

Comprehensive Yoga Therapy™

300-hr Training Program

Sept 2011 – June 2012

With Bob Butera, Phd

Kristen Butera E-RYT 500, CYT
Guest Medical Professionals

*Learn Tools to Understand
the Root Causes of Disease
with a Holistic Yogic Approach
to Health & Healing*

Featured Topics of Study:

- Yogic Diagnostic Tools
- Lifestyle Assessment Skills
- Yoga Lifestyle Coaching
- Physical, Emotional & Spiritual Healing
- Yoga Psychology & Healthy Relationships
- Holistic Nutrition & Weight Loss
- Breath and Vital Energy
- Functional Anatomy & the Systems of the Body
- Pain Management & Rehabilitation, Health & Healing
- Networking & Professional Ethics

10-Month Level 1 Yoga Therapist Training Program Includes:
170 Contact Hours, 80 Practicum Hours, 50 Hours Home Study
10 Weekend Intensive Trainings, 10 Mentoring Sessions, 20 Case studies



YogaLife Institute
philosophy • practice • education

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