



hiva Shakti Synthesis is an advanced yoga therapy – yoga teacher training program designed to create personal and professional growth. The elements of yoga and

Ayurveda, including whole person assessments, asana, pranayama, mudras and mantras, guided imagery with yoga nidra, and meditation are woven together in a way that maintains the integrity of the tradition while making yoga accessible to all. By co-creating a sacred learning environment, we will focus on deepening personal experience, knowing, and practice, as well as furthering the development of teaching and yoga therapy skills.

The program begins each year in September and consists of 29 days spread over 21 months. If you enter the course on an “odd year,” you will begin with the first half of the course. If you enter on an “even year,” you will begin with the second half of the course. The classes are held on weekends with two-month breaks every quarter for internships. During these internship times, you will have monthly contact with your mentor.

In addition to Janice George, the director, there will be various guest teachers. These men and women bring with them a wealth of knowledge and their love for yoga. The staff will consist of local and nationally recognized experts such as Vijay Jain M.D., Dianne Kadonaga O.T., Mary Sinclair L.M.T., Suzanne Roberts R.P.P., Richard Miller PhD., Diane Finlayson M.A., and many others.

The Curriculum

The First Year

1st Quarter

Program Overview, Introduction to Yoga Therapy, The Koshas, Samkhya Philosophy, Introduction to Ayurveda, Conducting Individual Sessions: The Assessment Process, Yoga Sutras, Anatomy and Physiology: Form and Function of the Body, Philosophy, Ethics and Boundaries.

*Internship: Eight individual sessions

2nd Quarter

Pranayama, Mudras, Respiratory Conditions, Ayurvedic Assessment (Ayurvedic Retreat), Chakras and the emotional body.

*Internship: Two three-hour workshops

The Second Year

1st Quarter

Teaching Methodology, Integrative Medicine, Hatha Yoga Pradipika, Yoga Therapy Specialty Areas, Meditation Retreat, Philosophy and Ethics, Research, and The Bhagavad-Gita.

*Internship: Two eight-week specialty classes

2nd Quarter

Yoga Therapy (specialty areas), Ayurveda, Philosophy, Sanskrit, Chanting, Integration: Putting it All Together, and Marketing.

Shiva Shakti Synthesis 500 Hour Training Program Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Home: _____

Work: _____

Cell: _____

Email: _____

What is your intention for this program?

How do you see this training integrating into your work/life?

Where did you receive your level one training?

What other experience do you have in yoga and healing modalities?

Briefly describe your personal practice.

Mail the completed form and a check made payable to Janice George:

The Center for Wholeness

Attn: Janice George

3408 Indianola Ave.

Columbus, OH 43214

