

dedicated to excellence in professional training



**580-Hour Professional Yoga Therapy Training Course**

# **Yoga Therapy & Mindfulness for Mental Health**

## **2020-2021 Prospectus**

**Evidence-based Yoga Therapy & Mindfulness for Mental Health**

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# Welcome to The Minded Institute

Welcome to The Minded Institute! TMI is a leader in the field of mind-body therapy and dedicated to the development and implementation of innovative, holistic, and evidence-based ways of working with mental wellbeing. Our initiatives draw on modern medical understanding, neuroscience, psychology, and yogic and Buddhist wisdom.

Through a combination of compassionate purpose and determination, TMI endeavours to provide increasingly effective ways of helping those who are suffering from mental health issues and stress-related disease and to empower professionals to support their clients and students. Further, we serve as an interface organization between the fields of yoga and psychology, and yoga and medicine. Heather Mason, the founder of TMI, is a yoga therapist, scientist, psychotherapist, mindfulness practitioner, and a lecturer in medical schools. Her passion for bringing together these worlds is reflected in the ethos of The Minded Institute. We are an integrative organization blazing new inroads in the field of yoga therapy.

Our unique Minded Yoga Therapy 550-hour Professional Training Course reflects our comprehensive, caring, and cutting-edge approach to yoga for the treatment of mental health and stress-related disease. While mental health is the main focus, we also address structural and physical health in an in-depth manner, thereby offering one of the most comprehensive yoga therapy trainings in the world.

In addition to the Minded Yoga Therapy course, the Minded

Institute (TMI) offers a broad range of learning opportunities in the fields of therapeutic yoga, mental health, and general wellbeing. We collaborate with experts in the field to deliver a number of continuing professional development courses. Run throughout the year, these courses offer yoga therapists, psychotherapists, health care professionals, yoga teacher and practitioners an opportunity to train in working with specific clinical populations.

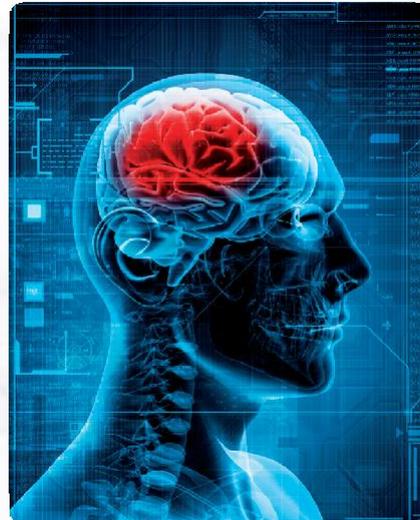
Through this prospectus, we hope to answer all of your questions about yoga therapy and training with us. We'd love to hear from you. If we can answer anything further, email us or visit us on the web!

Web: [www.themindedinstitute.com](http://www.themindedinstitute.com)

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

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# A Career in Yoga Therapy: An Emerging Field

Yoga therapy is one of the most exciting mind-body fields today. Yoga is increasingly reputed as a complementary and alternative therapy for many health problems. The NHS recommends yoga for mental and physical health, citing a number of its benefits on its website, and 6% of doctors in the USA are recommending yoga to their patients to improve health and wellbeing.

There is a growing body of research to support experiential findings about the multitude of health benefits of yoga practice, particularly its capacity to maintain physical and mental wellbeing. For example, a 2008 survey indicated that stress is the number one reason people practiced yoga therapeutically. Most of this research evidences the benefit of yoga for mental health conditions; making yoga therapists with a specialization in mental health in higher demand than ever before. With this increasing demand, there is an opportunity to be an innovator and pioneer in the field. Join us and join the revolution!

## Become a Minded Yoga Therapist

Are you a yoga teacher who feels you can offer your clients a more integrated approach to yoga for mental health issues? Has your personal yoga practice inspired you to integrate yoga therapy into your existing clinical practice? Have you struggled with your own mental health, found healing through yoga, and want to share the benefits with others?

## Minded Yoga Therapists are:

Empowered by scientific knowledge about yoga and its effects on mental and physical health by understanding the clinical and evidence base for how and why these practices work. Minded Yoga Therapists:

- Are trained to work compassionately and intuitively with clients, using a person-centred approach.
- Offer sound, safe, and bespoke practices to clients who present with physical and mental health issues.
- Teach classes and courses to groups of people dealing with stress, anxiety, and depression—a growing population.
- Engage with yoga therapy in a variety of ways, from liaising with medical professionals and the NHS to develop more holistic models for addressing mental health issues to starting their own yoga therapy practices.
- Integrate therapeutic yoga practices into their existing work with clinical populations in the fields of psychotherapy, psychology, CBT, and other modalities of therapy.
- Develop the potential for healing in their personal practice.
- Are pioneers in the field of yoga therapy and offer innovative practices and developing new ways of working with clients to aid in the healing process.

### Name:

Dr. Lesley Perman-Kerr, CPsychol, AFBPsS

### Professional Qualifications:

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.”

# About the 580-hr Professional Yoga Therapy Training

## Course Structure:

**Our 580-hr professional training takes place in 15 modules in four-day blocks, Thursday–Sunday, from March 2020–November 2021.**

Our unique approach means that each module comprises a combination of the following:

- Examination of scientific principles that link stress and disease.
- In-depth study of a specific mental health condition and yogic and mindfulness treatments.
- In-depth study of a particular physical health condition and yogic and mindfulness treatments.
- Study of a physiological system and the current research identifying the link between mind-body medicine and the health of this system.
- Experiential anatomy from a structural and psychological perspective with tutorials and practical exercises on assessment and structural anatomy.
- Breath practices and their affect on physiological and psychological health.
- Clinical skills relevant to therapists and yoga teachers.
- The practice and teaching of mindfulness and meditation.
- Philosophical concepts, textual study, and reflection, including in-depth study of Patanjali's Yoga Sutras.

## Modes of Learning:

- Lecture + discussion
- Meditation and asana practice
- Partner exercises
- Group activities
- Practical exercises
- Observation, reflection + journaling
- Supervision
- Home study, practice, observation, and reflection
- Case studies

## Our Course Philosophy

**The Minded Institute professional training is firmly established in the following:**

- Union of science + spirituality: We bring together the evidence of science with the wisdom of yogic and mindfulness traditions.
- Client-centred therapeutic models: Our therapists develop client skills to bring compassion and a personalized approach to their work.
- Evidence-based treatments: We teach our therapists cutting-edge, up-to-date research and psycho-biology. We also do our own research.
- Combination of subjective and objective knowledge: We believe that a person's intuitive awareness is as important in informing what they offer as their awareness of systems of knowledge and research is.
- A whole-person approach—mind, body, spirit: We believe that treatments that work with the mind, body, brain, and spirit are most effective in leading to long-term wellbeing.
- Personal practice—a therapeutic responsibility: We believe that personal practice is a vital component of being an effective therapist.

Web: [www.themindedinstitute.com](http://www.themindedinstitute.com)

Email: [info@themindedinsitute.com](mailto:info@themindedinsitute.com)

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Tel – US: +1 561 289 1061

# About the 580-hr Professional Yoga Therapy Training (cont'd)

## Our Course Objectives

We aim to provide an unprecedented level of training to those interested in using yoga therapeutically.

### We endeavour to:

- Equip yoga teachers, therapists, and healthcare professionals with the tools and skills to work with mental health in a holistic and multi-dimensional way.
- Bridge the gap between mental and physical health, teaching therapists how to work with both in a comprehensive and intelligent manner.
- Provide a deep understanding of emotional health and the healing processes from a variety of perspectives.
- Support individuals in their growth within their areas of interest and encourage exploration into new areas.
- Provide space and support to trainees on their own journey of self-enquiry.
- Encourage and support graduates to become leaders in their fields of interest.

## What Makes us Special

### Comprehensive Syllabus

While we maintain a special focus on mental health, we also work extensively with structural and physical health, providing one of the most comprehensive yoga therapy trainings available anywhere.

### A psychology and yoga therapy focus that is beyond compare

We train our graduates to work with the following mental health conditions in an in-depth fashion:

- Depression, including major depressive disorder, dysthymia, peri-natal depression and bipolar disorder.
- Anxiety.
- Anxiety Disorders such as post-traumatic stress disorder (PTSD) and obsessive-compulsive disorder (OCD).
- Attention Deficit Hyperactive Disorder (ADHD).
- Schizophrenia and psychosis.
- Eating disorders and addictions.

Students learn about yogic, psychological, and neurological perceptions. We also cover common treatments, safety issues, and relevant practices for each clinical population. When students graduate, their level of knowledge prepares them to feel confident working with these different groups as well as to inspire the confidence of healthcare organizations.

### Evidence-based teaching

To deliver the most effective and safe therapeutic practices to clients and students, our approach is underpinned by extensive external evidence that supports experiential knowledge. We draw our evidence base from literature reviews and meta-analyses, research studies, descriptive studies, and theoretical frameworks from top researchers around the world.

### Multi-Faceted Approach

Students are provided with cutting-edge research in the fields of yoga therapy and mind-body medicine. This includes an extensive use of neuroscience to comprehend how yoga influences the brain, emphasis on the psychobiology of stress, and a deep understanding of yogic and Buddhist philosophy. Students develop an understanding of how yoga and mindfulness can change the brain, the nervous system, and the overall wellbeing of individuals.

### Eight-Week Course Certification

Graduates are trained and certified to teach the popular Minded Yoga for Mental Health Eight-Week Course. To learn more, visit our website.

## Expert Faculty

Chief lecturer and founder of the Minded Institute, Heather Mason, is a yoga therapist and psychotherapist. She has a Master's in Buddhist Studies, a background in neuroscience, conducts research, and lectures at Harvard and Boston University Medical Schools. She is joined by a UK-based faculty and team of supervisors, mainly yoga therapists specializing in mental health. Additionally, the Minded Yoga Therapy course regularly features guest lecturers who are leaders in the field of yoga therapy.

Read more about our outstanding faculty and guest lecturers on page 8.

## Ongoing Support

Throughout the course trainees are given supervision both during the modules and via Skype in the time between modules. Minded Yoga Therapist mentors are assigned to each trainee for extra support during the training.

We support you in the development of your career post-training, whether as a yoga therapist or in integrating yoga therapies into your existing work in the mental health field.

### Name:

Shaura Hall

### Professional Qualifications:

Minded Yoga Therapist, Kundalini Yoga teacher, addiction recovery coach & MBRP facilitator.



"I have been teaching Kundalini Yoga for the past seven years, and I am pleased to say that the evidence-based practices, and medical language have not only enhanced my teaching, but have also helped me understand my Kundalini practice in a deeper way. I no longer have to rely on one set of teaching to reach out to my clients, as The Minded Institute has taught me a huge range of yoga and mindfulness practices to work with. I also have a language I can approach the medical profession with, and as TMI is constantly tracking the progress of cutting-edge research, I'm on top of the game where evidence-based knowledge is concerned."

# Course Faculty and Guest Lecturers

## Primary Faculty

**Heather Mason** is a leader in the field of mind-body therapy and founder of the Minded Institute. She is the primary lecturer on the training. Heather develops innovative methods for mental and physical health treatment drawing on her robust educational background including an MA in psychotherapy, an MA in Buddhist studies, an MSc. in medical physiology, and ongoing studies in neuroscience. She is also a 500-RYT (registered yoga teacher), a yoga therapist, and an MBCT facilitator. Heather develops protocols for different client populations by translating cutting-edge research from the psychobiology and neurobiology of stress into yoga practices, breath work, mindfulness interventions, and therapeutic holding. Further she is involved in research on the efficacy of these practices. Heather also trained with the Boston Trauma Center on yoga for trauma and now lectures with the team on the neurobiology of trauma and the neurological mechanisms of yoga and mindfulness as relevant interventions. Recently, she also developed a mind-therapy and neuroscience elective with the Boston University School of Medicine and Harvard Medical School called Embodied Health. She regularly writes and lectures on mind-body therapy both within and outside the Minded Institute professional training.

**Veena Ugargol** is a Minded Yoga Therapist. Veena is also a qualified yoga teacher and yoga researcher. She recently completed her psychology degree and is currently studying for an MSc in neuroscience at the Institute of Psychiatry. Veena's interests are in affective disorders and stress and its effects on the mind and body. Veena also reviews the current research literature to establish ways that the Minded Yoga Therapy approach can be used specifically to provide relief to individuals coping with many of the prevalent illnesses and disorders that exist in our society today, such as ADHD, diabetes, and asthma.

**Sam Tibber** is a qualified yoga teacher (Yoga Alliance accredited), yoga therapist for mental health, and clinical psychologist. Sam supervises trainees both in her role as a clinical psychologist and a Minded Yoga Therapist. Her specialist research interest is the impact of yoga practices on anxiety within the treatment of eating disorders.

**Shaura Hall** is a qualified Minded Yoga Therapist, a Kundalini Yoga teacher (Amrit Nam Sarovar), and an adult trainer. She teaches yoga philosophy and the Minded way to recover from addictions, together with supervising trainees on the Minded Yoga Therapy training. Since 2009, Shaura has worked with addiction services in Sheffield to promote wellbeing and offers yoga and other mind-body practices to services users. In 2012, the NHS commissioned her to run three Yoga for the Mind inspired courses across recovery services. Her specialist interest is the addicted brain and how neurology can be changed through mindfulness and yoga.

**Silvia Laurenti** is an HCPC registered physiotherapist who graduated at the University of Brighton in 2007. She has worked extensively in the NHS and private practice and has experience in treating a variety of problems ranging from acute injury to long-term persistent pain. Silvia has been practising since 1998 and is a qualified yoga teacher and Pilates instructor and also teaches one-to-one and in small group classes. The focus of these small groups is to combine the use of physiotherapy, yoga, and Pilates to retrain normal movement and function in people with chronic pain. Silvia's post-graduate training involves modules in movement and acupuncture. She is currently starting a Master's programme in clinical anatomy and function. Silvia is also a member of the Physiotherapy Pain Association. Beyond her yoga and Pilates training, Silvia has studied meditation. She has a keen interest in mindfulness and embarks on regular retreats in guided and self-directed silent meditation. Silvia is passionate about working in rehabilitation with people at all levels of ability and mobility to maximise health and wellbeing.

**Raquel Chinchetru** is the founder and creative director of Breathing Being. Its work in wellbeing is guided by her education in psychology, the fine arts, and her teaching and personal practice in yoga. Raquel also works as a chronic pain therapist and clinician at Pain Management Solutions where she uses her broad-based skill set to work with patients, their families, and a multi-disciplinary team of specialists to provide effective care according to best practice and NHS guidelines. She finds her education and personal practice in yoga therapy and mindfulness extremely useful in combination with her background in psychology in her work with chronic pain clients. She holds a degree in psychology, an MSc in health psychology (University of Westminster) and an MSc in human resources, as well a training in yoga therapy with both The Minded Institute and the Yoga Biomedical Trust.

**Shweta Panchal** is a Minded Yoga Therapist. She is a supervisor and lecturer at The Minded Institute, an Active-Birth Pregnancy Yoga Teacher, an Ambassador for the Pre- and Postnatal Depression and Anxiety charity, PANDAS, and also a member of the parliamentary group bringing yoga to the NHS. She has a first-class honours degree in psychology and social anthropology, and before becoming a full-time mother to her two boys, she had a successful eight-year career as a management consultant for the business consultancy Accenture. She provides business and organisational support to The Minded Institute and has spoken at parliament about strategies required to successfully integrate yoga into the NHS. She is committed to integrating yoga with psychology for mental health issues related to infertility and peri-natal mental health and also aspires to complete a doctorate in clinical psychology in the near future.

**Dr Natalia Read**; is a GP in Southeast London. She has nearly 30 years experience in paediatrics, A&E, obstetrics and gynaecology, and general practice. She has been working as a GP in the UK since 2000.

## Guest Lecturers

**Dr Patricia Gerberg** is an assistant clinical professor in psychiatry at New York Medical College. As well as her research, writing, and lecturing about alternative and complementary medicine in psychiatry, Dr Gerberg has maintained a private psychiatric practice for 25 years.

**Dr Sat Bir Singh Khalsa** is an Assistant Professor of Medicine at Harvard Medical School has conducted clinical research trials evaluating yoga treatments for insomnia, addiction, back pain, depression, music-performance anxiety, post-traumatic stress disorder and chronic stress and for a yoga programme in the school system to determine benefits in mental health. Dr. Khalsa is actively working with the International Association of Yoga Therapists to promote research on yoga therapy. For the past five years, he has also been teaching an elective course at Harvard Medical School in mind-body medicine.

**Charlotte Watts** is the author of *The Destress Diet* and guest lectures on nutrition and mental health. She has extensive training in holistic nutritional studies and is a 500 RYT.

**Cathy Mae Karelse** lectures on ayurvedic health. She is an accredited ayurveda practitioner, yoga teacher, teacher trainer, and yoga therapist.

You can read in more depth about the extensive work of the lecturing team on The Minded Institute website:  
[www.themindedinstitute.com](http://www.themindedinstitute.com)

**Chris Streeter MD.** Chris Streeter is an associate professor of psychiatry and neurology at Boston University School of Medicine and an instructor at Harvard Medical School. She completed a neurology residency, a behavioral neurology fellowship and a psychiatry residency. She is boarded in neurology, behavioral neurology and neuropsychiatry, psychiatry, and forensics. She had clinical appointments at Boston Medical Center and the Bedford VA Medical Center and is a research associate at the McLean Hospital. As the director of functional neuroimaging for the Department of Psychiatry and the Boston Yoga Research Center at Boston University School of Medicine, she is interested in the mind-body interface. During 20 years of NIH funding, she has served as the principal investigator on numerous studies involving alcohol, substance abuse, and post-traumatic-stress disorder. Most recently, her research interests have focused on a series of studies looking at the association between yoga-based practices, brain gamma aminobutyric acid (GABA) levels, and mood.

**N Gangadhar MD.** Prof. Gangadhar has over 30 years of extensive experience in the field of mental health from both clinical and academic perspectives. He obtained his MBBS degree from the Bangalore Medical College in 1978. He joined the prestigious National Institute of Mental Health and Neurosciences (NIMHANS) as faculty in 1982 after completing an MD in psychiatry from the same institute in 1981. He was conferred the prestigious Fellow of the National Academy of Medical Sciences degree in 2006 and D.Sc. (Doctor of Science) from Swami Vivekananda Yoga Anusandhana Samsthana Yoga University, Bengaluru, for his research work on yoga and mental Health in 2012. Currently, he is the director of NIMHANS, Bengaluru (<http://nimhans.ac.in/>). He is also the program director and head of the NIMHANS Integrated Centre for Yoga. (<http://www.nimhans.ac.in/advanced-centre-yoga>). He has been instrumental in setting up this integrated yoga therapy service. Ongoing clinical and research work at NIMHANS Integrated Centre for Yoga has established the utility of yoga therapy for mental health and neurological/neurosurgical disorders in a tertiary teaching hospital.

**Dr. Lana Jackson** is a yoga therapist for mental health, mindfulness teacher, and clinical psychologist specializing in child and adolescent mental health. She currently works with children, young people, and parents facing mental and physical health challenges in the NHS and the private sector. She provides one-to-one, family, and group-based therapy, as well as training, consultation, and supervision to professionals working with families.

## Course Requirements

As a 550-hr training, we meet all the requirements of the British Council for Yoga Therapy/Complementary and Natural Healthcare Council, and in many cases far exceed the basic requirements.

*The programme requires attendance on all modules, each of which will be taught over a four-day weekend (Thursday–Sunday). Students are permitted to miss up to five days of the course and still maintain eligibility to graduate. Missed work may require make-up and possible fees at the discretion of The Minded Institute.*

**Attendance** on all training modules (No more than five days absence permitted.)

**Essays** (2)

**Written exams** (4)

**Practical final exams** – Observed teaching and client work

**Home study:** Journaling, personal practice, reading, and assignments

**Supervision** with TMI-assigned supervisor

**Client practice:** 35 hours, 15 of which are case studies with three clients—five sessions per client

**Group class attendance** with qualified yoga teachers: 30 hours

**Observation of therapeutic teaching** by a yoga therapist (need not be a Minded Yoga Therapist): 5 hours

**Case studies:** Three at minimum with minimum five sessions per client, submitted within six months of course completion (based on client practice, as stated above).

# Professional Qualifications

In order to cater to the variety of professional backgrounds represented on our courses, we have the following options for qualification upon completion of the Minded Yoga Therapy Professional Training course.

## Registered as a Yoga Therapist

Upon successful completion of the Minded Yoga Therapy Professional Training requirements, you are accredited as a yoga therapist and may register with the International Association of Yoga Therapists. You can access insurance through Balens with this qualification.

## BCYT Certification

Registered yoga teachers (200-hr or more) who have taught a minimum of 60 hours per year of group classes since qualifying are eligible for this qualification by submitting evidence of requirements fulfilled directly to the BCYT.

## Registration with the CNHC

Registered yoga teachers (200-hr or more) who have been teaching less than a year and trainees who are not registered yoga teachers may opt to submit a portfolio of work directly to the CNHC to apply for qualification.

## Yoga Alliance Registered Yoga Teacher 200-hr

Upon successful completion of the Minded Yoga Therapy Professional Training, along with minimal additional yoga practice hours and additional self-study beyond the scope of the training, you will be eligible to register with the Yoga Alliance as a registered yoga teacher (RYT-200).

## Who Recognises Us?

The field of yoga therapy is in its early stages from a recognition and regulation perspective; however the value of alternative approaches to health is increasingly recognised in mainstream medicine. The Minded Institute works closely with the following organizations to align curriculum with their evolving standards and requirements:

**British Council of Yoga Therapy** – Currently completely accredited by this organisation, which is recognised by the Complementary and Natural Healthcare Council (CNHC).

**International Association of Yoga Therapists** – Registered School

**Yoga Alliance UK** – Registered School

## Course Investment, 2017–2018

**£5700** (with a discounted rate of £5450 available until May 2019).

A deposit of **£1600** is required to reserve your place.

We offer individualized payment plans after deposit, but discounts and scholarships are not available through The Minded Institute.

## Pre-requisites for Applicants

You don't need to be a yoga teacher to join this course. We have students with varied professional backgrounds in the mental health field who possess a keen interest in yoga therapy as well as qualified yoga teachers.

**To be considered for a place on the course, you must:**

**Have at least three years consistent yoga practice.**

**Be one or more of the following:**

- Registered yoga teacher from an registered yoga school
- Registered yoga therapist
- Healthcare professional
- Mental Healthcare professional

**Make application via our registration form on our website.**

**Have a conversation/informal interview with Heather Mason.**

**Provide a letter of reference from a yoga teacher.**

## How to Apply

Please contact Heather Mason to make your application. In addition to your submitting a standard course application, Heather will connect with each applicant on the phone or via email for an informal interview.

Web: [www.themindedinstitute.com](http://www.themindedinstitute.com)

Email: [info@themindedinsitute.com](mailto:info@themindedinsitute.com)

Tel – UK: +44 7988 821 323

### Name:

Eve Menezes Cunningham

### Professional Qualifications:

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.”



# 2020–2021 UK Course Details

## Course Dates & Syllabus 2020–2021

Every module includes guided asana and meditation/relaxation practices, as well as in-depth study of Patanjali's Yoga Sutras.

### Module 1: 26<sup>th</sup>-29<sup>th</sup> March, 2020

1. Introductions
2. Pillars of training
  - a. What is yoga therapy?
  - b. Mindfulness
  - c. Psychotherapy
3. The Relaxation response
4. History of medicine and its link with yoga therapy
5. Physiology
  - a. Autonomic nervous system
  - b. Endocrine system
6. Philosophy: the koshas and their relevance to yoga therapy
7. Clinical skills: self-awareness when working with others
8. Anatomy: the basics of the skeletal system

### Module 2: 7<sup>th</sup>-10<sup>th</sup> May, 2020

1. Introduction to the eight-week course
2. Physiology
  - a. Respiratory system and breath assessments
  - b. The immune system
  - c. Introduction to cellular biology and the neuron
3. Mental health condition: Anxiety disorders
4. Physical conditions: Immune conditions (auto-immune + HIV)
5. Philosophy: Prana and the nadis
6. Clinical Skills: Mirroring
7. Anatomy: Introduction to muscles

### Module 3: 18<sup>th</sup>-21<sup>st</sup> June, 2020

1. Teaching Week 1 of the eight-week course
2. Pranayama
  - a. Ujjayi breath: clinical applications and research
  - b. Bhramari: clinical applications and research
3. Physiology: The brain stem
4. Philosophy: The vayus
5. Mental Health Condition: Anxiety and the brain
6. Physical Condition: Chronic obstructive pulmonary disorder
7. Clinical Skills: The importance of language (Part 1)
8. Anatomy: The spine

### Module 4: 17<sup>th</sup>-20<sup>th</sup> September, 2020

1. Teaching Week 2 of the eight-week course
2. Pranayama: Kapalabhati
3. Physiology
  - a. The midbrain
  - b. The cerebral cortex
4. Philosophy: Agni
5. Mental Health Condition: Depression
6. Physical Condition: Parkinson's Disease
7. Clinical Skills: The importance of language (Part 2)
8. Anatomy: Forward bend preparation, limitations, and variations

**Module 5: 15<sup>th</sup>-18<sup>th</sup> October, 2020**

1. Teaching Week 3 of the eight-week course
2. Nutrition and wellbeing
3. Pranayama: Dirga
4. Physiology
  - a. The digestive system
  - b. The somatic nervous system
5. Philosophy: The chakras
6. Mental Health Condition: Depression and the brain
7. Physical Condition: Digestive disorders
8. Clinical Skills
  - a. Reading the language of the body
  - b. Space and boundaries
9. Anatomy: The shoulder girdle

**Module 6: 26<sup>th</sup>-29<sup>th</sup> November, 2020**

1. Restorative yoga
2. Pranayama: Sitali
3. Physiology: The reproductive system
4. Philosophy: The Bhagavad Gita
5. Mental Health Condition: Peri-natal depression
6. Physical Healthy Conditions
  - a. Infertility
  - b. Menopause
7. Clinical Skills: Attachment theory
8. Anatomy: The hips

**Module 7: 14<sup>th</sup>-17<sup>th</sup> January, 2021**

1. Week 4 of the eight-week course
2. Philosophy: Yoga nidra
3. Mental Health Condition: PTSD
4. Clinical Skills
  - a. Grounding
  - b. How to manage psychological overwhelm
5. Anatomy: The foot and the knee

**Module 8: 18<sup>th</sup>-21<sup>st</sup> February, 2021**

1. Week 5 of the eight-week course
2. Body scan
3. Pranayama: Alternate-nostril breathing
4. Philosophy: Hatha Yoga Pradipika
5. Physiology: The senses
6. Mental Health Condition: The brain and PTSD
7. Clinical Skills: Body awareness
8. Anatomy: Fascia and the skin

**Name:** Mieke

**Professional Qualifications:**

Minded Yoga Therapist and registered yoga teacher

“So far I have taught the eight-week course seven times and the feedback has been fantastic. I have become more and more confident in teaching the course as I believe 100% in its transformative power as I have seen it with my own eyes.”



# 2020–2021 UK Course Details

## Module 9: 25<sup>th</sup>-29<sup>th</sup> March, 2021

1. Eye Yoga
2. Pranayama: Uni-nostril breathing
3. Philosophy: The Upanishads
4. Mental Health Condition: Eating disorders
5. Physical Health Condition: Chronic pain
6. Clinical Skills: Tracking sensations
7. Anatomy: Bone health and osteo conditions

## Module 10: 22<sup>nd</sup>-25<sup>th</sup> April, 2021

1. Week 6 of the eight-week course
2. Walking meditation
3. Philosophy: Yogic perceptions of mind
4. Mental Health Conditions: ADHD
5. Physical Health Condition: Alzheimer's
6. Clinical Skills: Counter-transference
7. Anatomy: The Core

## Module 11: 3<sup>rd</sup>-6<sup>th</sup> June, 2021

1. Week 7 of the eight-week course
2. Seated mindfulness meditation
3. Mindfulness in depth
4. Pranayama: Kumbhak (Part 1)
5. Philosophy: The bandhas
6. Physiology: The cardiovascular system (Part 1)
7. Mental Health Condition: OCD
8. Physical Health Condition: Chronic Fatigue Syndrome (ME)
9. Anatomy: The Neck

## Module 12: 1<sup>st</sup>-4<sup>th</sup> July, 2021

1. Week 8 of the eight-week course
2. The effect of loving kindness on wellbeing
3. Metta meditation
4. Philosophy: Mudra
5. Physiology: Cardiovascular system (Part 2)
6. Mental Health Condition: Addictions
7. Clinical Skills: The nature of endings
8. Anatomy: Comprehensive physical assessments (bringing it all together)

## Module 13: 9<sup>th</sup>-12<sup>th</sup> September, 2021

1. Walking meditation
2. Philosophy: Yogic Perceptions of the disturbed mind
3. Mental Health Condition: Schizophrenia
4. Physical Health Conditions
  - a. Heart disease
  - b. Hypertension
5. Clinical Skills: Emergency situations
6. Anatomy: Reading bodies and choosing interventions

## Module 14: 14<sup>th</sup>-17<sup>th</sup> October, 2021

1. Reflection
2. Physiology: Lymphatic System
3. Physical Condition: Stroke
4. Physical Condition: Obesity
5. Inquiry Skills
6. Clinical Skills: Reading Bodies

## Module 15: 25<sup>th</sup>-28<sup>th</sup> November, 2021

1. Assessments
2. Physiology: The vestibular system
3. Physical Condition
  - a. Diabetes
  - b. Balance issues
4. Ethics in practice
5. Note keeping and client records
6. Advertising
7. Chair yoga

*\*Please note: This syllabus subject to change at the discretion of The Minded Institute.*

# Notes

A series of horizontal dashed lines for writing notes.

We are committed to research and innovation, growth and awareness, education and healing.  
Please contact us to find out how you can join us in our work and our vision.

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