

## H~OM TYES 800 Program Course List

- Yoga Teachers & Philosophy - History of Yoga
- Yoga Teachers & Philosophy - Foundations
- Yoga Teachers & Philosophy - Building Blocks
- Studies of the Mind - The Yoga Perspective
- Ayurveda Foundations for Health & Disease
- Understanding Human Anatomy & Physiology
- An Evidence-Informed Integrative Approach to Help People Enhance Pelvic Floor Health (Shelly Prosko)
- Biomedical Basics
- Yoga Therapy Across the Cancer Care Continuum (Anne Pitman)
- Understanding Psychology & Mental Health Conditions
- Understanding Human Development
- Mind, Body, Spirit Breath Integration for Well Being
- PRYT - Pheonix Rising Yoga Therapy - Essentials (Michael Lee)
- Yoga Therapy Tools - Integrating Learning Into Action
- Yoga for the Creative Soul; Yoga for Mental Health & Post-Traumatic Growth (Erin Byron)
- Yoga Therapy Tools - Creative Yoga Therapy
- Principles of the Therapeutic Relationship
- PCY/OPGY - Pain Care Yoga / Overcoming Pain with Gentle Yoga (Neil Pearson)
- Principles & Skills for Working with Clients/Students - From Learning to Educating & Applying Knowledge
- Principles & Skills for Working with Groups - Addressing Groups with an Individualized Approach
- Ethical Principles of a Yoga Therapist & Yoga Therapy Profession
- The Yoga Therapy Profession - Let's Get Down to Business!
- Observing as a Mentor
- The MISTY - Montreal International Symposium on Therapeutic Yoga

*\*Courses subject to change when given by guest faculty*