



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 another approved 200-hour teacher training course. Students must also complete one year of teaching experience and one year of personal practice.

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 criteria:

- 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: \$3,000
2nd payment: \$2,000
3rd payment: \$2,000
4th payment: \$2,000

Tuition paid in full at beginning of SYHET program start date receives 10% discount.

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 17-day module is \$600 (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

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 the Sivananda 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 experience will be used to appraise the Sivananda Yoga Health Educator's skills in the Intake, Assessment and development of Plan of Care protocol process. Further evaluation takes place to assess the Sivananda Yoga Health Educator's ability to meet the goals and needs of the individual and to adjust the Plan of Care protocols as needed.

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 Narayananda	Assistant Director, Vietnam
Swami Dharmananda	Assistant Director
Swami Adi Parashaktiananda	Assistant Director
Swami SivaSankariananda	Assistant Director
Catherine O’Neil	Director of Ayurveda Programs
My Ngoc Nguyen (Saraswati)	Assistant Director, Vietnam

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 25 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 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 stress-related condition, and Raja Yoga psychology for emotional regulation.

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 SivaSankariananda, C-IAYT, E-RYT 500

Swami Sivasankariananda is director of the Sivananda Yoga Vedanta Center in Los Angeles and took sannyas vows in 2017. She has been teaching Sivananda Yoga for 25 years, including courses on Meditation, Yantra Painting, Bhakti Yoga and chanting. She regularly works with seniors, those suffering from chronic pain and stress-related ailments and is trained in hospice care.

Swami Adiparashaktiananda, C-IAYT, E-RYT 500

Swami Adiparashaktiananda is a senior instructor of the Sivananda Ashram Yoga Farm, guiding students in the therapeutic benefits of Hatha Yoga techniques and the Four Paths of Yoga to reduce stress and manage stress-related conditions.

Swami Narayanananda, C-IAYT, E-RYT 500

Swami Narayanananda is director of the Sivananda Yoga Resort and Training Center in Dalat, Vietnam, and faculty of the SYHET Vietnam. He teaches on the 5 Points of Yoga to create a healthy lifestyle, stress-related health conditions, Yoga psychology and Positive Thinking techniques, and the Therapeutic Relationship.

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.

My Ngoc Nguyen (Saraswati), C-IAYT, E-RYT 500

Saraswati is faculty of SYHET Vietnam sharing her knowledge in Hatha Yoga and Adapted Yoga practices: Restorative Yoga, Chair Yoga, Yoga Nidra, pre- and post-Pregnancy; additionally, applying the 5 Points of Yoga to address health conditions related to stress and lifestyle behaviors.

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.

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.

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 Teacher Trainings and is expert in the application of positive thinking techniques and meditation practices to reduce stress and to cultivate positive states of mind.

Lila Lolling, C-IAYT, E-RYT 500

Lila Lolling is the author of *Walking the Ancient Path of Yoga* and founder of EcoYoga Life and is a Sivananda affiliate teacher for over 20 years. She is also a graduate of the Omega Institute's Ecological Literacy program and Permaculture Course. Lila combines her knowledge of Adapted Yoga and Anatomy and Physiology to provide practical understanding to SYHET students to work with varied populations and health conditions.

Dr. Ghanshyam Sharma, Ayurveda Physician, C-IAYT

Dr. Ghanshyam .Sharma is an Ayurveda doctor practicing at Ayush Clinic in Kandivali West, Mumbai. He completed BAMS from K. G. Mittal Ayurvedic College, Mumbai in 1989 and MD - Ayurveda Medicine from K. G. Mittal Ayurvedic College, Mumbai in 1993. He is certified C-IAYT and shares his Ayurveda and Yoga knowledge addressing many health conditions SYHET students will face in their practice.

Nguyen Ngoc My Hoang (Ganga Chaitanya), C-IAYT, E-RYT 500

Ganga Chaitanya graduated from International Sivananda Yoga teacher training course in 2009 and Advanced TTC in 2010 at the Yoga Farm in Grass Valley USA. She is a graduate of the “Yoga as Medicine”, “Yoga Psychology”, and “Ayurveda and Yoga Wellness” courses. She is SYHET faculty in Vietnam specializing in Yoga stress management techniques, addressing stress-related conditions and how to improve lifestyle with Yoga and Ayurveda practices. She has been the director of the very dynamic Sivananda Yoga Centre in Ho Chi Minh City since 2011 and took her brahmacharya vows in 2017.

Advisory Board – Sivananda Institute of Health and Yoga

Dr. Eileen Moy, M.D.	Physician
Alpana Grover, M.D.	Physician
Dr. Fred Luskin, Ph.D.	Psychologist
Silvia Nakkach, MMT	Psychologist
Martin Hoogendijk	Physical Therapist, C-IAYT
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
Komilla Sutton	Jyotish and Medical Jyotish
Jivana Heyman	Director, Accessible Yoga
Dr. Ghanshyam Sharma	Yoga and Ayurveda, C-IAYT
Dr. C.V Jayanthi	Yoga Therapist
Dr. Ngoc Diep, M.D.	Physician

Non-discrimination policy

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

Academic calendar

Cohorts begin every two years. 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 the SYHET program.

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

The Sivananda Yoga Health Educator Training (“SYHET”) takes place over two years and is composed of three 17-day residential modules; online Distance Learning classes; and Practicum. The training is offered at the Sivananda Ashram Yoga Farm in Grass Valley, CA, and the Sivananda Yoga Training Resort in Dalat, Vietnam.

Start/End dates

January 6 – 22, 2022	Module 1 – Yoga Psychology and Mental Health
April 21 – May 7, 2022	Module 2 – Ayurveda and Healing; Anatomy and Physiology
October 7 – 23, 2022	Module 3 – Yoga Therapeutic Strategies and Protocol Development for Common Health Conditions
February 2022 – October 2023	Module 4 – Distance Learning
May 2022 – December 2023	Module 5 – Practicum
January 2024	SYHET GRADUATION

Program outline

Module 1 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.

Upon completion of Module 1, the Yoga Health Educator students begin 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 15 months. Written assignments and exams are used to assess the comprehension and progress of the Yoga Health Educator's study.

The primary focus of study for the Yoga Health Educator in Module 2 is developing a strong foundation of Ayurveda healing practices and concepts, and Anatomy and Physiology, specifically the 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 learning hands-on Yoga Therapy techniques designed to address specific physical conditions. The principles of Ayurveda are introduced to address the causes of disease, to provide a framework for understanding health and wellness according to Ayurveda, and to develop strategies and lifestyle practices aligned with Nature and self-healing.

Module 2 includes the initial steps for students to prepare for their hands-on Practicum experience. Here they learn and practice the therapeutic process of Intake, Assessment, Plan of Care development, how to conduct follow-up sessions, the use of SOAP Notes, as well as learning how to adapt/adjust the Plan of Care protocol as the client progresses toward their individual goals.

Upon completion of Module 2, SYHET students embark on their Practicum work and begin to apply the therapeutic process: Intake, Assessment, Plan of Care development, under the guidance of their assigned Mentor.

In Module 3 SYHET students develop a strong understanding of ethical guidelines and principles of the therapeutic relationship that are essential to the work of the Yoga Health Educator. Special attention is given to the dynamics of the Yoga Health Educator-client relationship and the responsibilities, boundaries, and scope of practice of the Yoga Health Educator. Module 3 addresses 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.

A major component of Module 3 is the application of Adapted Yoga, Chair Yoga, Restorative Yoga and other techniques offered with hands-on Yoga Therapy workshops to address specific physical and/or psychological ailments.

Upon completion of Module 3, SYHET students continue their Practicum work under the guidance of their assigned Mentor. SYHET students have regular contact with the Mentor while working with individual clients or working with groups at any of the designated SIHY Clinic locations, cultivating their skills in the preparation, Intake, Assessment, creation of the Plan of Care, follow-up, and any needed adjustments to the Plan of Care.

Having successfully completed 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.

Sivananda Institute of Health and Yoga Clinics

Located in many locations around the world, SIHY Clinics offer students the chance to work and live with diverse and varied populations and cultural traditions, while gaining real-world practical experience to help them succeed as Sivananda Yoga Health Educators.