



## Wisdom-Body Yoga Therapy

טיפול באמצעות יוגה ותנועה מודעת

### Wisdom-Body Yoga Therapy

Wisdom-Body Yoga Therapy is an integrated approach to healing from mental, physical and spiritual pain.

WBYT is a 3 year and 800 hour training developed by senior Yoga teachers and certified Yoga therapists Michal Yarkoni and Rachel Krentzman.

We believe:

- ‡ In the healing power of embodied awareness and movement
- ‡ That being fully present with someone who suffers is a key for healing ‡  
That Yoga should be adapted to the person, not the person to the Yoga
- ‡ That healing is a mutual responsibility of both the therapist and the client
- ‡ That direct somatic experience of our humanity expands our consciousness and cultivates humility and gratitude
- ‡ That each person, even the one who experience pain and suffering has the potential to live with more ease and acceptance within himself.

The approach is an integration of the knowledge and the physical, spiritual and philosophical principles of Yoga with the therapeutic-educational somatic field of Body Mind Centering®.

BMC® was developed during the early 70<sup>s</sup> of the 20<sup>th</sup> century by Bonnie Bainbridge Cohen. In her deep sensitivity and genius, she draws a road map to exploring the structure of the body and its movement through embodiment. Embodiment is the process in which an intellectual knowledge is transformed into an inner body-mind knowing. In the embodiment process, we use theoretical study with experiential body-oriented learning tools such as movement, breath, guided imagery, touch, meditation and mindfulness.

The teachers are rooted in various Yoga traditions including Vijnana, Iyengar Yoga, and Purna Yoga.

Wisdom-Body approach is based on 6 core principles. The principles are an integration of ideas from BMC® developmental movement, deep understanding of anatomy and physiology and the Yoga philosophy.

The core principles can be applied to any style of Yoga and furthermore, to any therapeutic approach. They are guiding principles that allow for each teacher and therapist to bring forth their creativity and their personal and professional experience into a structured framework.

Coursework includes engaging lectures, experiential practice, case studies and ongoing practicum and mentorship.

We have submitted an application to IAYT for accreditation of our yoga therapy program, and will be able to provide information on our status after IAYT completes its review process.

### 3 Year Curriculum:

#### Year 1: Foundation and core principles of WBYT

- ‡ Embodiment of the 6 core principles
- ‡ Foundation in Yoga as therapy- Philosophy: Yoga Sutra, Samkaya, Buddhist Texts- Noga Barkai, Gila Tzion, Sigal Bibber
- ‡ Foundation of Ayurveda for the Yoga Therapist - Lital Simon
- ‡ Embodied psychology for Yoga therapy – Fundamentals, Irit Ziv Ron
- ‡ Anatomy, physiology, biomechanics for the Yoga therapist
- ‡ Deepening of self practice- Asana, Pranayama, Meditation

#### Year 2: Therapeutic applications of WBYT

- ‡ Therapeutic applications of embodiment
- ‡ Intake, assessment, objective and goal writing, documentation and conclusion of therapy.
- ‡ Designing Therapeutic Yoga sessions for variety of medical conditions for groups and individuals
- ‡ Embodied Philosophy: Hatha Yoga Pradipika, Baghavat Gita, Yoga philosophy and body- mind integration- Noga Barkai, Gila Tzion, Sigal Bibber.
- ‡ Relational Embodied Psychology for Yoga Therapy – The Relational Body in a Relational Field, Irit Ziv Ron
- ‡ Ayurveda: The ayurvedic approach to health and healing- Lital Simon
- ‡ Deepening of self practice- Asana, Pranayama, Meditation
- ‡ Practicum and group supervision

### Year 3: WBYT as a profession

- ‡ Therapeutic applications of WBYT
- ‡ Practicum and personal supervision and mentoring
- ‡ Deepening of self practice- Asana, Pranayama, Meditation
- ‡ Medical Terminology and communication with conventional medical professionals
- ‡ Establishing professional relationship and referrals with medical centers and other paramedical professionals
- ‡ The ethics of Yoga Therapy
- ‡ Developing a business as a Yoga Therapist

### Faculty:

- Rachel Krentzman
- Michal Yarkoni
- Embodied Philosophy: Noga Barkai.
- Embodied Psychology for Yoga Therapy: Irit Ziv Ron
- Ayurveda: Lital Simon
- Additional Expert Guest Teachers •  
Assistants: Anat Price, Rachel Jacoby, Inbal Tunik Operman



**Admission:** This course is for certified Yoga teachers who have completed a 200 hour Yoga Teacher Training.

1 year teaching experience and one year personal practice is also required.

Acceptance to the course is based on an application form and interview.

The course will begin in January 2018, Wednesday 12:00-18:30 Myoga Gym Studio, Kfar Saba. The course will be taught in Hebrew and English.

**Cost:** 12,000 NIS + VAT per year. Estimated cost for books/materials: 350 NIS

For further details about the admission process, please contact Naama Hillman  
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