Terms and Concepts from the IAYT Foundational Level (Year One) Yoga Therapist Educational Standards

**Familiarity with the evolution of the teachings and philosophy of the yoga tradition, including teachings from Vedic and post-Vedic periods. Terms:**

1. tanmatra/bhuta/indriya (subtle element/gross elements/senses)
2. purusha/prakrti (consciousness/material world)
3. pancamaya kosha (dimensions of the human system)
4. guna (fundamental forces of nature)
5. duhkha (suffering/discomfort)
6. drashtr (seer), drshya (seen)
7. antahkarana citta (consciousness), buddhi (intellect), ahamkara (ego), manas (mind)
8. citta vrtti (activities of the mind), citta pariama (structural changes in the mind), vyutthana/nirodha (mind’s potential for distraction and focus)
9. artha (cognition), bhava (mood), svabhava (inborn nature), vasana (residue of experience), samskara (conditioned pattern of thinking and behavior)
10. states of mind: mudha (stupefied/dull), kshipta (disturbed), vikshipta (alternating between distraction and focus), ekagrata (one-pointed), nirodha (focus enveloped/held/ restrained), vaishvanara (waking), taijasa (dream), prajña (deep sleep), turiya (beyond).

**Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the Yoga Sutras and other texts:**

1. klesha (affliction)
2. lobha, krodha, and moha (greed, anger, attachment)
3. duhkha and daurmanasya (suffering/discomfort and negative attitude/thinking)
4. sarupyam (identification with the contents of the mind or seer taking the same form as the mind)
5. antaraya (obstacles to progress in yoga): The 8 Obstacles:
6. Vyadhi – illness
7. Samsaya - doubt
8. Pramada - haste or impatience
9. Alasya - resignation or Styana Tamas – fatigue
10. Avirati – distraction
11. Bhrantidarsana - ignorance or arrogance
12. Alabdhumikatva - the inability to take a new step
13. Anavasthitatvani - loss of confidence.

**Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of:**

1. pancha maya kosha

1. subtle anatomy; nadis, chakras, …
2. tri-dosha (effect of the elements on the physical body)
3. tri-guna (effect of sattva (equilibrium), rajas (activity), tamas [inertia]
4. prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body)
5. ama (undigested food, emotions, etc. accumulated in the body)
6. agni (internal fire(s) and their contribution to health)
7. prana vayu (prana, apana, vyana, udana, samana)
8. prana prakopa (disturbance of the vayu)
9. surya/chandra (sun/moon)
10. bramhana/langhana (expansion/contraction)
11. vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya (the tools).

**Knowledge of illness and solutions including:**

1. Development/evolution of disease (samprapti [pathogenisis]), including intensity, onset, and duration and their influence on the ease or difficulty of healing and disease management.
2. Setting priorities: symptoms/pacification (shamana [short term])
3. and purification/strengthening (shodhana [long term])
4. In-depth knowledge of the application of yama and niyama in the context of yoga therapy.

**In-depth knowledge of the range of yoga practices-Practices may include, but are not limited to:**

1. Asana (postures)
2. pranayama (regulated breathing)
3. meditation and relaxation techniques: bhavana (visualization), mantra (recitation), ritualized activities
4. vihara (lifestyle modifications)
5. basic yogic dietary concepts