



# Sivananda Institute of Health & Yoga

*A health education branch of the  
Intl. Sivananda Yoga Vedanta Centers*

## Student Information Guide

### Admissions Requirements and Procedures

The Sivananda Yoga Health Educator program is based in experiential learning and practice. Students must be physically and mentally fit for the rigorous nature of the program.

To begin the program students must have completed the pre-requisite 200-hour Sivananda Yoga Teacher Training Course, or other approved 200-hour teacher training course.

Upon completion of the pre-requisite 200-hour Yoga Teacher Training certification, students may embark on the Program Path to certification as a Sivananda Yoga Health Educator.

### Policies for transferring credit

Transfer credit will not be accepted at this time.

### Tuition, fees and refund policies

#### **Refund policy**

For payment of tuition and accommodation and other miscellaneous expenses, we accept: cash, traveler's checks, personal checks, Visa and Master Card. Please note that tuition and accommodations payments are non-refundable; credit notes will be issued for unused payments and are honored for one year from the day the credit note was issued. The SIHY student application fee is non-refundable; no credit is issued for these fees.

When owed, a refund will be provided within 30 days of termination.

The official date of termination or withdrawal of a student shall be determined by one of the following criterion:

- a. The date which the school receive notice of the student's intention to discontinue the training program.
- b. The date on which the student violates published school policy, which provides for termination.
- c. The date of the last recorded attendance. The refund will be pro-rated, based on contact hours attended.

The policy of granting of credit for previous training shall not impact the refund policy.

Postponement and/or Cancellation of Courses and Programs: Courses may be canceled if minimum enrollment is not received two weeks prior to the course date.

If a course is cancelled by the school, refunds will be given in full within thirty (30) days of a canceled course. If a student cancels participation in a course, the refund will be determined by the refund policy.

### **Fees**

Application Fee: \$100 The application fee is a one-time administrative fee that is non-refundable.

### **Tuition**

Full tuition for the Sivananda Yoga Health Educator program is \$10,000.

The following tuition payment schedule is for all SIHY students:

Deposit at time of application:	\$1,000 (non-refundable; credit only)
1st payment: October 21, 2017:	\$3,000
2nd payment: April 14, 2018:	\$2,000
3rd payment: August 4, 2018:	\$2,000
4th payment: November 15, 2018:	\$2,000

*Note that tuition costs are subject to change without notice.*

ACCOMMODATIONS (Yoga Farm Ashram only)

Accommodation costs are not included in the program Tuition.

Accommodations include two meals per day.

Accommodation rate (per person) for each 2-week module is \$500 (shared Dorm).

Upgraded accommodations are available, please inquire with the program coordinator for rates.

### Financial Aid

Inquiries for Financial Aid or Scholarship are heard on a case-by-case basis, and fall to the discretion of the Director and/or Faculty. Inquiries into financial assistance are directed to [sihyogafarm@gmail.com](mailto:sihyogafarm@gmail.com)

### Academic performance requirements

Competencies must be met per the Program requirements; full participation in the daily Ashram schedule is required along with attendance of all classes, completion of required course work, written assignments, final exam and practicum work, etc.

### Rules for student conduct

Students must follow all Ashram rules of conduct and self-discipline (see Ashram Rules). The Sivananda Yoga Vedanta Centres (“SYVC”) organization is dedicated to creating a conscious and compassionate world by helping people build a living relationship to their spirit. We accomplish our mission by developing a safe and sacred environment in which our students can deeply relax and explore a wide variety of transformative practices and programs.

The SYVC advocate for respect, trust, loyalty, commitment and honesty, and shares a responsibility for maintaining a safe and sacred space for which Sivananda is known. We provide an environment free of distractions that is supportive of deep inner work and one that fosters Sivananda’s values. Our reputation in the community is determined by the work we do and by the students and volunteers who represent us.

The following policies are not intended to restrict the rights of anyone, but are intended to define and protect the rights of all!

All Yoga Health Educator program students, Faculty, staff and karma yogis are required to follow the spiritual discipline of the ISYVC: vegetarianism, no tobacco, no alcohol, no drugs, and regular attendance at meditation morning and evening.

The student agrees to make a sincere effort to practice the ethical and moral disciplines of the Yamas and Niyamas. The Yamas and Niyamas are the ethical and moral precepts of Raja Yoga. The Yamas consist of: Ahimsa (Non-violence); Satya (Truthfulness); Brahmacharya (Continence); Asteya (Non-stealing); and, Aparigraha (Non-covetousness). The Niyamas consist of: Saucha (Internal/external cleanliness and purity); Santosha (Contentment); Tapas (Austerity of mind and body); Swad h yaya (Study of scriptures and religious books); and Ishvara - pranidhana (Worship of God and self-surrender).

By entering the Sivananda Yoga Health Educator program the student agrees to follow all Ashram rules and conditions contained herein; and to devote him or herself for the duration of the Program to the rigorous discipline of Yoga Health Educator training pursuant to this agreement.

### **Student disciplinary procedures**

All disciplinary actions fall under the supervision of the Ashram Director and SIHY Faculty. The Director and/or Faculty adhere to the ethical principles of the Yamas and Niyamas in protecting ALL students, Faculty and supporting staff associated with the program.

### **Student grievance procedures**

Student complaints should be brought to the attention of the program Director and/or senior Faculty-instructor. Complaints are addressed verbally or in writing. The outcome of the discussion will be documented in the student's folder and signed by both the Director and/or Faculty-instructor and the student. The Faculty-instructor is required to inform the Director of the discussion and its results. If the student feels he/she has not found resolution, the student may write and document his/her complaint, including any supportive information. The written document will be given to the Faculty-member and the Director.

A meeting will be arranged between the Faculty-instructor, the Director and the student. The Director reserves the right to inquire into the situation, including interviewing students, teacher assistants and, with permission of the student, family members. All meetings will be documented and signed by the people in attendance of the meetings. All documentation will remain in the student's file. When resolution is determined, the Director, Faculty-instructor and student will meet and document the outcome of the meeting. The filing of a complaint will not affect the student's fair evaluation in completing a program or course.

## Grading and attendance policies

Students must maintain a passing status assessed through attendance, class participation, completion of homework assignments, ability to lead classes they are assigned to teach, and successful completion of examinations.

All programs and modules are experiential and full participation is required. Students are expected to arrive on time with proper materials and apparel. Students must ask permission from the Faculty for sessions to be missed without affecting completion of the program. All weekend sessions must be attended. If a weekend module or individual session is missed, a makeup session is required; this may include teaching a make-up session, completing homework assignments and/or taking an exam to show comprehension of the material.

## Program completion requirements

The program and its curriculum must be completed within the allocated time unless arrangements are made with senior Faculty and the Director.

To receive a certificate of completion for the program, all classes must be attended per the attendance guidelines, homework assignments completed, examinations taken, and practice assignments completed. Class participation and evaluation of practicum classes will be used to appraise the Yoga Health Educator's skills in the intake, assessment and development of protocols. Further evaluation takes place to assess the Yoga Health Educator's ability to meet the goals and needs of the individual.

A certificate will not be issued until all requirements are completed.

## Board of Directors – Sivananda Institute of Health and Yoga

Swami Sitaramananda	Director
Swami Jnaneswariananda	Assistant Director
Swami Narayanananda	Assistant Director
Swami Dharmananda	Assistant Director
Swami Adi Parashaktiananda	Assistant Director
Swami SivaSankariananda	Assistant Director
Catherine O’Neil	Director of Ayurveda Programs
Deanna Galkin-Doran	Assistant Director

## Faculty – Sivananda Institute of Health and Yoga

### **Swami Sitaramananda, C-IAYT, E-RYT 500**

A gifted speaker and teacher of Yoga and meditation, Swami Sitaramananda has served the International Sivananda Yoga Vedanta Ashrams & Centers (SYVC) for more than 30 years. She has been the director of the Sivananda Ashram Yoga Farm for over 20 years and is Acharya of the SYVC Ashrams and Centers of the west coast and Asia.

Swamiji personally instructs and coaches students while at the Ashram and is the main teacher of the Yoga Teacher Training Course (TTC) at the Yoga Farm, Vietnam and China. Swami Sitaramananda was ordained in 1985 as a sannyasin in the Saraswati order, one of the 10 classical monastic orders founded in India. She is a direct disciple of Swami Vishnudevananda, who is the disciple of Master Sivananda.

She is an internationally respected teacher who presents the intricate Yoga philosophy and practice in a simple, down-to-earth manner. Her lectures are based on the Four Classical Paths of Yoga as well as the 5 Points of Yoga for Perfect Health.

Swamiji has given guidance to individuals for over 20 years in how to apply the therapeutic benefits of Yoga, Ayurveda, and Jyotish to bring about healing and improved sense of well-being and health.

**Swami Jnaneswariananda, C- IAYT, E-RYT 500**

Swami Jnaneswariananda joined the Sivananda Yoga Vedanta Centers in 1995 and has been director of Centers and Ashrams in Canada and Italy. She is a senior teacher of the Sivananda Yoga Teachers Training Course and Advanced Teachers Training Course in Italy, India and North America; teaching Hatha Yoga, Yoga Philosophy, Meditation, and Anatomy and Physiology. Swami Jnaneswariananda took vows of Sannyas in 2001. She is currently a senior teacher at the Yoga Farm in Grass Valley.

**Swami Dharmananda, C-IAYT, E-RYT 500**

Swami Dharmananda took sannyas vows in 2013 and is a senior instructor at the Sivananda Yoga Farm Ashram, teaching and guiding students in the therapeutic benefits of Hatha Yoga techniques, Meditation and Positive Thinking techniques to help manage and reduce stress, and Raja Yoga psychology for emotional regulation. He is a recognized C-IAYT.

**Swami SivaSankariananda**

Swami Sivasankariananda is director of the Sivananda Yoga Vedanta Center in San Francisco and took sannyas this year. She has been teaching Sivananda Yoga for 20 years, including courses on Meditation, Yantra Painting, Bhakti Yoga and chanting. She regularly works with seniors, those suffering from stress-related ailments, and is trained in hospice care.

**Catherine O'Neil (Durga Leela), C-IAYT, BA, CAS, PKS**

Durga Leela is the founder of Yoga of Recovery bringing Yoga, Ayurveda and 12-step modalities into the field of recovery and addiction. Durga holds the RYT-500 qualification, having completed both the Sivananda Yoga Teacher Training Course and the Advanced Yoga Teacher Training Course. Durga is a Clinical Ayurvedic and Pancha Karma Specialist, trained both in the US and India and serves as the Director of the Ayurveda Programs at the Yoga Farm in California, since 2003; is a professional member and speaker for the National Ayurvedic Medical Association (NAMA), the International Association of Yoga Therapists (IAYT), and Yoga Alliance.

**Arun Deva, DASc, AYT, E-RYT (500), YTRx**

Arun Deva a graduate of the American Institute of Ayurveda; an Ayur\*yoga Therapist and a Vinyasa Krama certified yoga teacher. The founder of Arunachala Yoga & Ayurveda, Arun has the pleasure of serving both the National & State Ayurvedic Associations: NAMA & CAAM. He teaches internationally, lectures and publishes articles, has been featured on both radio and television and has a clinic for consultations and various treatments including panchakarma and yoga therapy in Los Angeles/West Hollywood.

**Deanna Galkin-Doran (Parameswari), E-RYT 500, YTRx 800, BSM, MBA**

Parameswari has practiced Yoga since 1991 and completed 200-hour Sivananda TTC in 1995. She teaches classes and workshops in Hatha Yoga, Pranayama and Meditation at the Sivananda Yoga Vedanta Center in Marina del Rey, CA. She is a graduate of the Yoga Therapy Rx program (2010) at Loyola Marymount University and the Tensegrity Yoga Therapy internship program (2011).

**Dr. Suprabha Jain, MD**

Born and brought up in India, Dr. Suprabha Jain learned the science of Yoga in great depth while getting her formal school education. During her high school years, she became her State and then the all-India Yoga Champion for three consecutive years. She attended medical school in the Indian cities of Ajmer and Jaipur before migrating to the United States in 1992. She completed her residency training in Internal medicine and fellowship training in Geriatric Medicine at the University of Pittsburgh Medical Center (UPMC), PA, USA. As a resident and fellow, she worked with Louis Mehl Medrona MD, at the Center for Complementary Medicine, UPMC.

In 2000, Dr. Jain established her own practice and has since developed, designed and delivered many ways of treating and managing true health. Dr. Jain currently runs the Mt. Diablo Integrated Medical & Wellness Center in Walnut Creek, California, where her integrated wellness program incorporates Ayurveda, Yoga, Meditation, Spirituality, Quantum Biofeedback and various other deeper healing techniques.



**Dr. Fred Luskin, PhD**

Dr. Luskin serves as Director of the Stanford Forgiveness Projects, an ongoing series of workshops and research projects that investigate the effectiveness of his forgiveness methods on a variety of populations. The forgiveness project has successfully explored forgiveness therapy with people who suffered from the violence in Northern Ireland, Sierra Leone as well as the attacks on the World Trade Center on 9/11. He currently serves as a Senior Consultant in Health Promotion at Stanford University and is a Professor at the Institute of Transpersonal Psychology. He presents lectures, workshops, seminars and trainings on the importance, health benefits and training of forgiveness, stress management and emotional competence throughout the United States. He offers presentations and classes that range from one hour to ongoing weekly trainings.

**Jivana Heyman, C-IAYT, eRYT500**

Jivana Heyman is founder of Accessible Yoga, an international non-profit organization dedicated to increasing access to the yoga teachings. Accessible Yoga offers Conferences, Trainings, an Ambassador program, and an online Network dedicated to sharing yoga with everybody. He is co-owner of the Santa Barbara Yoga Center and an Integral Yoga Minister. With over twenty-five years of training and teaching in a classical yoga tradition, Jivana has specialized in teaching yoga to people with disabilities with an emphasis on sharing yoga philosophy. His passion is making Yoga accessible to everyone.

Over the past 20 years, Jivana has led more than fifty Yoga teacher training programs around the world. In December 2015, Jivana was invited to teach Accessible Yoga at the United Nations in Geneva and continues to work toward expanding access to the teachings of Yoga.

**Mary Thompson, C.A.S., P.K.S., (Ayurvedacharya)**

Mary Thompson is a graduate of the California College of Ayurveda and senior teacher with certifications as a Clinical Ayurvedic Specialist and Pancha Karma Specialist. Mary is a graduate of the first graduating class of the College in 1997. In 2008, she received the Charaka Award for Excellence in Ayurvedic Teaching and was given the title "Ayurvedacharya". She is a founding member and former Secretary of the California Association of Ayurvedic Medicine. She is also the founder of the non-profit organization, Everyday Ayurveda. Mary is in private practice in Grass Valley, California.

**Nima Fayezmanesh, M.D., M.S.**

Dr. Nima Fayezmanesh is a psychiatrist at the Veterans Affairs Healthcare System, Long Beach, California, where he works in outpatient psychiatry and Primary Care-Mental Health Integration. His areas of clinical interest include mindfulness and Yoga as integrative treatment modalities for mental health conditions, psychodynamic psychotherapy, evidence-based medicine, research and teaching. A certified Yoga teacher and a University of Massachusetts Center for Mindfulness Qualified Mindfulness-based Stress Reduction Teacher, Dr. Fayezmanesh uses an integrative approach in his practice, incorporating mindfulness and psychodynamic psychotherapy. At the VA, he has implemented a mindfulness group program for psychiatric outpatients.

**Nora Benian (Sundari), E-RYT 500, Y.T., R.P.C., DIHom.**

Nora (Sundari) is a Yoga practitioner of 18 years, a seasoned instructor and teaches all levels from absolute beginner to advanced. Nora's knowledge of anatomy, physiology and Yoga Therapy guides students safely through yogic postures and practices. Her compassionate yet confident teaching style challenges students to release stress and tension. In Yoga Therapy sessions Nora prescribes Yogic practices along with counselling techniques to help bring clients back into alignment, build strength, and clear their mind and energy channels to increase the life force.

**Sandhya Dharmadas, PT, DPT, OCS, FAAOMPT, RYT-500**

Sandhya Dharmadas is a physical therapist and a Yoga therapist. She is a lifelong student of Yoga and an enthusiastic proponent of holistic physical therapy in her over 17 years as a physical therapist and over 12 years as a pelvic floor specialist and as a yoga therapist. She uses an integrated approach utilizing biomechanics, neuro-reeducation, and yoga practices for treatment of various conditions, in her practice Resonance Physical Therapy & Wellness in Folsom, CA. She believes that in the yogic principle that true healing occurs from within, through experiential learning and the teachers are guides who lead us on this transformational journey.

**Sarahjoy Marsh, MA, E-RYT 500**

Sarahjoy Marsh is a certified Yoga teacher, Yoga therapist, and author. Sarahjoy has a Masters in Counseling and has been training Yoga teachers, Yoga outreach volunteers, and mental health providers, including clinical psychologists and social workers, in the tools of Yoga therapy for 20 years. While fundamentally informed by the teachings of Yoga, Sarahjoy also masterfully integrates her training in Western therapy and mental health, interpersonal counseling, neurobiology, reciprocal muscle inhibition, and kinesiology. Clear-hearted and sensitive toward those that suffer from addictions – in particular *disordered eating patterns and body image issues*, and for those living with anxiety, depression, and trauma, Sarahjoy ignites a person's confidence in themselves as capable of traversing the challenges and joys of awakening from suffering.

**Terry Crane (Tara Durga Devi), C-IAYT**

Tara Durga Devi has been teaching Yoga and meditation for 32 years and is the co-founder of The Yoga Center located in Stockton, CA. She has been trained in Yoga Therapy, and is a graduate of the Sivananda Yoga Teachers Training Course (TTC) and Advanced Yoga Teachers Training Course (ATTTC). Tara Durga Devi is one of the rare Yoga teachers trained by Swami Vishnudevananda, with whom she took TTC in 1976. She offers Gentle Yoga Trainings, and is expert in the application of positive thinking techniques and meditation practices to reduce stress and to cultivate positive states of mind.

**Stacie Dooreck (Saraswati)**

Stacy Dooreck (Saraswati) is a Certified Sivananda Yoga Instructor since 1995, Gentle Integral Yoga, Kundalini Yoga and Prenatal Certified Yoga Instructor and author of SunLight Chair Yoga: yoga for everyone! books and DVD. Stacie has been teaching Chair Yoga teacher trainings at Sivananda Yoga Ashrams annually in CA, LA and Bahamas and creates programs for and teaches chair yoga at assisted living homes, hospitals, companies and more since 1995.

## Advisory Board – Sivananda Institute of Health and Yoga

Dr. Eileen Moy, M.D.	Physician
Alpana Grover, M.D.	Physician
Portia Choi, M.D.	Physician
Mark Isaac, M.D.	Physician
Dr. Fred Luskin, Ph.D.	Psychologist
Silvia Nakkach, MMT	Psychologist
Sandhya Darmadas, PT DPT, OCS, FAAOMPT	Physical Therapist
Arun Deva, DASC, AYT, E-RYT(500), YTRx	Yoga and Ayurveda
Abby Geyer, RTC-200; AHE-300	Yoga and Ayurveda
Jennifer Andrews, B.S., M.Ed.	Ayurveda and Nutrition
Bill Levacy, PhD	Education
Komilla Sutton	Jyotish and Medical Jyotish
Jivana Heyman	Director, Accessible Yoga

### Non-discrimination policy

Sivananda Ashram Yoga Farm does not discriminate based on race, sex, religion, ethnic origin, sexual preference, or disability.

### Academic calendar

Courses are offered throughout the year. Class times for programs are determined by the Faculty and based on the program or course outline. Please visit the Yoga Farm website for a complete schedule of courses and class times.

Completion of the Sivananda Teacher Training Course (TTC) or other 200-hour Yoga Teacher certification is a pre-requisite for the Yoga Health Educator program.

The Sivananda Yoga Health Educator Training (“SYHET”) takes place over two years and is composed of three 15-day residential modules; Distance Learning module, and Practicum. The training is offered at the Sivananda Ashram Yoga Farm in Grass Valley, Ca, with students embarking on the training in cohorts.

## Start/End dates

October 21 – November 5, 2017	Module 1 – Mental Health and Yoga
April 13 – 28, 2018	Module 2 – Ayurveda and Healing: Disease Process, Management, and Prevention
September 7 – 22, 2018	Module 3 – Common Yoga Practices for Management of Health Conditions
May 2018 – September 2019	Module 4 – Distance Learning
October 2018 – October 2019	Module 5 – Practicum

## Program outline

The first module presents an integrated approach to health and healing that is based upon the Yoga philosophy and Yoga psychology, particularly from the Five Points of Yoga for Holistic Health (proper exercise, proper breathing, proper relaxation, proper diet, positive thinking and meditation), combined with techniques from the Four Paths of Yoga to form the foundation of the Yoga Health Educator's work. Knowledge of western medical and psychological approaches to health and healing prepares the Yoga Health Educator for future collaboration with health care providers.

The primary focus of study for the Yoga Health Educator in Module 2 is Ayurveda and Healing: Disease Process, Management, and Prevention. Here the YHE student gains a detailed understanding of the systems and functions of the physical body; understanding of common ailments and pathologies; and hands-on Yoga Therapy workshops designed to address specific physical conditions. The principles of Ayurveda are introduced to address the causes of disease; provide a framework for understanding health and wellness according to Ayurveda; and to develop strategies and lifestyle practices aligned with Nature and self-healing.

Having completed Modules 1 and 2, the Yoga Health Educator begins to pursue the online Distance Learning portion of the curriculum. Distance Learning classes require approximately 2 hours per week in online sessions over the course of 1 year. Assignments and exams are used to assess the progress of the Yoga Health Educator's study.

With Module 3, the Yoga Health Educator is ready to dive more deeply into the practical application of Yoga therapeutic techniques to develop the skills necessary to meet the needs of a wide variety of populations, age groups, cultural backgrounds, and to address both physical and psychological health conditions. Accessible Yoga, Chair Yoga, Restorative Yoga techniques are offered along with Yoga Therapy workshops to address specific ailments of the physical body or psychology. Because the Yoga Health Educator is nearing completion of Year 1 and preparing to embark on Practicum work, a strong understanding of ethical guidelines and the principles of the therapeutic relationship are essential to the Yoga Health Educator's work in Module 3.

With completion of Module 3, Practicum takes place under the guidance of an assigned mentor. The Yoga Health Educator has regular contact with the mentor while working with individual clients or working with groups at designated Yoga Therapy clinic locations, cultivating their skills in preparation, intake, assessment and design of Plan of Care.

Upon successful completion of the 800-hour program curriculum and Practicum work, the Yoga Health Educator is awarded certification as a Sivananda Yoga Health Educator.

## Description of the learning and other physical resources

### **The Sivananda Ashram Yoga Farm**

Provides a secluded, natural environment ideal for study and practice. Instruction is given in lectures, through experiential learning, and hands-on practical Yoga Therapy classes, under the guidance of senior SIHY Faculty.

The Ashram library has many books for reference and study. Yoga mats, meditation cushions and blankets are available for use. Two healthy, vegetarian meals are provided each day.

The Ashram is an ideal environment for Practicum Group Camp and Retreats, allowing for clients to focus on deep-healing Yoga practices under the guidance of senior faculty, physicians, and Yoga Health Educator students.