



YTE 2019

URBAN OM'S YOGA THERAPY EDUCATION



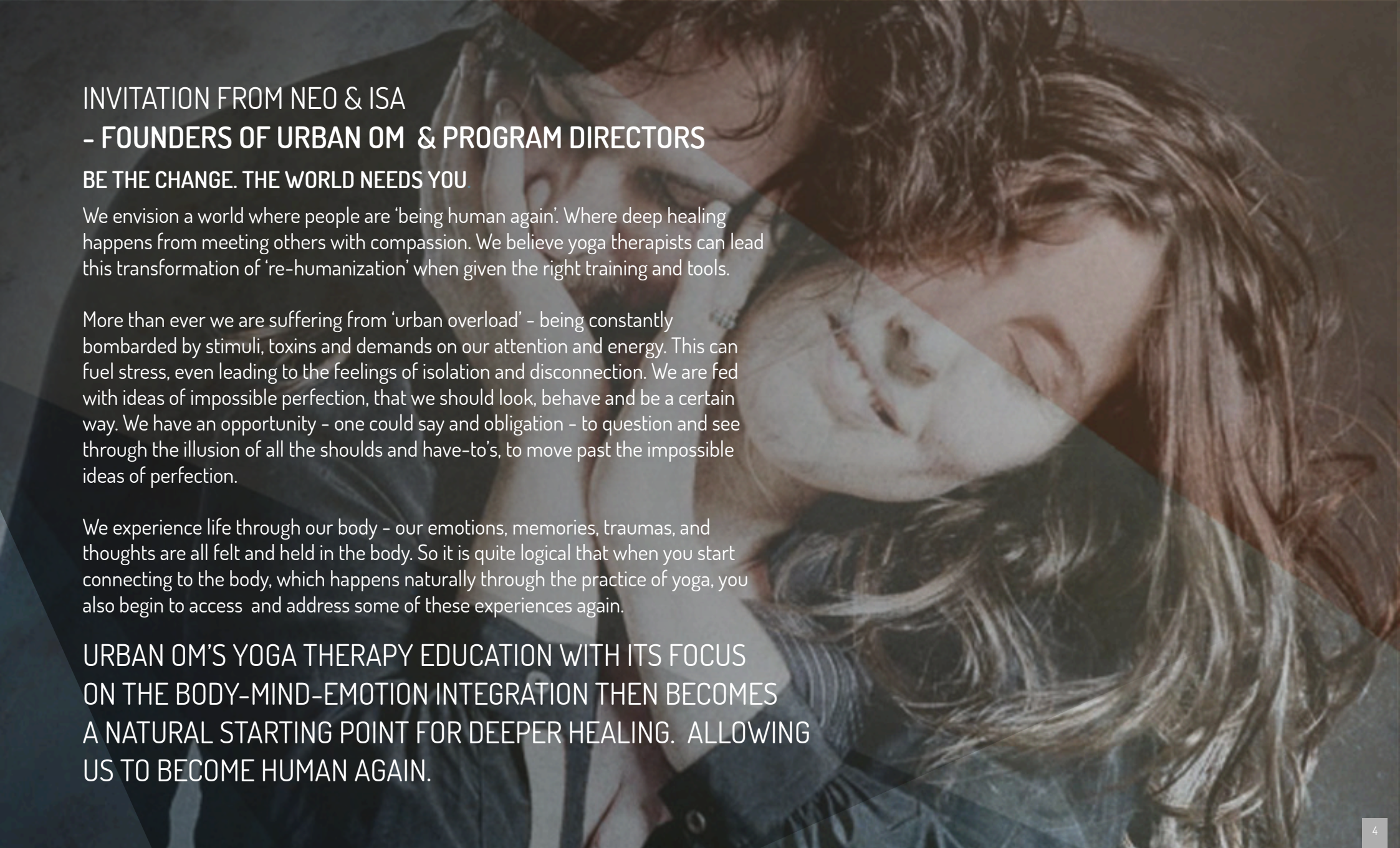


ARE YOU READY TO EVOLVE? TO DIVE DEEP WITHIN AND LEARN ABOUT YOURSELF SO THAT YOU CAN BE OF SERVICE TO OTHERS? THIS IS A UNIQUE AND INTENSELY TRANSFORMATIVE TRAINING COMBINING YOGA AND MEDITATION BASED THERAPY. DELIVERED IN MODULES AT URBAN OM OVER 24 MONTHS AND INTEGRATED WITH RESIDENTIAL RETREATS HELD AT BARAVARA, CENTER FOR PERSONAL GROWTH IN DALARNA, SWEDEN..

WHO IS THIS EDUCATION FOR?

THIS IS AN ADVANCED YOGA THERAPY EDUCATION FOR YOU WHO HAS A DEEP INTEREST IN HUMAN NATURE AND POTENTIAL AND HAVE A LONGING TO WORK WITH PEOPLE IN A YOGA THERAPEUTIC WAY.

IT IS FOR YOU WHO UNDERSTAND THAT YOU CAN ONLY TAKE SOMEONE ELSE AS FAR AS YOU HAVE BEEN. THIS TRAINING WILL GIVE YOU A PROFOUND UNDERSTANDING ABOUT YOURSELF IN ORDER TO BE ABLE TO SUPPORT OTHERS WITH INTEGRITY, EXPERIENCE AND SKILLS.

A photograph of a man and a woman in a yoga pose, likely a heart-opening pose like Camel or Cow Face. The woman is in the foreground, with her head tilted back and eyes closed, smiling. The man is behind her, supporting her. The image has a warm, slightly desaturated tone with a dark overlay on the left side where the text is placed.

INVITATION FROM NEO & ISA - FOUNDERS OF URBAN OM & PROGRAM DIRECTORS

BE THE CHANGE. THE WORLD NEEDS YOU

We envision a world where people are 'being human again'. Where deep healing happens from meeting others with compassion. We believe yoga therapists can lead this transformation of 're-humanization' when given the right training and tools.

More than ever we are suffering from 'urban overload' - being constantly bombarded by stimuli, toxins and demands on our attention and energy. This can fuel stress, even leading to the feelings of isolation and disconnection. We are fed with ideas of impossible perfection, that we should look, behave and be a certain way. We have an opportunity - one could say an obligation - to question and see through the illusion of all the shoulds and have-to's, to move past the impossible ideas of perfection.

We experience life through our body - our emotions, memories, traumas, and thoughts are all felt and held in the body. So it is quite logical that when you start connecting to the body, which happens naturally through the practice of yoga, you also begin to access and address some of these experiences again.

URBAN OM'S YOGA THERAPY EDUCATION WITH ITS FOCUS
ON THE BODY-MIND-EMOTION INTEGRATION THEN BECOMES
A NATURAL STARTING POINT FOR DEEPER HEALING. ALLOWING
US TO BECOME HUMAN AGAIN.

A UNIQUE WAY TO GROW INTO A YOGA TEACHER

PROGRAM OVERVIEW

- Gain new skills in counseling and how to deepen your way of working with students
- Develop skills to lead transformational workshops
- Undergo deep personal and professional development and experience group therapy at Baravara
- Gain insight into the deeper aspects of yoga through somatic understanding
- Learn how to support clients with emotional release in a trauma informed way
- Support clients in reaching deep personal insights
- Learn best-practice methods on how to create a relational field and set healthy boundaries with individuals and in groups

- Understand and assess how to look at body types through the lense of bio-energetics, ayurveda and anatomy
- Become attuned to your own authentic voice and learn how to trust your intuition when working with clients
- Learn how to develop and deliver integrative yoga therapy programs for clients

PROGRAM STRUCTURE

- 11 educational modules over 24 months, allowing you to take this training alongside normal work
- Off site residential courses at Baravara (Booked & paid separately)
- All classes are taught in english
- Mentoring & peer support for collaborative, co-creative and reflective learning
- Extensive practical experience observing, assisting & practicing
- Training registered with Yoga Alliance at the 500 hours
- Highly trained international faculty

Our aim is to have this education certified by the International Association of Yoga Therapy and these are the required hours:

	MINIMUM REQUIRED HOURS BY IAYT
Yoga teaching and philosophy	45 hours
Yoga and the mind	35 hours
Framework for health and disease	50 hours
Anatomy and physiology	90 hours
Additional biomedical knowledge	15 hours
Psychology and mental health	40 hours
Body and mind integration	10 hours
Yoga therapy tools	110 hours
Basic principles of of the therapeutic relationships	55 hours
Principles and skills for educating clients/students	35 hours
Skills for working with groups	50 hours
Providing yoga therapy	150 hours
Documenting and mentorship	55 hours
Professional practice	30 hours
Study hours	30 hours



YOUR PLAN FOR INNER TRANSFORMATION

1

MODULE 1 with ISA & NEO STARTING THE PROCESS

This module serves the purpose of creating a safe environment and a bond between the participants as well as learning the skills of how to do so. Working with people demands an empathic approach and can only really start when you work with yourself. During these initial days we will explore our own personal goals, understand the underpinning philosophy of Urban OM's Yoga Therapy Approach and establish the group as a dynamic learning environment – a place of support where we accelerate growth by learning from each other.

LEARNING OUTCOMES:

- How to create a relational field
- How to create safety in a group
- Learn how to use an intake form to get to know one another
- Learn a structures around goal setting
- First experience of giving a consultation

2

MODULE 2 with STEPHANIE AUTHENTIC VOICE

The voice is an extension of your body and breath, and when inhibited, singing can move your essence to flow and be shared with the world. Using the voice as a form of yogic practice can lead to deep and powerful tools for self-knowledge and transformation. While singing connects us with our breath, body and life force, it also connects us with others – a practice that shares the spark of divine presence into community, leading to deeper intimacy with the world. Founded in basic singing technique, expressive arts therapy theory, kundalini and nada yoga, Authentic Voicework guides you through the process of connecting with your own voice as an energy form in motion. The practice helps us to acknowledge the empowered sacred creator that we are and allows the vibrant energy of our authentic self to move through us with love, joy, creativity and trust. t.

3

MODULE 3 with AGNI & ISKAAN BREATH & BIOENERGETICS

Bioenergetics is an approach that combines physical therapy with psychotherapy. In this module we will be investigating the body by using postures and breath to encourage the opening of feelings that are connected to the different areas/ muscle segments of the body. These exercises will allow us to experience, see and understand the tensions and repressions in our physical and emotional body that are limiting our life energy.

LEARNING OUTCOMES:

- Understand the connection of the physical and emotional body .using breathwork, dance and Bioenergetics
- How to open the body energy using expression of repressed movement and sound
- Being present for a breath session alone and with a partner
- Explore/understand/ experience the pathways of life energy

LEARNING OUTCOMES:

- Get to know your voice, where it is, how you use it and the state of it.
- Build awareness of your body as an instrument and vehicle of expression.
- Discover how your voice is a barometer.
- Learn the anatomy of your voice.
- Cultivate a new relationship with your own voice.
- Experience music meditation through singing.
- Learn how to build a "yoga of the voice" practice.

4

MODULE 4 with ISA & NEO BEING REAL

In this module you will get to fully immerse yourself in one of the most ancient therapeutic techniques – self-inquiry. You will experience what it is like to direct a question towards yourself and to speak from connection, depth and authenticity. As you slow down you learn to track your own sensations, emotions, thought patterns, and reactions. So that you can fine tune your body as an instrument to know what resonance feels like and to detect subtle inner changes as cues for deeper inquiry. .

We will direct some curiosity to where in your own life you can move into a deeper sense of integrity, setting up parameters for what it would mean to make a shift into a more wholesome direction.

LEARNING OUTCOMES:

- Explore the dynamic of sitting with someone in deep exploration – the basis of the therapeutic dynamic.
- Practice active participation and passive listening
- Practice holding space for someone else from an open, allowing, permissive, patient stillness inside
- Know what it is like to cut through personality layers, not getting stuck in ego and experience what is real

MODULE 5 with GISELLE EMBODIED ANATOMY

This module is an invitation for inner exploration, understanding and integration of your anatomical body and its interplay with the mind. Creating an understanding around biomechanics, load and range of motion, this program will help improve body awareness, critical thinking skills and deeper listening around our bodies movements patterns. We will gain an understanding of our respective thresholds and know how to work within that, so as to gain physiological integrity in a world that is about pushing to one's edge as being the goal or measure of success.

The aim is to arrive more attuned and embodied to your own internal wisdom. This knowledge will translate to a compassionate, patient and understanding teacher who serves your students' ability to become anatomically embodied, empowered and vibrant.

LEARNING OUTCOMES:

- Begin the process of deep listening that is mediated by the body's voice
- Understanding of how the quality of your mind has an impact on the quality of your body and reframing the relationship through physical explorations.
- Proprioceptive, Interoceptive and Exteroceptive awareness
- Utilizing tools like therapy balls, the wall, straps and blankets to create a map of where our physical blockages, strengths, our disintegrations and blind spots reside as a preliminary

6

MODULE 6 with RATHEESH AYURVEDIC HEALTH

In this module you will learn about the origins and history of Ayurveda. We will explore the Ayurvedic universal vision of life and it's journey. In Ayurveda the body is called the Temple of the soul and we will learn about it's constitution, maintenance and support of the body's natural deterioration. We will also look into the dynamics and interactions of the Doshas and how minds fluctuate through three different qualities called Gunas. And get a general understanding of how a person can work with the flow of Doshas to balance it in day to day life, with food, beverages, spices and herbals.

LEARNING OUTCOMES:

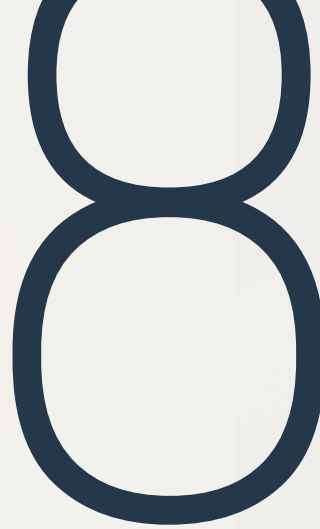
- Where and how exactly an imbalance will begin in the body and mind.
- What is Doshas and how to make Doshas relevant in daily life
- What are Gunas?
- How therapeutic yoga and breathing can support the body to function better

MODULE 7 with JONAS EMBODIED ASANA & TOUCH METHODOLOGY

In this module, we will explore the Kosha system through the 5 layers of the being and awaken the subtle body through movement and understanding. The focus will be on understanding the full enlivenment of the physical poses that we teach, anatomically, as well as through breath and energy. As teachers we have a responsibility to be a safe pair of hands whenever we choose to make physical contact, and it is our obligation to ensure we have both a technical and psychological understanding of our actions and offerings.

LEARNING OUTCOMES:

- In depth understanding of the subtle body awareness
- Creating physical integrity in asana movement and stillness – guiding words are sthira sukha asanam
- Teaching techniques for effective cuing and dialogue
- Intelligent sequencing & creative design
- Understanding the ethics of teaching by touch



MODULE 8 with AGNI & ISKAAN BIOENERGETICS 2

Deepening the understanding about how feelings of fear, anger and pain might restrict our life-energy from flowing naturally. We will learn how to recognize different physical tendencies and personality structures in people and see the effect that life experiences can have on the physical body. We will explore and practice various ways to support people with these different structures, to help them tap into their life energy and recover their natural energetic flow again.

LEARNING OUTCOMES:

- Learning experientially about the three main emotional holding patterns in the body
- Experiencing which segments in the body are connected to different emotions
- Learning about different character structures and what you might meet in their personality
- Opening up emotional and physical holding patterns
- Understanding resistance and flow through explorations and

MODULE 9 with ANANDRA MANTRA AS MEDICINE

In this module, we dive straight into the penetrating practices that bring the heart of sound alive in you. Using Sanskrit sounds, mantra formulations, and simple musical mediations, we explore sound as a profoundly empowering tool for transformation for you and your students/clients.

LEARNING OUTCOMES:

- Experience the transformative effects of sound and mantra on your subtle bodies (somatic learning through all 5 koshas: physical, breath, mind, identity and bliss)
- Learn how to use sound-based practices to flip the switch from your body/mind's stress response (sympathetic nervous system) to its healing response (parasympathetic nervous system)
- Discover the elemental sound vibrations of the Sanskrit alphabet to radically enliven and refine your experience of mantra
- Expand your understanding of mental health from an Ayurvedic perspective by using its primary healing tool: mantra meditation



11

MODULE 10 with ROBIN YOGA THERAPY PERSONALIZED PROGRAMS

During this module we will hone your skills for tailoring practices for clients with neck and shoulder pain, back pain and sciatica, anxiety and depression, and pre/post-operative care. We will include information about common medications and plenty of time for practicing newly-learned skills.

LEARNING OUTCOMES:

- Students will learn to apply their yoga training in healthcare environments by understanding the unique circumstances of that environment and the people who work in it.
- Students will learn to assess, identify, and analyze and apply yogic solutions to various common aches, pains and stressors.
- Students will learn about common medications and will understand how to analyze these medications in conjunction with their understanding of the clients' state of mind and use this knowledge to support clients with yogic practices that help provide ease.
- Students will learn how to apply yogic practices in pre-and post-

10

MODULE 11 with ISA & TALIB COUNSELLING SKILLS

In this module we will focus on the very essence of the therapeutic relationship, the communication that moves between client and therapist. The way you may create a healthy healing relationship with your client, allowing them to feel seen, heard and met.

We will work with setting up a session, making a therapeutic agreement and establishing healthy boundaries. We will also look at how to set up goals for your work together.

LEARNING OUTCOMES:

- What Socratic Questions are and how to use them.
- How to listen from empathy and non interpretation
- How to work from inner resource, being attuned to yourself and your body.
- Language & Body mirroring
- How to set healthy boundaries and the ethical aspect of working with people

MODULE 12: CLINIC

This is the time for you to get a taste of working with what you have learned. During the clinic period May -Oct you will receive your own clients, working one-on-one. And to support your process we will have supervision sessions in groups to learn and grow together.

12



THE THREE KEYS OF URBAN OM

THE URBAN OM APPROACH INVITES YOU TO FALL INWARDS,
TO FEEL YOUR BODY AND TO RECONNECT WITH YOUR SOUL.
IN ORDER TO FACILITATE THIS WE HAVE IDENTIFIED THREE
KEYS THAT ESTABLISH THE FOUNDATIONS TO SURVIVE AND
THRIVE AND WHICH GIVE YOU THE TOOLS TO BE WHO YOU
ARE AND ALL YOU WERE MEANT TO BE.

BEING IN THE BODY

BEING IN THE BODY is an antidote to cure the modern phenomena of 'disembodiment' caused by urban overload. We emphasize cultivating sensitivity of both the physical as well as the subtle body by training stress reduction and interoceptive awareness. Evidence-based yogic practices applying the therapeutic qualities of postures, breathing and relaxation practices allow the bodymind to strengthen & heal.

These practices are inspired mainly from the Krishnamacharya yoga lineage with elements of Tantric and Kundalini Yoga. Inspired and underpinned by Hatha yoga pradiipika and the modern evidence based practices of interoceptive awareness.

BEING REAL

BEING REAL enables development of a sense of self to nourish the connection to truth that can cut through the illusion, dream and deception of the mind. Self-inquiry - honest introspection - is an ancient practice found in every spiritual tradition.

We underpin our approach with humanistic and transpersonal psychology. Being authentic is one of the most important practices we can learn in this life. Inspired by Sutras of Patanjali and Osho meditative therapy.

BEING TOGETHER

BEING TOGETHER is a method of creating safe space to merge body and mind and to explore the magic of letting go into 'something more'.

Active and contemplative meditative practices inspired by the contemporary and ancient esoteric wisdom of Osho, Tantra and Zen help participants to transcend the fixation with individual self and cultivate a deeper sense of inner connectedness. Key texts are the vedas which teaches oneness: isvara pranidhana.

HOW TO APPLY

By visiting www.urbanom.se and complete all answers in the online application form. When the application is received you will be invited to a 30 min interview to assess your readiness for the education.

INVESTMENT

- A registration deposit of 10.000 SEK is required to secure your place on the Yoga Therapy Education. This registration deposit is non-refundable see Cancellation terms below. Payments for the Yoga Therapy Education can be paid in full or according to the payment plan.
- Course price: 120.00 SEK inc. VAT. Paid in full the total price is 115.000 SEK.

PAYMENT PLAN

- 10.000 SEK on booking
Auto giro set up with your bank, withdrawing 5000 SEK monthly for 22 months
- 2019: Oct, Nov, Dec
- 2020: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec
- 2021: Jan, Feb, Mar, Apr, May, Jun, Jul
- You will receive a FULL ON Membership at Urban OM from the date when you sign the terms and conditions and you have paid your registration fee for the education. Your membership will last for the duration of your education.

- Not included in the price but required part of the education: Baravara Door Opener 2 (www.baravara.se) 11.700 SEK

Find the dates and price for the groups on the Baravaras website.

CERTIFICATION

YOGA ALLIANCE REGISTRATION (RYT) & INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS (IAYT)

- Urban OM has met the requirements set by Yoga Alliance, demonstrating that our trainings are of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT-500 as a sign of quality.
- It is however your responsibility to check that any qualifications given by Urban OM and are accepted in the country that you wish to work in. In order to receive your Urban OM Yoga Therapy Education Certificate you must complete the full training to an agreed standard meeting the conditions of IAYT.
- On graduation you will be eligible (at your own cost) to register with the USA Yoga Alliance for RYT-500 and/or with the International Association of Yoga Therapists (IAYT) when and if the education gets certified.

CANCELLATION

- If you cancel more than 60 days before the start of the course then you will receive a refund for course fees you've paid less the non-refundable deposit and less 1000 SEK administration fee. Transfer of deposit to another training, for exceptional reasons, will be at the discretion of Urban OM management.
- If you cancel less than 60 days before the course start date we are unable to give a refund of any payments made. Transfer of deposit to another training, for exceptional reasons, will be at the discretion of Urban OM management.
- If you begin the education, and cannot finish for whatever reason (we understand that things happen, sickness, pregnancies etc) we will not be able to refund your tuition, however, we will allow you to transfer onto the next training. The number of students is very limited, so when you register for the Yoga Therapy Education we value and encourage full commitment. We do not accept students after the education has started, therefore no-one else can take your place if you fail to finish the education. The spot may be given to someone else who successfully gets through the application process prior to the education start date.
- Monthly payments are binding and will not be refunded, and cannot be cancelled without valid reason that prevents you to complete the training (i.e physical injury or illness with doctors note, pregnancy) and consultation with School Directory. If for any reason the auto giro is not debited we will invoice the amount.
- When an unexpected closure occurs due to extraordinary conditions such as inclement weather, faculty illness or health and safety, students will be notified as soon as possible by phone, email, and/or text message. Urban OM has the right in these situations to postpone the dates of the modules.
- Urban OM accepts no liability for any injury or illnesses that occur to trainees during the education or any medical conditions which may develop during or subsequent to the education.
- In the unlikely event that Urban OM cancels the training before the start date, 100% of your deposit and payments will be returned.
- We cannot accept liability for cancellations, delays or changes caused by war, threat of war, closure of airports, civil strikes, industrial action or natural disaster or other events outside of our control.
- Urban OM reserves the right to refuse admission to educations. In the event that admission is refused for any reason within the discretion of Urban OM after payment of deposit or in full, 100% of the money received by Urban OM minus a 1000 SEK administration fee will be refunded to the payor.

A photograph showing four hands of different skin tones (light, medium, dark, and very dark) holding a thin white string. The hands are positioned in a way that suggests they are pulling or holding the string together. The background is a soft, blurred rainbow gradient. The word "FACULTY" is overlaid in white, sans-serif capital letters in the center of the image.

FACULTY



ISA KHALWATI

Isa holds a degree in psychology from the University of Stockholm as well as a degree from Swedish Academy for Psychotherapist Education (SAPU). Part of creating Baravara and Urban OM. Leads groups at Baravara (baravara.se) and workshops at Urban OM as well as giving private sessions. Creator of the LET GO meditation.



NEO MORETON

Trained as a Yoga Therapist (IAYT), Osho Therapist (Osho Risk Denmark), Yoga Teacher Trainer (E-RYT 500) and NLP Practitioner (London). Holds a Law degree (London) and studied business at Columbia Business School (NY) & IE Business School (Madrid) & THINK School for Creative Leadership (Amsterdam).



SATYADEV BARNMAN

Musician from Kolkata, India, raised in an environment of rich Indian spiritual tradition, Satyadev's mission is to revive and spread awareness of the ancient Sanskrit mantras. Satyadev carries in his heart a deep understanding of the Vedic and Yogic traditions and through joyful satsangs & kirtans he shares the key to integrating the sacred mantras and Vedic teachings in everyday life.



GISELLE MARI

An Advanced Certified Jivamukti Yoga teacher and E-RYT 500, introduced to yoga in the early 90's, featured on yogaglo.com, Giselle offers tools to comfortably lead Jivamukti inspired Strong Flow Yoga classes, focusing on guiding asana and pranayama teaching techniques, teaching methodology, hands on assisting and practicum as well as the study and chanting of yogic scriptures.



AGNI THALGOT

Agni is trained in Reichian, Breath and Gestalt therapies as well as psychic massage, counselling, inner man/inner woman and various meditative therapies. She worked for many years in the Osho Multiversity in Pune, co-leading Tantra for Women Fresh Beginnings Part 2, Sexual Deconditioning, Mystic Rose and Pulsation Training. She now lives and works in Europe leading groups and giving individual sessions.



ANANDRA JAMES

American by birth, Indian by soul, and global citizen by expression, A pioneer in the global yoga community helping people to transform their limiting belief systems and to cultivate their most fulfilling contribution to the world, Anandra has aided in re-introducing the ancient practice of sound as a fundamental practice. She created the world's first registered yoga teacher training based entirely on the transformational power of sound (including Sanskrit, mantra, Indian classical vocal meditation, and non-violent communication for everyday life).



ISKAAN GRAAHL

Iskaan's understanding of the body is influenced by his training and experience in Yoga, Neo Reichian Energy work, Rebalancing, Breath work and various Holistic massage techniques. The most important ingredients, though, is his own dedication to meditation and his love for the human body. Being present with a person, so they can have the experience of a deep letting go through touch instead of focusing on the tension became the core quality and interest in Iskaan's Bodywork.



STEPHANIE HEIDEMANN

Stephanie blends her unique background in healing and the arts with her B.A. in Expressive Arts Therapy from Indiana University, and Certification in Massage Therapy from the Association of Research & Enlightenment. She studied classical voice technique with Brenda Boozer (NY Metropolitan Opera) and movement therapy with Fanchon Shur (Growth in Motion). Stephanie is a Hermitage Artist Retreat Fellow (artist-in-residence) and has recorded her own arrangements of early music (Sounds True, Inc.) and original music for 20 years. Stephanie resides in the U.S.A. raising a most boisterous son.



JONAS RÅDAHL

Meet Jonas, devoted to yoga since his mid 20's, studying yoga in India and trained by Canadian yoga pioneers Ron Reid and Marla Meenakshi Joy in Toronto. Since 2006 devoted to teaching yoga full-time and has designed and led several teacher trainings in Asia and Sweden. Jonas is a lover of the arts and the beauty of the mystical experience. He has a natural curiosity for knowledge and on top of his academic background in psychology and physiology (Stockholm University and KI) Jonas keeps educating himself in both the anatomy and physiology of the body as well as exploring the layers of his own



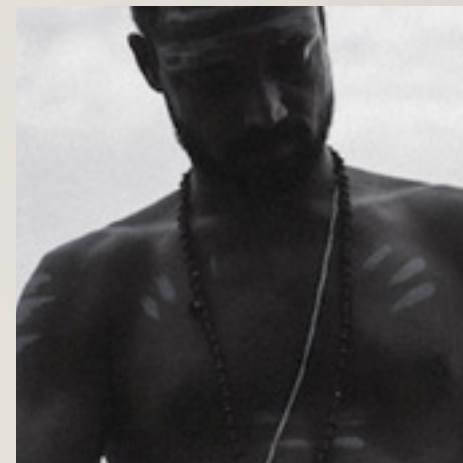
TALIB FISHER

From the USA, Talib is an educator and therapist specializing in relational and trauma resolutions. He is a leader of the Path Retreats processes in Europe and South America. He studied Psychology at Arizona State University, USA, Osho Academy in Sedona Arizona, USA, Osho International Pune, India and is deeply inspired by Dr. Dan Segle of the Mindsight Institute in California USA. Talib is passionate about sharing his experiences of integrating understandings from both the eastern and western approaches to human development.



ROBIN GUETH

Robin based in Marin County, California. With over 40 years of experience of teaching yoga and stress management she is a real veteran (who also happens work with actual military veterans). She has experience working with everyone from the general public, to hospitals, athletic teams, programs for brain injury and severe mental health issues. She has been training yoga therapists for over 10 yrs.



RATHEESH MANI

Meet Ratheesh, yoga teacher, healer, above all, always in service. Indian by birth. Steeped in Ayurveda from day one. Frequents Himalaya to hang out with the elders, receiving countless wisdom spoken and more often silently transmitted. Ratheesh's teaching and profound way of assisting student with kindness and respect touches people deeply.

Ratheesh says of himself that he is just a servant of the great customs and rituals who follows in the footprints of millions of yogis, and healers who walked upon the face of India..

FREQUENTLY ASKED QUESTIONS

HOW CAN I WORK AS A YOGA THERAPIST?

You can work as a Yoga Therapist in many different ways, you will gain the tools to work with clients one-on-one, either in counselling sessions or in a personal training sessions. You can work in companies delivering stress handling plans, yoga and meditation, in group or with individuals. You'll also get skills and material to develop and work in a yoga therapeutic way in workshops and retreats setting. You will gain more knowledge on how to handle emotions that arise on the yoga mat and skills of how to create a more profound experience with your students.

ARE ALL THE MODULES HELD AT URBAN OM?

The modules will primarily be held at Urban OM and at a location within walking distance from the center.

IF I HAVE AN INJURY OR LIMITED RANGE OF MOTION, CAN I STILL JOIN?

Tell us about it on your application and we will assist you with your concerns. We also recommend you consult your healthcare specialist with any concerns you may have before enrolling on the training.

IS THERE A PAYMENT PLAN AVAILABLE? I DO NOT HAVE ALL THE MONEY NEEDED.

Yes, payment can either be paid in full or by autogiro monthly.

WHAT HAPPENS IF I MISS DAYS OR EVEN A MODULE, OR GET SICK?

100% attendance is required to pass this course. If you begin the education, and cannot finish for whatever reason (we understand that things happen) we will not be able to refund your tuition fees, however,

we can allow you to transfer onto the next coming education. In this case you would need to pay a 1000 SEK administration fee. You cannot cancel the education without a doctors certificate and meeting with the school directors.

HOW CAN I PREPARE MYSELF FOR THE COURSE BEFORE IT STARTS? HOW MUCH BACKGROUND READING DO I HAVE TO DO?

Maintain a daily yoga and/or meditation practice – you will receive a membership to practice at Urban OM the moment you sign the terms. You will receive a reading list before the course begins and we recommend you to read as much of it as you can.

DO I RECEIVE A TRAINING MANUAL?

No, you will receive materials ongoing to create your own Yoga therapy tool box-folder.

YTE 2019

CONTACT US WITH ANY QUESTIONS

Email: ytt@urbanom.se

FIND US

Urban OM AB

Visit us at Wallingatan 20-22

SE-111 24 Stockholm

Phone us at +46 8 410 23 990

Website: urbanom.se