



**Spanda® Yoga Movement Therapy
2025-2026 Online Transfer Program
Information Prospectus**

*Quality * Authenticity * Innovation*

*As a Spanda® Yoga Movement Therapist
you'll design and sensitively implement
elegant therapeutic strategies
to meet the challenges of being human.*

What is *Spanda*?

You may experience *spanda* as a desire to live according to your own innermost urging, act in line with your interest or follow your curiosity. It may urge you to attend to your body's rhythms as they harmonize with the grand scale of natural seasons and cycles of life. *Spanda* is a Sanskrit term for the subtle creative pulse of the universe as it manifests into dynamic living form. The word "spanda" means vibration, movement, motion. In ancient literature it refers to waves of activity issuing forth from an unseen Source of spontaneous expression. On a personal level, spanda refers to consciousness orienting through thought and intention to move us into authentic action.

Living in a way that supports connection to our values and desires brings health, stamina and joy. When we lose our creative "spark" or *spandashakti*—disconnecting from our own expression of vitality—we lose energy, focus, and sense of wellbeing, and may eventually fall ill. Connecting with what drives us, feeling that presence in our bodies, is when we're aligned with the natural spontaneity that defines life. Spanda® Yoga practice encourages this connection. Through it we learn to listen attentively to our own unique inner guidance, and to work creatively with the beneficial forms and timeless principles of the Yoga Tradition.

Spanda® Yoga Movement Therapy

Yoga Therapy's goal is improvement through a lessening of impediments to life in optimal balance. In Spanda® Yoga Movement Therapy we address the gap between western allopathy and yoga's eastern holistic perspective. Through a twofold approach we first complement allopathic medicine offering yoga methods and practices to address identified dysfunctions: preventatively or restoratively in many cases, palliatively in others, and curatively in still others. Second, using yoga's integrative point of view, an individuals' experience of symptoms may be considered potentially vital information expressed within a living system. Depending on circumstances, information can be interpreted as signals that can then unfolded to bring awareness, reorganization, and transformation to the ongoing processes of self-balance. Through self-reflective inquiry, progress can be made in a person's evolution to wholeness.

What's Unique about Spanda® Yoga Movement Therapy?

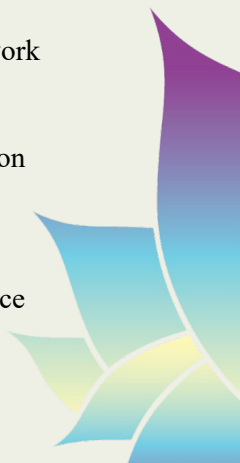
While our curriculum exceeds The International Association of Yoga Therapists' standards for the training of yoga therapists, the evolution of this work over the past thirty years has yielded the development of significant integrative features unique to our approach.

Integrative Learning with Exceptional Faculty

- Every senior faculty member has been in clinical practice *for decades*
- Our lead faculty has *sustained a successful private yoga therapy practice for over 30 years*
- The well-integrated curriculum was lovingly designed (and is continually refined) by a Doctor of Education—because *how it's taught matters!*
- This experiential person-centered approach to yoga therapy is effective!

Exclusive Cutting-edge Content Including:

- Spanda® SRI™ (Spanda® Self-reflective Inquiry™) safe, trauma-sensitive introspective work focused on cognitively-based *svadhyaya* and somatically-based *svadhyaya*
- *The Hero's Journey of Healing* model of self-transformation through healing
- Spanda®'s Three Streams of Functional Movement Rehabilitation™ flows from dysfunction to optimal functioning
- Mindful engagement of somatic practice and therapeutic *vinyasa* using The Continuum of Engagement©
- *Integration of polyvagal and cutting-edge trauma resilience theory into yoga therapy practice*



Targeted Professional Practice Development

- Detailed documentation and professional reporting literacy for interfacing with other healthcare providers
- Individualized mentorship and group sharing during practicum experience
- Development of yoga therapy workshop, course or community class for special populations
- HIPAA compliant and client information best practices for in-person and telehealth
- Know-how in building a successful, sustainable yoga therapy practice!

Mission and Vision

The mission of Spanda® Yoga Movement Therapy (SYMT) is to foster each therapist's inner guidance while sharing this holistic approach to yogic healing-as-transformation through the education of yoga therapists.

We celebrate the creative potential in each individual and seek to guide its development through discernment, education and practice into an authentic and inspired force of healing. SYMT's vision is to educate practitioners to perform with the highest level of integrity, knowledge, insight, and sensitive application of skill so they may provide preventative, restorative, palliative and at times, curative care to individuals through yoga therapy. We believe our graduates are the best yoga therapists in the world.

Background

SYMT's professional yoga therapist training arose out of Dr. Schmitt's private yoga therapy practice of over 30 years and the training of yoga therapists conducted by Dr. Schmitt individually over much of that time. Dr. Schmitt's work developed under the guidance of H.H. Sri Swami Rama, H.H. Swami Veda Bharati, Pandit Rajmani Tigunait, Rudolph Ballentine, M.D., Joan Shivaripa Harrigan, Psy.D, and H.H. Sri Swami Chandrasekharanand Sarasvati. The specialized science of Kundalini Vidya was added due to Dr. Schmitt's experiences with the later two teachers. Dr. Schmitt studied outside the yoga tradition, with the expectation that each perspective was to be woven back into its matrical fabric. This included many movement, somatic awareness and somatic practices. IAYT board member, Carrie Demers M.D., director of Purerejuv Wellness Center, encouraged Dr. Schmitt to submit her program to IAYT for accreditation in 2014. This began the group training format.

Integrating Several Foundations

The Tradition of Himalayan Masters, as brought to the west by H.H. Sri Swami Rama, provides the philosophical root for this training. The Himalayan Lineage is an unbroken one dating back 6000 years. This Tradition is a custodian of the teachings of Samaya Sri Vidya Tantra which means, "One with auspicious wisdom". The teachings of this lineage are based on the three streams of: Patanjali Ashtanga Yoga, Advaita Vedanta and Samaya Srividya Tantra.

The yoga that is described by Patanjali is the foundational level. Advaita Vedanta, the second stream, is expressed in the Veda's Upanishads. The third stream, Samaya Sri Vidya Tantra, emphasizes the creative aspect of consciousness called *shakti* and its expression through *spanda*. Of the three forms of Tantra, Samaya is an internal form whose goal is enlightenment. It deals with the passage of energy to and through higher energy centers. Body-mind Centering, Laban Movement Analysis, Alexander Technique Applied Kinesiology, and other forms of movement, breath, awareness, and bodywork inform the application of this yoga Tradition in therapeutic practice. This breadth of understanding provides in-depth insight into how and why yoga's ancient methods work and can be conjoined with modern evidence-based and informed work for transformation and wellness strategies.

Spanda® Yoga Movement Therapist Training 800-hour Program Components

The following are the course tracks of the full 800-hour program listed under the IAYT competencies. In the Transfer Program, the initial essential course material is briefly reviewed before moving into the advanced content, allowing the student to enter with advanced placement. Transfer students are expected to have good teaching skills and sufficient knowledge of *asana*, *pranayama*, relaxation, and basic anatomy. They should have a good foundation in yoga philosophy and its natural wellness methods.

Competency One: Foundation in Yoga Science and Philosophy

The Roots of Spanda® Yoga Movement Therapy
Yoga Psychology and the Mind
Always Becoming: A Yogic View of Health, Disease and Healing

Competency Two: Biomedical and Psychological Foundations

Human Anatomy & Physiology for the Yoga Therapist
Body in Motion: Movement, Action, and Force Analysis
Understanding Western Allopathic Pathology & Methods of Treatment
Topics in Western Psychology for the Practice of Yoga Therapy

Competency Three: At the Center of the Circles: Social & Developmental Influences on the Whole Person

Teaching and Therapeutic Skills
Interaction and Guidance Skills in Therapeutics & Specialized Teaching
Teaching Methodology: Appropriate Methods, Applications and Adaptations

Competency Four: Yoga Therapy Tools and Applications

Spanda® Yoga Movement Therapy Vocabulary of Practice
Application of Practices, Principles, and Methods of Delivery

Competency Five: Professional Practice

Professional Issues in Yoga Therapy Practice

Main Content Covered in Transfer Program

Initial weekends include review of yoga practices and concepts for the purpose of orientation to the clinical practice of yoga therapy. Once the orientation is completed, content is focused in these areas:

- A yogic view of healing as whole-person transformation
- An experiential and developmental approach to anatomy
- Application of kinesiological concepts to Functional Movement Rehabilitation™
- Somatic practice in yoga therapy
- An Ayurvedic basis for multilevel assessment
- Accurate multi-level assessment and application in practice
- Movement theory and analysis for rehabilitation and repatterning bodily use
- Multilevel myofascial work
- Spanda® Self-reflective Inquiry, or Spanda SRI™
- Western allopathic pathophysiology and methods of treatment
- The Hero's Journey to of healing
- Medical red flags, referrals, and other professional issues
- Interaction and guidance skills in the therapeutic encounter





Spanda® Yoga Movement Therapist Transfer Program Structure

All entering students are bridged into the content during the first several months of the training. This creates a container for the work ahead and provides orientation. Student's backgrounds and traditions are valued and respected, while an integrated point of view is needed for the training to be effective. The early classes also lay out the school's philosophical point of view and its approach to yoga therapy. An integrative, systematic approach is essential to effective, confident clinical practice.

This entire program is delivered online using both live synchronous and recorded asynchronous formats. Between synchronous online weekend sessions, trainees do homework assignments, practice concepts and techniques, provide practical application and engage with asynchronous distance learning recordings. Real-time distance mentorship, partner check-ins, group work, and voluntary study groups, all give good opportunity to stay connected and "in the material" between live weekend sessions.

In terms of time commitment, prospective students are advised to think of the program as a master's degree level program. Students should expect to engage in schoolwork for several hours each week beyond the time spent in live weekend sessions and integrate the principles it into their practice.

In terms of clinical practice, solo delivery by each trainee is required, with clinical support taking the form of case discussion, assessment development, case reporting and documentation, and preparation for practice with a mentor, and at times, with others. Students practice techniques on their own and provide yoga therapy sessions in their home communities with supervisory mentorship reports turned in for review and periodic check-in with a mentor. This approach gives students the best possible segue to working on their own after graduation.

Academic Calendar for the 2025 Training Program

Students are expected to attend all online class meetings. There is an attendance and make-up policy for the occasional absence.

2025 Dates:

Jan. 25 & 25	Feb. 8 & 9	Feb. 22 & 23	Mar. 22 & 23	Apr. 26 & 27
May 17 & 18	June 14 & 15	July 19 & 20	Aug. 16 & 17	Sept. 13 & 14
Sept. 27 & 28	Oct. 11 & 12	Nov. 8 & 9	Dec. 13 & 14	

2026 Dates: Jan. 10 & 11 Feb. 7 & 8 Mar. 7 & 8.

A Graduation Celebration is scheduled within two weekends of the final course weekend.

Class Session Times:

Weekends eastern US time: 9 am - 12:30 pm, and 1:30 pm - 6 pm via Zoom.

Provisions are sometimes put in place to accommodate other US time zones, as well as those in Europe. Please contact the school for more information.

Tuition & Other Costs

Tuition includes all course delivery and mentorship sessions during the duration of the program. Occasional free study sessions are provided throughout the course. At times faculty hold meetings for review and deepening into practice at no extra charge to students enrolled in the current cohort.

Extra early registration \$8600 with enrollment and deposit received by June 1, 2024.

Early registration \$8900 enrollment and deposit received by October 1, 2024.

Regular registration \$9300 until cohort is full.

Deposit amount for all is \$1500. Reasonable payment plans are available.

Weekend training materials are provided electronically as part of the tuition. Students often wish to print them which has variable cost depending on use of printer, paper, color, and binder choices but can be estimated at around \$150.

Books and supplies are not included in the tuition. Approximate cost for texts and apps is \$200-400 depending on whether used or new books are purchased. A model scapula should also be purchased. They run anywhere from \$9-20 plus shipping which is variable. A large physio-ball and normal yoga props are recommended. Colored pencils, colored tape, paper, and other normal study materials are required as well.

Mentoring for this program *is included in the tuition during the normal duration of the program* and is one of the main endearing features of this program. Reading and mentorship fees are applied after the program's content due date in the event a student requires extra time.

Application for Transfer Credit

Application for the Transfer Program may include:

1. Submitting the advanced placement application
2. Emailing copies of RYT 200 and RYT 300, or RYT 500 certificates, or bullet point bio
3. Requests and completes a preliminary phone consultation with the program director
4. Fills out and submits the Spanda® Transfer Credit Evaluation Tool

Applications are evaluated by our admissions committee comprised of faculty members.

Required Texts and Resources

Anzaldua, David, M.D. Guide to Medical Red Flags & Referrals, Blue Poppy Press, Denver, CO, 2010.

Ballentine, Rudolph, M.D., Radical Healing: Integrating the World's Great Therapeutic Traditions to Create a New Transformative Medicine. Himalayan Institute, Honesdale, PA, 2011, (Second edition).

Biel, Andrew. Trail Guide to Movement: Building the Body in Motion (2nd ed.). Books of Discovery, Boulder, CO, 2019.

Kapit, Wynn, & Elson, Lawrence, The Anatomy Coloring Book, (prefer 3rd edition or later but any is okay if you already have it), Benjamin Cummings, New York. Prefer 2001 & later.

Lad, Vasant D. BASM, MASc., The Complete Book of Ayurvedic Home Remedies, Harmony, NY, 1990/ Also Three Rivers, NY, 1998.

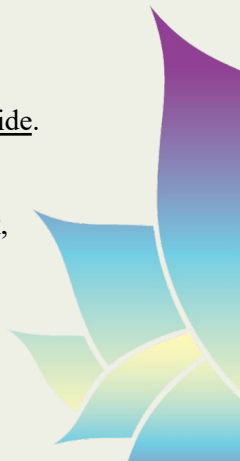
Lippencott Williams & Wilkins, Pathophysiology Made Incredibly Easy! 5th edition. Ambler, PA, 2013. [ISBN: 978-1-4511-4623-3]

Porges, Stephen W. The Pocket Guide to The Polyvagal Theory. Norton, NY, 2017.

Rama, Swami. Meditation and its Practice. Himalayan Institute, Honesdale, PA 1998/2007.

Rama, Swami, Ballentine, Rudolph, M.D., and Hymes, Alan, M.D. Science of Breath: A Practical Guide. Himalayan Institute, Honesdale, PA 1979/1988.

Saltonstall, Ellen. Anatomy and Yoga: A Guide for Teachers and Students. Abhyasa Press, New York, 2016.



Schmitt, Jaime Stover, Ed.D. Somatic Practice in Yoga Therapy. Handspring, London, 2024.

Schmitt, Jaime Stover, Ed.D. Every Woman's Yoga. Prima, New York, 2004.

Steiner, Shirley Soltesz, MS, RN, and Capps, Natalie Pate, MNSc, RN, Quick Medical Terminology (5th edition or later), Joh Wiley & Sons, Hoboken, NJ 2003.

One (or more) compendium/(a) of yoga practice texts for your own reference such as:

B.K.S. Iyengar, Light on Yoga, Schocken, NY, 1976 (any edition is fine).

Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. The Julian Press, New York, NY 1960/any edition.

Saraswati, Swami Satyananda, Asana Pranayama Mudra Bandha, Yoga Publications Trust/Bihar School, 2008 or later edition, Munger, Bihar, India.

Online Learning Requirements

Students should be prepared to engage over Zoom with adequate email capability on a computer or iPad; a mobile phone is not sufficient. Students are expected to keep track of assignments and submit them as attachments in emails, and to be able to access our learning management system, Thinkific, for which instructions will be provided.

Attendance

All training hours must be completed to receive credit and graduate from the program. Missed time and its content must be made up. Students are permitted to make-up, up to 35 hours of missed class time for each level of the training. Students are permitted to make-up, up to 25 hours of this class time with one another. Beyond the initial 25 hours, additional missed hours must be made up with faculty at cost to the student.

Student Assessment and Evaluation Approach

The assessed elements of the program include:

- Satisfactory completion of assignments & projects
- Pass/Fail quizzes for comprehension and application of concepts & techniques
- A comprehensive theoretical and practical midterm and final exam – 70 percentile is passing
- Ongoing practicum and mentorship formative assessment

SYMT's Values

1. **Yoga and its goal of self-realization** . . . also called liberation or *moksha*. The yogic path is universal, and while clients may not be in search of yoga's goal, the process of transformation is one of elevation and the breaking through of impediments in life. This process is synonymous to healing.
2. **Awareness** . . . is the most subtle and profound tool of a living being. Consciousness precedes energy and matter, thus making awareness is a powerful tool.
3. **The objective witness stance** . . . as sought after in meditation, that of nonjudgmental awareness, is the ground of a Spanda® Yoga Movement therapist's observations, decisions and actions.
4. **A client-centered approach** . . . arises naturally from the ground of witnessing to then focus on an individuals' needs as they themselves define them.
5. **The humanistic core conditions** . . . as named by Carl Rogers, develop from the above to form the basis of valuation of the client. The conditions: empathy, congruence, unconditional positive regard.
6. **A state of play** . . . is a creative state of exploration and adventure that remains interesting, even when challenging, and is pleasurable to some degree. It's the optimal setting for new solutions.

7. **Communication** . . . is foundational to well-living, whether within and between functional parts of a cell, bodily tissues for optimal functioning, or between living beings.
8. **Resonance** is valuable in the therapeutic encounter and in relationships of all kinds. Resonance can be experienced within and between fields and all manner of things in the world.
9. **Repatterning** . . . is the essence of change. Yoga therapists work with all levels of being to facilitate the shifts necessary for transformational re-organization that is the healing process.
10. **Willingness** . . . to change, to commit to lifestyle change, and to find the right course of change can require a willingness to experiment and explore. Helping clients find this in themselves to engage in the best tailored practices, behaviors, lifestyle and beneficial choices for them, that may hopefully include delight, fun and enjoyment.
11. **Inner guidance** . . . development of this involves self-valuation, self-trust and skill in self-direction, so even as a therapist teaches, demonstrates and directs, the ultimate goal is to foster and facilitate the autonomy and inner guidance deep within each human being at every turn.

Core Faculty for the SYMT Training Program

Cassandra Crnich, M.S., E-RYT500, C-IAYT

Carrie Demers M.D., E-RYT 500, C-IAYT

James Mullen B.A., E-RYT500, C-IAYT

Jaime Stover Schmitt Ed.D., C.M.A., S.M.E., I.D.M.E., E-RYT500, C-IAYT

Lauree Wise M.S., OTR/L, CMA, IDME

Adjunct and guest faculty provide additional specialized content in areas of their expertise. And Graduate Assistants, selected from top students of prior cohorts, also support the program offering study sessions and valuable experience and insight. See www.spandayoga.com for further biographical information.

