded Institute offers two training entry points to the same comprehensive 580-Hour Professional Diploma in Yoga Therapy and an additional progression onto achieving C-IAYT status with the International Association of Yoga Therapists (IAYT), as outlined below.



④ [Entry Point 1](#)

580-hour Professional Diploma in Yoga Therapy for yoga teachers, with British Council for Yoga Therapy (BCYT) and National Council of Integrated Psychotherapists (NCIP) accreditation.

④ [Entry Point 2](#)

580-hour Professional Diploma in Yoga Therapy for health professionals, with NCIP accreditation.

④ [Progression for Yoga Professionals](#)

*Available for Entry Point 1 students only.*

815-hour Advanced Diploma in Yoga Therapy for yoga professionals, with IAYT accreditation. This is inclusive of the 580 accredited course + 235 additional hours. Ours is the only Yoga Therapy Diploma training in the UK to be accredited by the IAYT.

Our commitment to train health and yoga professionals reflects our commitment to yoga therapy's integration into healthcare. Further, we find the course is attractive to individuals from both professional backgrounds as it is cutting-edge, evidence-based, while also considering the importance of spirituality and personal practice as inherent components of the learning journey.

**Since 2009, the Minded training has developed into a world-class yoga therapy programme, and we pride ourselves on offering what we believe to be the gold standard in training.**

Originally devised as a comprehensive yoga therapy training to specialise in working with mental health conditions, Minded professional training courses retain this strong and distinctive focus, while the curriculum has been broadened to address a multitude of structural and physical health conditions and their treatment with the same in-depth thorough approach.

In 2022, our curriculum underwent significant review in order to achieve National Council of Integrated Psychotherapists (NCIP) accreditation. As part of this process, the psychotherapeutic elements of the course have been developed and the entire diploma has been formally recognised as being equivalent to a Level 5/6 higher-education qualification in England, comparable to an undergraduate degree.



# Professional Diploma in Yoga Therapy for Yoga Teachers

## [580 hours]

### Accreditation

This course is accredited by the BCYT (British Council for Yoga Therapy) and National Council of Integrated Psychotherapists (NCIP)

### Minimum Entry Requirements

- Ⓜ 3 years of personal yoga practice
- Ⓜ 200 hours yoga teacher training certificate
- Ⓜ 150 hours of yoga teaching
- Ⓜ 1 year of teaching experience
- Ⓜ Evidence of prior recognised academic achievement to Level 4 or higher (as per the Qualification and Credit Framework (QCF) or the Regulated Qualification Framework in England) OR Recognition of Prior Learning/ Experiential Learning portfolio submission.

*Please note, this track is only available to entrants that fulfil the above criteria prior to beginning the course.*

### Content

- Ⓜ Modules 1-16 yoga therapy core curriculum
- Ⓜ For an upgrade to a 625 hrs certification, you can additionally do any two of the following CPD modules:
  - Yoga Therapy for Pregnancy and Perinatal Mental Health
  - Yoga Therapy for Child and Adolescent Mental Health
  - Yoga Therapy for Chronic Pain
  - Chair Yoga Therapy

Prices for these CPDs range between £550-£700 as of March 2023 and may be subject to changes on an annual basis. Please refer to the website for prices when specific CPDs are listed. Certain tutors will offer a discount to Minded trainees for these CPDs.

### Timeline

- Ⓜ 22 months taught modules
- Ⓜ 10 months dissertation and case studies

## Course Benefits

- ④ With the BCYT certification, you can register with the Complementary and Natural Health Care Council (CNHC), the UK's professional accreditation body for yoga therapy.
- ④ With the NCIP certification, you can become a NCIP student member, which brings many benefits and the opportunity to work towards full NCIP certification once qualified (see the [Accreditation and Certification section](#) for more details).

## Start Date

- ④ May 2024

## Investment

- ④ **£7,200** (plus any additional costs for extra CPD courses taken)
- ④ **£6,900** *Early-Bird rate until 1<sup>st</sup> September 2023*







# Professional Diploma in Yoga Therapy for Health Professionals

## [580 hours]

### Accreditation

This course is accredited by the National Council of Integrated Psychotherapists (NCIP)

### Minimum Entry Requirements

- Ⓜ 3 years of personal yoga practice
- Ⓜ Health professional qualification at Level 4 or higher (as per the Qualification and Credit Framework (QCF) or the Regulated Qualification Framework in England, e.g., doctor, psychologist, psychotherapist, mental health nurse) or equivalent professional experience OR
- Ⓜ Recognition of prior learning/ experiential learning portfolio submission

### Content

- Ⓜ Modules 1-16 yoga therapy core curriculum
- Ⓜ For an upgrade to a 625 hrs certification, you can do additionally do any two of the following CPD modules:
  - Yoga Therapy for Pregnancy and Perinatal Mental Health
  - Yoga Therapy for Child and Adolescent Mental Health
  - Yoga Therapy for Chronic Pain
  - Chair Yoga Therapy

Prices for these CPDs range between £550-£700 as of March 2023 and may be subject to changes on an annual basis. Please refer to the website for prices when specific CPDs are listed. Certain tutors will offer a discount to Minded trainees for these CPDs.

### Timeline

- Ⓜ 22 months taught modules
- Ⓜ 10 months dissertation and case studies

### Course Benefits

- Ⓜ The most comprehensive training available for yoga therapy skills as an adjunct alongside existing healthcare professional practice.
- Ⓜ With the NCIP certification you can become a NCIP student member, which brings many benefits and the opportunity to work towards full NCIP certification once qualified (see the [Accreditation and Certification section](#) for more details).

## Start Date

- Ⓜ May 2024

## Investment

- Ⓜ **£7,200** (plus any additional costs for extra CPD courses taken)
- Ⓜ **£6,900** *Early-Bird rate until 1<sup>st</sup> September 2023*



# Advanced Diploma in Yoga Therapy with C-IAYT Certification [815 HOURS]



## Accreditation

This course is accredited by the International Association of Yoga Therapists (IAYT).

## Minimum Entry Requirements

- Ⓜ 3 years personal yoga practice
- Ⓜ 200 hours yoga teacher training
- Ⓜ 150 hours yoga teaching
- Ⓜ 1 year of teaching experience
- Ⓜ Candidates are required to complete the 580 Professional Diploma in Yoga Therapy – Entry Point 1, in order to proceed with the clinical practice requirements for C-IAYT accreditation in this progression route.

*Please note, this track is only available to entrants that fulfil the above criteria before beginning the course.*

## Content

- Ⓜ Modules 1-16 yoga therapy core curriculum
- Ⓜ Any two additional modules from the following list:
  - Yoga Therapy for Pregnancy and Perinatal Mental Health
  - Yoga Therapy for Child and Adolescent Mental Health
  - Yoga Therapy for Chronic Pain
  - Chair Yoga Therapy

Prices for these CPDs range between £550-£700 as of March 2023 and may be subject to changes on an annual basis. Please refer to the website for prices when specific CPDs are listed. Certain tutors will offer a discount to Minded trainees for these CPDs.

## Timeline

- Ⓜ 22 months taught modules
- Ⓜ 10 months dissertation and case studies
- Ⓜ Additional IAYT requirements to be completed within 30 months from the time of final contact hours of the 580hr course. See section [Course Requirements and Assessment](#) for details.

## Course Benefits

- Ⓜ International recognition by graduation from the most comprehensive yoga therapy training available in the UK, leading to and providing certification as C-IAYT.
- Ⓜ Opportunities for internship at The Mindful Clinic and other work placements

## Start Date

- Ⓜ May 2024 for the core 580 hours. Additional 235 hours can be undertaken when requirements for Entry Point 1 have been completed.

## Investment

- Ⓜ **£7,200** for 580-hour core curriculum [**£6,900** *Early-Bird rate until 1<sup>st</sup> September 2023*]
- Ⓜ Approx. £1,100 - £1,400 for two additional CPD courses
- Ⓜ Approx. £2,000 - £2,500 for private supervision for clinical work
- Ⓜ Approx. £300 - £500 for own yoga therapy sessions

## OUR APPROACH & CURRICULUM



Our approach to health is holistic and multi-factorial, looking at the root cause of disease through all the koshas, while understanding how it is perceived medically and yogically, as well as its impact on the person's psychology. We examine in depth the common current treatments, how yoga therapy may sit alongside traditional healthcare or, in some cases, serve as a primary intervention, safety issues, suggested best practice, and how to communicate with other health professionals. Accordingly, our graduates build confidence in working with a broad range of health conditions and inspire this same confidence to other healthcare providers.

**This is a rigorous and demanding curriculum, requiring the development of deep compassion, intuition and self-awareness, combined with academic discipline, practical therapeutic skills and an in-depth grounding of psychological, physiological and anatomical knowledge to BCYT and NCIP standards. The IAYT-accredited Advanced Diploma guides you through further hours of supervised clinical experience, as well as electing to study two of the [specialist training modules](#).**



Our approach is underpinned by extensive research evidence and the course materials are updated every year to reflect the latest developments in the field of yoga therapy and aligned scientific and medical advancements. Combining this with our students' deep experiential learning ensures that their knowledge and skills are multi-faceted.

Students are also taught and certified to deliver the acclaimed [Minded Yoga Therapy for the Mind 8-Week Course for Stress, Depression and Anxiety](#).

**What really makes us special is our students. We encourage applicants from a diverse range of professional backgrounds, such as yoga teaching, medicine, psychological professions, mental health, occupational health, physical therapy, education, and other helping/ therapeutic professions.**

**Many of our trainees are already experts in their fields and apply to our Professional Diploma for Health Professionals programme to bring new approaches and rigour to their work. In short, our students are pioneering and compassionate spirits and our learning community is enriched by their diversity of expertise.**



**Louisa Caine**

**Minded Yoga Therapist**

"A truly inspirational course! A journey of learning, growth and empowerment with leading experts who are passionate about their work and the benefits of yoga to support wellbeing. Through the unique blend of neuroscience, yoga principles, physiology, anatomy and therapeutic principles I have been able to reach out and help many people in a genuinely remarkable way which has truly complimented my yoga teaching. On a personal note I have met many amazing friends during the course and enjoyed the family style Sangha. I didn't want it to end!"

## COURSE CONTENT

Our core curriculum for the 580 hrs. Professional Diploma in Yoga Therapy is spread over 16 modules. Modules 1-15 take place in four-day blocks, with the final Module 16 taking place over two days.

Our unique course structure and teaching methodology balances theory and practice, building knowledge and skills in a structured way to ensure students graduate as fully rounded yoga therapists.

The training begins with a deep dive into an understanding of the brain and the major physiological systems of the body, examining the evidence linking brain, behaviour, physiology, and pathology, all within the context of the yogic kosha model. From the foundations of this understanding, in each module we study one specific mental health condition and one physical health condition in greater depth, exploring the relevant therapeutic yogic and mindfulness techniques used to help these conditions, and the evidence supporting their use. Experiential anatomy is explored from structural and psychological perspectives, with practical assessments and tutorials. We dedicate a full day each module to exploring the needs of different bodies and how to adapt practices to support the range of presentations.



We teach clinical and psychotherapeutic skills relevant to health professionals and yoga teachers in the context of yoga therapy, examining breathing practices and their energetic, physiological, and psychological effects, and spending time both meditating and learning how and when to offer an array of different meditation techniques, with a particular focus on mindfulness. As outlook and behaviour are essential to health and wellbeing, we reflect on key yogic philosophical concepts and how to share these with clients of varying worldviews in a way that best supports their growth.

The Minded Institute offers an array of learning approaches to provide you with a 360-degree perspective of topics, including: lectures and discussion; experiential learning, where we jointly craft and practice modified asana sequences; breath work and meditations; clinical, psychotherapeutic and teaching skills; additional group activities, partner work and practical exercises; observations of yoga therapy sessions; reflection and journaling.

Regular home practice and personal study is a mandatory requirement of the course and between modules, students practice their skills in client sessions and engage with reflective assignments to consolidate learning and critical thinking. Students have regular supervision to support them with their client work and development as a yoga therapist (see the [Supervision and Pastoral Care section](#) for more details).

Many of our students choose to work with those experiencing chronic pain, pregnant and perinatal populations, or children and adolescents. These are specialisms requiring further training. We have therefore introduced four optional training modules providing certification in these specialist areas, available at an extra charge: Yoga Therapy for Chronic Pain, Yoga Therapy for Pregnancy and Perinatal Mental Health, and Yoga Therapy for Child and Adolescent Mental Health.

The extra course hours in taking these modules are reflected in your certified hours. For eligible students intending to complete the 815-hour Advanced Diploma for C-IAYT certification, these trainings are compulsory and added to the course fees.

After completion of the taught modules, all students undertake an in-depth written exploration of a research topic, and then commence three detailed practical and documented case studies.

Those students proceeding to the Advanced Diploma, having successfully passed the Professional Diploma, are required to gain additional practical experience as a yoga lead, with supervision and documentation. This may be undertaken in private practice arranged by the student, and Minded is also active in providing enrichment opportunities with placements at our own Minded Clinic, in healthcare settings and research projects.

### Judy Grill

"The TMI's Yoga Therapy qualification has been helpful in deepening my understanding of students. It has been especially helpful in bringing yoga to prisoners who have different backgrounds and sometimes complex needs. It also informs my approach to yoga across of varying age ranges from school children to adults. Anxiety and depression affect many people who, often unnoticed, struggle on. Yoga's support is obvious and a joy to see."



# COURSE OBJECTIVES

Our key objectives for teaching are:

- ④ To equip yoga teachers, therapists, and healthcare professionals with the tools and skills to work with mental health and physical health in a holistic, integrated, multi-dimensional, and evidence-based way.
- ④ To train professionals to seek the root cause of suffering as it presents with each unique client and co-create a yoga therapy plan that supports the client's healing journey.
- ④ To ensure that yoga professionals are equipped with a keen understanding of relevant research and how this may inform best practice and the growth of yoga therapy as a health discipline.
- ④ To empower a generation of yoga therapists to work effectively within healthcare by clarifying how they may support, add to, and work within the pre-existing system.
- ④ To support individuals in their growth within their areas of interest and encourage exploration into new areas.
- ④ To provide space and support to trainees on their own journey of self-enquiry.
- ④ To encourage and support graduates to become leaders in their fields of interest.



## COURSE COSTS & PAYMENT PLANS

At The Mindful Institute, we personalise payment plans to help address your financial needs. Our 2024 training costs are:

### Professional Diploma in Yoga Therapy for Yoga Professionals [580 hours]

- Ⓜ **£7,200** (plus any additional costs for extra CPD courses taken)
- Ⓜ **£6,900** *Early-Bird rate until 1<sup>st</sup> September 2023*

### Professional Diploma in Yoga Therapy for Health Professionals [580 hours]

- Ⓜ **£7,200** (plus any additional costs for extra CPD courses taken)
- Ⓜ **£6,900** *Early-Bird rate until 1<sup>st</sup> September 2023*

### Optional additional modules for up to 625 hrs certification

- Ⓜ Yoga Therapy for Pregnancy and Perinatal Mental Health
- Ⓜ Yoga Therapy for Child and Adolescent Mental Health
- Ⓜ Yoga Therapy for Chronic Pain
- Ⓜ Chair Yoga Therapy

Prices for these CPDs range between £550 - £700 as of March 2023 and may be subject to changes on an annual basis. Please refer to the website for prices when specific CPDs are listed. Certain tutors will offer a discount to Mindful trainees for these CPDs.

### Advanced Diploma in Yoga Therapy with C-IAYT certification [815 hours]

- Ⓜ **£7,200** for 580-hour core curriculum [**£6,900** *Early-Bird rate until 1<sup>st</sup> September 2023*]
- Ⓜ Approx. £1,100 - £1,400 for two additional CPD courses
- Ⓜ Approx. £2,000 - £2,500 for private supervision for clinical work
- Ⓜ Approx. £300 - £500 for own yoga therapy sessions

All Mindful Institute course manuals are included within the course fees.

**To secure your place on any of our courses, you must pay a non-refundable deposit of £1,850 upon an offer of course acceptance being issued to you.**

Before you pay your deposit, we will discuss with you how you would prefer to pay the remaining balance and confirm the agreed payment plan in writing.

Please feel free to contact us to discuss what payment terms we can offer you.

Additional costs (all courses):

- Ⓜ Required books (costs vary).
- Ⓜ Five Yoga Therapy Observations: £20 each if arranged by the Minded Institute or costs may vary externally.
- Ⓜ Six (minimum) supervision sessions for the case studies: £45 per 45-minute session (this is based on the 2023 rates and is subject to change).
- Ⓜ Twelve private yoga therapy sessions—to be arranged by the student (costs vary).
- Ⓜ Thirty yoga classes that are no less than one hour long—to be arranged by the student (costs vary).
- Ⓜ DBS check, first aid certification, and yoga therapy trainee insurance (to be kept up to date throughout the training).



**Dr Lesley Perman-Kerr, CPsychol, AFBPsS**

**Minded Yoga Therapist, chartered psychologist and psychotherapist.  
HCPC registered.**

“Yoga brings the wisdom of the body into the consulting room and allows the mind-body to experience the strength of true connection in the quest for healing and freedom in discovering and honouring individual authenticity and potential.”

## COURSE REQUIREMENTS & ASSESSMENT

The training requires attendance for all 16 core curriculum modules, each of which is taught over a four-day weekend (Thursday to Sunday, running from 9am to 6pm), whether delivered online or in person. Students may miss no more than six teaching days in order to maintain their graduation eligibility.

The trainings for Pregnancy and Perinatal Mental Health, Chronic Pain, Chair Yoga Therapy, and Child and Adolescent Health are optional for the Professional Diploma (580 hours), and compulsory for the Advanced Diploma (815 hours C-IAYT).



Learning is supported and assessed in various ways, and progress to graduation requires completion of:

- ⑩ Assigned readings, including the course manual for each module
- ⑩ Regular written assignments between modules
- ⑩ 2-3 client session practices between each module

- ④ 2 written essays, one on a chosen research topic and one an extended piece of self-reflection
- ④ 4 written exams
- ④ 2 practical client assessments under observation
- ④ Group yoga therapy assessment
- ④ 3 case studies involving different clients, with 6 sessions per client
- ④ Inter-modular supervision calls
- ④ 6 supervision sessions during case studies
- ④ 30 hours of attendance to external yoga classes that are no less than one hour long, with a qualified yoga teacher
- ④ 5 therapeutic teaching observations (opportunities provided in evenings during modules at a small extra cost)
- ④ Participation in supervision for discussion of client sessions, case studies and self-development, during contact hours
- ④ Home practice and journaling
- ④ Reflection on twelve sessions of personal yoga therapy with a qualified yoga therapist
- ④ Engagement during group process
- ④ Engagement with lecturers, practices, group discussions and activities during contact hours

For the Advanced Diploma and C-IAYT certification, qualified candidates undertake a further:

- ④ 135 hours of clinical practice as a yoga lead, either one-to-one or small groups for specialist populations
- ④ 36 hours of paid supervision with a Minded supervisor
- ④ Approximately 20 hours for writing up documents required in this pathway

# COURSE DATES

## 2024

### Module 1: In Person

30<sup>th</sup> May – 2<sup>nd</sup> June

- ④ Introduction to the Course
- ④ Mindfulness
- ④ Minded Yoga
- ④ History of Medicine
- ④ The Immune System
- ④ The Endocrine System
- ④ The Autonomic Nervous System
- ④ Stress and Disease
- ④ The Koshas
- ④ Creating Safety
- ④ The Skeletal System

### Module 2: In Person

4<sup>th</sup> – 7<sup>th</sup> July

- ④ Respiration
- ④ Yogic Energy Systems
- ④ Introduction to the 8-Week Course
- ④ Cellular Biology
- ④ Cancer
- ④ Neurons and Neuroplasticity
- ④ Immunological Disorders
- ④ Anxiety Disorders
- ④ Creating Safety and Mirroring
- ④ Muscular Anatomy

### Module 3: Online

19<sup>th</sup> – 22<sup>nd</sup> September

- ④ **Exam 1**
- ④ Ujjayi Pranayama
- ④ The Vayus
- ④ Respiratory Disorders
- ④ The Central Nervous System (Part 1)
- ④ The Brain and Anxiety
- ④ The Healthy Spine
- ④ Therapeutic Language

### Module 4: Online

24<sup>th</sup> – 27<sup>th</sup> October

- ④ Kapalabhati Pranayama
- ④ The Therapeutic Use of Chanting
- ④ Angi
- ④ The Central Nervous System (Part 2)
- ④ Parkinson's Disease
- ④ Depression
- ④ Asana Anatomy: Forward Bends



**Module 5: In Person**28<sup>th</sup> November – 1<sup>st</sup> December

- Ⓜ Dirga Pranayama
- Ⓜ Space and Boundaries
- Ⓜ The Somatic Nervous System
- Ⓜ The Body in Emotional States
- Ⓜ Chakras and Emotional Healing
- Ⓜ The Digestive system
- Ⓜ Nutrition (Part 1)
- Ⓜ The Brain and Depression
- Ⓜ Asana Anatomy: Back Bends

## 2025

**Module 6: Online**23<sup>rd</sup> -26<sup>th</sup> January

- Ⓜ Sitali and Sitakari Pranayama
- Ⓜ The Bhagavad Gita
- Ⓜ Attachment Theory and Considering the Client's Development Needs
- Ⓜ Attunement
- Ⓜ The Reproductive System
- Ⓜ Reproductive System Disorders
- Ⓜ Perinatal Mental Health
- Ⓜ Restorative Yoga
- Ⓜ Asana Anatomy: Hip-Openers

**Module 7: In Person**27<sup>th</sup> February – 2<sup>nd</sup> March

- Ⓜ **Exam 2**
- Ⓜ Alternate-Nostril Breathing
- Ⓜ Yoga Nidra
- Ⓜ Grounding and Forming Safety in Therapeutic Relationships
- Ⓜ Post-Traumatic Stress Disorder (Part 1)
- Ⓜ Asana Anatomy: Foot, Ankle, Knee and Standing Poses

**Module 8: Online**10<sup>th</sup> – 13<sup>th</sup> April

- ④ Body Scanning
- ④ Body Awareness: Interoception and Proprioception
- ④ Tracking Sensations to Resolve Psychological Distress
- ④ Post-Traumatic Stress Disorder (Part 2)
- ④ Chronic Pain
- ④ Spinal Pathology and Asana

**Module 9: Online**15<sup>th</sup> – 18<sup>th</sup> May

- ④ Hatha Yoga Pradipika
- ④ Uni-Nostril Breathing
- ④ Psychosis and Schizophrenia
- ④ Sensory Awareness and Altering Brain Functioning
- ④ Nutrition (Part 2)
- ④ Eating Disorders
- ④ Bone Health and Bone Disorders (Part 2)

**Module 10: In Person**19<sup>th</sup> – 22<sup>nd</sup> June

- ④ Practical Assessment
- ④ Walking Meditation
- ④ Yogic Perception of the Mind
- ④ Diabetes
- ④ Dementia
- ④ Kirtan Kriya Meditation
- ④ Countertransference
- ④ Fascia: A Wholistic Perspective of the Mental Physical Body
- ④ Accessible Yoga and Chair Adaptions

**Module 11: Online**24<sup>th</sup> – 27<sup>th</sup> July

- ④ **Exam 3**
- ④ Bahya Kumbhak Pranayama
- ④ Teaching Seated Mindfulness Meditation
- ④ Mindfulness of the Mind
- ④ Chronic Fatigue Syndrome
- ④ The Bandhas
- ④ Addictions
- ④ Core Anatomy

**Module 12: In Person**18<sup>th</sup> – 21<sup>st</sup> September

- ④ The Impact of Love and Loving Kindness Meditation
- ④ Mudras
- ④ The Cardiovascular System
- ④ Balance and Balance Disorders
- ④ The Vestibular System
- ④ Trajectory of Client Work: A Short-Term and Long-Term Approach to Healing
- ④ Shoulder and Arm Anatomy

**Module 13: In Person**23<sup>rd</sup> – 26<sup>th</sup> October

- ④ Motivation and Motivational Interviewing
- ④ Attention Deficit Hyperactivity Disorder
- ④ Cardiovascular Diseases
- ④ Emergency Situations and Legal Regulations
- ④ Obsessive-Compulsive Disorder
- ④ Tax and Business Basics

**Module 14: Online**4<sup>th</sup> – 7<sup>th</sup> December

- ④ Cultivating Inquiry Skills
- ④ Stroke/TBI
- ④ Larger Bodies and Appropriate Adaptations
- ④ The Renal System and Kidney Disorders
- ④ Dermatology and Yoga Therapy
- ④ Hypermobility
- ④ Borderline Personality Disorder

## 2026

**Module 15: In Person**15<sup>th</sup> -18<sup>th</sup> January

- ④ **Final Assessments (Group Teaching)**
- ④ Grief
- ④ Lymphatic System
- ④ Ethics in Practice
- ④ Record Keeping and Advertising
- ④ Chair-Based Yoga—Review
- ④ Ending Yoga Therapy: Considerations and Best Practice

**Module 16: Exam**6<sup>th</sup> – 7<sup>th</sup> February

- ④ **Final Assessments of Individual Client Sessions**
- ④ **Final Exam**

# SPECIALIST MODULES

## Specialist Module 1

### Pregnancy and Perinatal Mental Health

Course contents:

- ④ Yoga in the Perinatal Year
- ④ Foundations of Maternal Wellbeing
- ④ Yoga Therapy Tools for Perinatal Wellbeing
- ④ Perinatal Mental Health
  - Beginning the Journey: Principles & Practice
  - The First, Second and Third Trimesters
  - Labour and Birth
  - The 'Fourth' Trimester
  - Ending Process and Assessment

## Specialist Module 2

### Child and Adolescent Mental Health

Course contents:

- ④ Childhood Development 5-19 Years
- ④ Current Research Supporting Yoga as an Intervention
- ④ Working with Trauma, Anxiety, Depression and Neurodevelopmental Conditions
- ④ Additional Needs: Neurodiversity, Learning and Physical Challenges
- ④ Working with Families and Other Systems
- ④ Therapeutic Tools, Skills and Sensitivities
- ④ Advanced Yoga Therapy Tools
- ④ Working in Groups with Challenging Behaviour
- ④ Holding the Whole Child
- ④ Ethics, Safeguarding and Boundaries
- ④ Ending Process and Assessment

### Specialist Module 3

#### Yoga Therapy for Chronic Pain

Course contents:

- ④ Exploring Chronic Pain and a Wide Range of Chronic Pain Conditions
- ④ Theories on the Neuro-Psycho/Physiological Mechanisms That Underpin the Experience of Chronic Pain
- ④ Research Regarding the Efficacy of Yoga Therapy and Mindfulness in the Treatment of Chronic Pain
- ④ Applying Innovative Mindfulness Techniques (Including Acceptance and Commitment Therapy) to the Treatment of Chronic Pain
- ④ Applying Breathing Interventions to a Wide Range of Chronic Pain Conditions
- ④ Assessing Physical Needs, Appropriate Movements and Yoga Postures in the Management of Chronic Pain Conditions
- ④ Support the Client's Greater Self-Reliance and Management, Liaising with Healthcare Professionals for the Management of Chronic Pain

### Specialist Module 4

#### Accessible Chair Yoga for Yoga Therapy

Course contents:

- ④ The Lakshmi Voelker Chair Yoga Method Mapped to the Kosha Model
- ④ Adapting Poses on the Chair Safely and Effectively Including Precautions
- ④ Adapting Poses on the Chair and for Wheelchair Yoga
- ④ Using the Chair as a Prop
- ④ Breathing Techniques
- ④ Philosophy, Lifestyle, and Ethics
- ④ Client Case Studies and the Development of Treatment Plans
- ④ Class Sequencing and Teaching Techniques
- ④ Extra Modalities, Including Acupressure, Reflexology, and Do-In Chinese Self Massage
- ④ Practical Tips for Teaching Chair Yoga In Healthcare, Nursing/Care Homes, and Other Settings

Further details, dates, and costs for our Specialist Modules and CPD courses can be found on our website: <https://themindeinstitute.com/yoga-therapist-training-and-resources/>



## SUPERVISION & PASTORAL CARE

The level of personal support on your journey through the Minded course is exceptional. You will be assigned a personal supervisor who acts as a professional support, mentor, and catalyst for self-enquiry.



During each module, students are given individual supervision, with a short meeting by video or phone between modules. Your initial 'getting-to-know-you' call takes place before the course starts, and is a chance to ask any questions, to discuss what you are hoping for from the course, and how it will integrate with your other commitments. The main focus of supervision sessions thereafter is reflection on your practical client sessions, while your supervisor also supports your learning and personal growth through the journey of the course. All members of the supervision team are Minded graduates and

understand first-hand the full life cycle of the course and how it builds to lead students to their intended goals.

During each of the modules 3-14, there is a facilitated group process session, led by senior team member Cassandra Fairweather. The group is a powerful and creative way to bring direct awareness to your relationship to the process and experience of training. This includes reflection on how you relate to self/parts, others, and to the organisation as a whole. The heart of the group is about fostering genuine curiosity and developing compassion for your own experience and extending that to others. This is sometimes challenging work, but also a deeply enriching aspect of the course, facilitating your self-awareness and growth as a therapist.

At one or more points between modules 3 and 13, you will be invited to meet a Student Development Reviewer and your supervisor to reflect on your progress and future plans, and how the team can best support your path to graduation and your career goals.



In preparing for your final case studies, you will need to arrange a minimum of six paid supervision sessions. You may continue with the same supervisor for continuity or choose a new Minded one with particular expertise to support your case studies or intended field of specialisation.

For the Advanced (C-IAYT) Diploma, you may arrange your own 36 hours of paid supervision for your clinical practical with a Minded supervisor of your choice. Up to ten hours of your supervision requirement may be taken as group sessions with senior Minded supervisors.

Your development is central to our purpose and our training, and the Minded team is committed to supporting you in the development of your career, whether you aim to become a yoga therapist or to integrate your yoga therapy skills with other practices.



**Eve Menezes Cunningham**

**Minded Yoga Therapist, NLP practitioner, Counsellor (Member BACP)**

"As well as delivering the eight-week course, I teach Minded Yoga inspired themed classes incorporating some of my other practices, too. As well as using yoga therapy with individuals, I sometimes incorporate some of the breath, bodywork and psycho-education from TMI into my other work, when appropriate. Minded Yoga is a wonderful addition to the psycho-synthesis counselling; coaching; and other mind, body, heart, and soul practices I share with clients."



## ACCREDITATION & CERTIFICATION

All graduates receive their certification from The Minded Institute, a school recognised for yoga therapy training by the British Council of Yoga Therapy and the International Association of Yoga Therapists. Additionally, our graduates are trained and certified to teach The Minded Institute's 8-week course for Stress, Anxiety and Depression.

The 580-Hour Professional Diploma in Yoga Therapy, for candidates who enter the programme with a yoga teacher training qualification and minimum 150 hours of teaching, is accredited by the **British Council for Yoga Therapy (BCYT)**, through which graduates are recognised by and able to register with the **Complementary and Natural Healthcare Council (CNHC)**. Completion of optional modules can bring certification up to 625 hours.

In 2022, Minded Professional Training also achieved accreditation with the **National Council of Integrated Psychotherapists (NCIP)** for the 580-Hour Professional Diploma in Yoga Therapy. This accreditation formally recognises the Diploma as being a Level 5/6 qualification, equivalent to a degree in England. Students are encouraged to become NCIP members here: <https://www.the-ncip.org/membership>.

Student membership entitles you to:

- ④ A free electronic copy of the NCIP Journal whilst you are training.
- ④ Option to submit articles for publication in the Journal.
- ④ Access to the Student Members Area of the NCIP website which has access to further training and CPD.
- ④ An open forum on the website.

- ④ No application fee to upgrade student membership to full membership.

The annual subscription for student membership is currently £25 and the NCIP will guide and support students to become fully accredited members.

Qualified applicants may progress to the Advanced Diploma (a further 235 hours on top of the 580 hours core curriculum of the Professional Diploma, bringing the total training and practical experience to 815 hours), which confers eligibility to register with the [International Association of Yoga Therapists](#) as C-IAYT status, an internationally recognised qualification which is not currently available via any other UK-based yoga therapy training.

Candidates for the 580-Hour Professional Diploma in Yoga Therapy for Health Professionals who enter the programme without yoga professional status are **not** eligible for BCYT endorsement of their diploma, or to proceed to the Advanced Diploma. Those who complete the optional Yoga Teaching Skills for Health Professionals module will receive a Yoga Alliance YTT-200 qualification noted on their diploma.

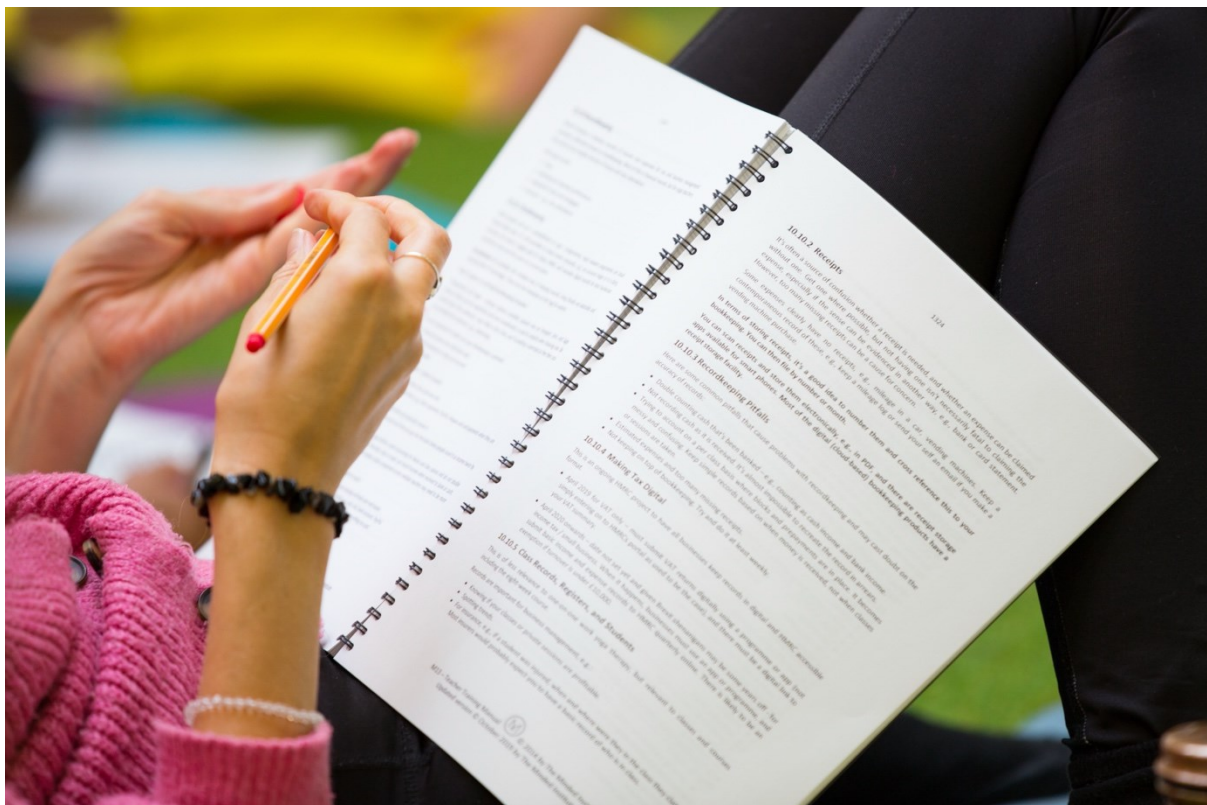




## ETHICS & PRACTICE

The Minded Institute's commitment to training leaders in the field of yoga therapy ensures we place a high value on upholding the highest standards of professional and personal ethics and practice.

Students and graduates adhere to the Codes of Conduct for the Complementary and Natural Healthcare Council (and the International Association of Yoga Therapists). Students also receive professional guidance on business ethics, medical ethics, issues such as tax, insurance, confidentiality, privacy and GDPR, advertising and scope of practice.



## FACULTY

### Heather Mason, C-IAYT, RYT-500, BA, MA, MSc Course Director, Senior Lecturer and Chair of the Advisory Board

Heather is the founder and director of The Minded Institute. The Minded Institute's Yoga Therapy training is essentially the culmination of Heather's journey and experiences with her own mental health and her extensive academic study.



She spent three years living in Buddhist monasteries in Southeast Asia, learning and teaching meditation and yoga. She holds two Master's degrees, in Buddhist Studies and Medical Physiology, and has taught at Harvard University and the Boston Trauma Centre. Heather is the primary lecturer for the Yoga Therapy training course.

Heather is also the director of the Yoga in Healthcare Alliance, an organisation providing research, training and campaigning for accessibility to yoga through public institutions like the NHS.

Additionally, she is the Secretariat for the All-Party Parliamentary Group on Yoga in Society.

## Dr Samantha Bottrill

MYT, RYT-200, BSc, PGDip, DClinPsy

**Senior Lecturer in Clinical Skills, Development  
Reviewer, Advisory Board Member**

Sam is a Senior Clinical Psychologist at the Maudsley Hospital, specialising in eating disorders, a yoga teacher and yoga therapist. Sam's main teaching area is clinical skills and psychotherapeutic principles and helping other psychologists to integrate yoga skills with their clinical practice.



## Elaine Collins

MYT, RYT-200, CNHC, BA

**Supervision Manager, Minded Clinic Manager,  
Advisory Board Member**

Elaine is a practicing yoga therapist and mind-body therapist with Live and Breathe Yoga Therapy. Her specialisms include chronic pain, borderline personality disorder, anxiety and depression, and working individually with people with complex PTSD.



## Cassandra Fairweather

MYT, RYT-200, CNHC, BA

**Group Process, Supervision Lead, Advisory Board  
Member**

Cass is a psychoanalytic psychotherapist, yoga therapist and mindfulness practitioner working with adults, couples and groups in secondary mental health settings with a particular focus on stress-related emotional problems.



## Shaura Hall

MYT, RYT-500, YAP-ST, YAP-TT

**Senior Lecturer in Addictions, Supervision Lead,  
Advisory Board Member**

Shaura is an experienced yoga therapist and founder of The Yogologist. As a yoga therapist, Shaura specialises in Yoga Therapy for Addictions and Recovery. She also specialises in providing supervision support to therapists working with those in recovery.



## Shweta Panchal

MYT, ABPYT, BSc

**Lecturer in Inquiry Skills and Perinatal &  
Reproductive Health, Advisory Board Member**

Shweta is a psychologist and yoga therapist specialising in perinatal mental health, an Active Birth Pregnancy Yoga teacher and Ambassador for the Pre- and Post-Natal Depression charity, PANDAS. Shweta is a supervisor and lecturer for our training and leads our regular Yoga Sutra reflections.



## Hayley Unwin

YAP-ST/TT, BSc, MRes, MCSP, HCPC, Pilates

**Lecturer in Cancer and Experiential Anatomy**

Hayley began practicing as a Chartered Physiotherapist in 2006 after graduating from the University of Birmingham with first-class honours. Fascinated by the interplay between body and mind, Hayley went on to achieve a Master of Research in Neuropsychology in 2007. Since then, she has worked throughout a wide range of areas in the NHS and private settings, ultimately specializing in complex rehabilitation and oncology. Hayley is also a qualified yoga, clinical Pilates and mindfulness teacher,





## Grace Parkyn

MYT, YTT, BSc, HND(MH), CCBT, SFT

### Supervision Lead, Lecturer in Psychosis

Grace is a yoga therapist, a mental health nurse and a systemic family practitioner. She has worked in statutory mental health services for the NHS for 10 years in two of the most deprived boroughs in the country. Clinically, she specializes in First Episode Psychosis. She is now a freelance yoga therapist working closely with charitable and statutory services.



## Rachel Bilski

### Lecturer in Yoga Philosophy

Rachel Bilski is a yoga therapist working with a range of physical and mental health conditions. Unique areas of experience include MND and yoga therapy for refugees. Rachel's therapeutic offering is deeply influenced by Buddhist teachings and in particular, mindfulness. In addition to her roles as both lecturer and supervisor for The Minded Institute, she also works on outreach projects to help facilitate the integration of yoga into healthcare settings. Rachel is currently involved in a research collaboration with the Royal Stoke University Hospital on yoga therapy for MND.





## GUEST LECTURERS

### Rose Butterworth FCMA

#### Lecturer on Tax and Business Basics

Rose is a Fellow of the Institute of Chartered Management Accountants with over 20 years' experience in commercial and financial roles. She has run small businesses and offered advice and support to start-ups. Rose is also a yoga teacher (200hr) with a special interest in Yoga Nidra (iRest), Yoga for Teens, and Yoga for Chronic Pain.



### Dr Lana Jackson YT, 200-RYT, BSc, DClinPsych, MBCTT

#### Lecturer in Child and Adolescent Mental Health

Lana is a senior clinical psychologist and yoga therapist for mental health, specializing in paediatric clinical psychology. She is currently writing the child section of the British Psychological Society guidelines on Mindfulness-Based Approaches for Clinical Psychologists and is co-author of the book chapter 'Yoga Therapy for ADHD'.



### Helen Moss BA Hons, BWY-500, RYT-200

#### Lecturer on Restorative Yoga

Helen offers yoga in the spirit of welcome, invitation, humility and accessibility. She is a BWY (500hr, 2008) and Sivananda (200hr, 2009) teacher and a qualified yoga therapist (580, 2020). She specialises in



Restorative Yoga and Yoga Nidra as well as Well Women practices.

## Liz Oppedijk RYT-500, E-LVCTT, MSc

### Lecturer in Chair Yoga, Parkinson's Disease and Dementia and CPD Lecturer

Liz came to yoga in her fifties, following serious illness and injury. Through yoga, her recovery became a transformation. Liz has taught Chair Yoga to people with varied abilities, including those with Parkinson's, MS, stroke, cancer, dementia, learning disabilities as well as their carers.



## Kyla Pearce MPH, RYT, CBIS, PhD

### Lecturer in Traumatic Brain Injury and Strokes

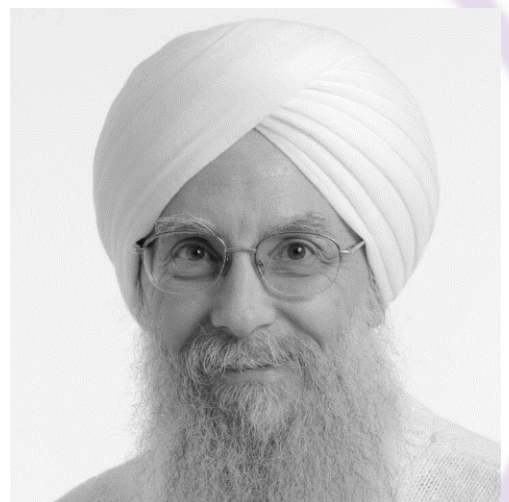
Kyla Pearce has blended her expertise as a yoga teacher and researcher to develop a TBI-focused yoga curriculum that integrates gentle yoga, meditation, pranayama, and psychoeducation. This curriculum is designed based on the science underpinning resilience and empowers people with TBI to become more active participants in their healing process.



## Sat Bir Singh Khalsa C-IAYT, PhD

### Lecturer on Sleep Disorders

Sat Bir is Assistant Professor of Medicine at Brigham and Women's Hospital at Harvard Medical School. He has conducted clinical research trials on yoga for insomnia, stress, anxiety, PTSD and other disorders, and is a practitioner/ instructor of Kundalini Yoga. He is editor-in-chief of the *International Journal of Yoga Therapy*, and editor of *The Principles and Practice of Yoga in Health Care*.



## Veena Ugargol

MYT, RYT-500, BSc, PGDip

### Lecturer on Managing Risk, Chronic Fatigue Syndrome

Veena is a yoga therapist and psychological wellbeing practitioner specialising in stress, anxiety, depression and trauma. She also holds academic interests in psychology and neuroscience, and lectures on these subjects for the Minded Yoga Therapy training.



## Charlotte Watts

BA, RYT-500, Senior YT, BANT Nutritional Therapist

### Lecturer on Nutrition and Digestion

Charlotte is a nutritional therapist and senior Yoga Alliance teacher and trainer. Her books include *Good Mood Food*, *Yoga Therapy for Digestive Health* and *The De-Stress Effect*. As well as private consultations in natural health and yoga for digestive health, Charlotte is in demand as a lecturer and speaker, and runs her own classes and workshops in yoga and somatics.



## Dr Melissa Wickremasinghe

PhD, FRCP

### Lecturer on Respiratory Conditions

Melissa is a consultant respiratory physician at Imperial College Healthcare NHS trust and honorary senior lecturer at Imperial College. She completed her training in respiratory medicine at Imperial College Healthcare NHS trust and the Royal Brompton Hospital



**Dr Toh Tsung Wong**  
MBChB (Hons), MRCGP, LMCC, DCH, DRCOG,  
PGCCE

**Lecturer in Skin Conditions**

Toh is a medical doctor, GP partner and trainer, and one of the UK's leading doctors in integrative health, with over 12 years of experience in the fields of acupuncture, neurolinguistic healthcare and hypnosis, as well as other systems of health and healing. He organises the Integrative Health Convention, which aims to progress the dialogue between allopathic and complementary medicine.





## CPD LECTURERS

### Raquel Chinchetru MYT, YTT-200, BA, MSc, MSc

#### Lecturer on Chronic Pain

Raquel works as a Chronic Pain Clinical Specialist at Pain Management Solutions, where she uses her broad-based skill set to work with patients and a multi-disciplinary team of specialists to provide effective care according to best practice and the NHS guidelines.



### Françoise Barbira Freedman C-IAYT, RYT-200, MA, MSc, PhD

#### Lecturer on Perinatal and Pregnancy Mental Health

Françoise is the Founder and Director of Birthlight, a charity providing courses and trainings in the physiological mechanisms and medical applications of yoga practice for women through their reproductive cycle. She is also a medical anthropologist at the University of Cambridge, a yoga therapist and author of several books including *Yoga for Pregnancy, Birth and Beyond*.



### Michelle Fury

#### Lecturer on Child and Adolescent Mental Health

Michelle Fury, Founder and Owner of Rhythms Yoga Training, is a licensed professional counselor (LPC) and a C-IAYT, and a pioneer in the field of pediatric yoga therapy. She seamlessly combines her clinical mental health experience and yoga expertise in the yoga therapy training she offers. Michelle was named the first full-time yoga therapist in a hospital setting by IAYT when she worked at Children's Hospital Colorado.





## READY TO APPLY?

We hope that by reading through our prospectus you've been inspired to continue your journey to become a yoga therapist. The next step is to apply to become a member of our newest cohort!

To be eligible to apply for The Minded Institute professional trainings, you must have a minimum of three years' consistent yoga practice and meet at least one other of the following criteria:

- Ⓜ Be a certified yoga teacher from an accredited school with 150 hours' teaching experience (required for admission to the BCYT and IAYT certified trainings)
- Or
- Ⓜ Be an accredited healthcare professional (this includes a mental health professional)

Additionally, you need to have achieved a recognised regulated qualification at [Level 4 or higher](#). Alternatively, those that have not achieved this level of prior study are invited to apply via a portfolio submission that recognises prior learning and experience. If you fall into this category, please discuss this with the Course Director during your interview.

The application process begins with registering your interest and providing your details via the [registration form](#). You will then be invited for an informal interview, usually a phone call, to discuss your motivation and suitability for the course and will be asked to provide evidence of your practice and qualifications. You will then be invited for a second interview before being offered a place on the course. At the start of the training, you will be required to sign a training and conduct contract and also a financial agreement.

For more information, or to begin the application process

Visit our website: [www.themindedinstitute.com](http://www.themindedinstitute.com)

Email us: [info@themindedinstitute.com](mailto:info@themindedinstitute.com)

Our friendly team are always happy to talk you through the process, or to provide additional information you may need. We are committed to inclusion and diversity and adhere strictly to GDPR guidelines.

We look forward to hearing from you!

# The Minded Clinic



## THE MINDED CLINIC

The Minded Clinic operates as a social enterprise yoga therapy clinic run by our graduates. This provides one-to-one yoga therapy and operates a sliding scale of pricing to increase accessibility to yoga therapy for those who need it the most. The clinic team also run accessible group classes, the Minded 8-Week course, and sessions for local organisations and research projects. The clinic is becoming a hub for Social Prescribing within London but is currently operating only online with reduced staff.

