



# Svastha Yoga Therapy Program

BUILDING UPON THE TEACHINGS OF KRISHNAMACHARYA



web: [www.svastha.net](http://www.svastha.net)  
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In this professional program on yoga therapy, we aim to bring you the most effective aspects of traditional yoga and ayurveda combined with modern medicine.

Specific guidelines for different conditions and general treatment principles will be detailed, empowering you to safely and effectively address disabilities and ill-health through yoga.

## Program Structure

The program is delivered in intensive modules (**5 days for each module A and B**). **Each section (I, II, and III) may be attended independently.** Certificates will be issued for each module.

### I. Musculoskeletal System / Body

**A:** Low Back, Pelvis & Lower Limb

**B:** Cervical & Thoracic Spine, Upper Limb, Anatomy of Breath

### II. Internal Medicine & Breath

**A:** Physiology and Sequencing of the Breath, Respiratory and Cardiovascular Disorders

**B:** Neurological/Digestive/Immune systems, Sequencing, Pranayama, Props, Yoga for the Elderly

### III. Yoga Psychology & Psychiatry / Mind

**A:** Managing Stress, Anxiety, Mild Depression, Common Emotional Disorders

**B:** Recognizing and Approaching Serious Psychiatric Conditions

### IV. Integration/Completion Module

Holistic case studies, Assorted topics.

## Program Development & Faculty

**Dr. Ganesh Mohan** is a physician trained in both conventional medicine and ayurveda. Son of A.G. Mohan and Indra Mohan, he started practicing yoga as a child, in the tradition of Krishnamacharya. He is well-versed in traditional yoga studies. His work in therapeutic yoga centers around employing the most relevant methods from ancient and modern healthcare. He is the co-author of the Mohans' book *Yoga Therapy* (Shambhala Publications, 2004). He is an advisor to the IAYT in the USA and the AAYT in Australia.



**Dr. Günter Niessen** is a specialist in orthopedic and trauma surgery practicing in Berlin (Germany). He has over twenty years of experience in dealing with structural and functional disorders of the musculoskeletal system from a multidisciplinary perspective, being trained in physical therapy, chiropractic, manual therapy, sports medicine, neural therapy and acupuncture. In addition, he has been practicing yoga for over a decade, and is a yoga teacher registered with the BDY/EYU. For more information, please visit [www.yogaundorthopaedie.de](http://www.yogaundorthopaedie.de).



**Dr. James H. Grubbs** is a child and adult psychiatrist. He is a Fellow of the American Academy of Child and Adolescent Psychiatry. He received his adult psychiatric training at the University

of California at Davis and completed a fellowship in child psychiatry at the Yale Child Study Center. Over four decades, he has worked in a variety of clinical settings throughout the USA and internationally. He has served as the Executive Director of Mental Health for the middle of the North Island of New Zealand, and as the Medical Director of Southwestern Virginia Mental Health Institute. Dr. Grubbs has an abiding interest in bringing traditional yoga and Western medical and psychiatric practice into greater synergy. Dr. Grubbs is based in Austin, TX.



**A.G. Mohan and Indra Mohan** have been teaching yoga for close to four decades in the lineage of Krishnamacharya. They are a direct link to the original teachings that have transformed yoga in the last century, and laid the foundation for its therapeutic applications. Their studies span the spectrum of ancient Indian wisdom, from yoga and ayurveda to rituals, mantras, and many other aspects, firmly anchoring this program in the authentic tradition of yoga.



## Program Highlights

**Cohesive development by faculty team.** The faculty have worked together to design an integrated and focused program specifically for yoga teachers.

**Clear, practical approach.** The highlight of Svastha yoga's approach is clarity.

**Authoritative background in classical yoga and ayurveda.** This program offers a direct link to the profound sources.

**Mainstream medical content.** You can feel confident in interacting with healthcare professionals using the knowledge you gain from this program.

**Broad coverage.** Holistic perspective combining traditional yoga, a wide spectrum of modern medicine (general medicine, rehabilitation, psychiatry) and ayurveda.

**Open, modular framework.** You can integrate these skills easily, as well as build upon them.

**Continuing education.** Specialized studies, refresher courses and online programs will also be offered.



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## I. Musculoskeletal System

### A: Low Back, Pelvis & Lower Limb

1. Anatomy and function of the lumbar spine, pelvis, hip joint, knees, feet, gait and posture.
2. Hands-on exploration of relevant functional anatomy in yoga asanas.
3. Observation of the body structure and function.
4. Systematic presentation of the different disorders of the lumbar spine, pelvis and lower limb, specially as relevant to yoga teachers:
  - a. Most common disorders that a yoga teacher is likely to see in students
  - b. Cause of disorders and their development
  - c. Typical presentation of the important problems
5. We will discuss the following disorders and more:
  - Intervertebral disc problems
  - Instability, facet joint problems
  - Sacroiliac joint dysfunction
  - Soft tissue related disorders (muscles, ligaments, tendons)
  - Hip and knee arthritis
  - Meniscal and ligament tears of the knee
  - Disorders of the foot.
6. Function-oriented approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
7. Classical yoga methods of Krishnamacharya combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility).
8. What a yoga teacher needs to know about the modern medical treatments available and the role of surgery.
9. Outline of ayurvedic perspective and commonly used ayurvedic herbs.

## I. Musculoskeletal System

### B: Cervical and Thoracic Spine, Upper Limb, Breath Anatomy

1. Anatomy and function of the thoracic and cervical spine, shoulder, elbow, wrist, hand.
2. Hands-on exploration of relevant functional anatomy in yoga asanas.
3. Observation of the body structure and function.
4. Systematic presentation of the different disorders of the thoracic spine, cervical spine and upper limb, specially as relevant to yoga teachers:
  - a. Most common disorders that a yoga teacher is likely to see in students
  - b. Cause of disorders and their development
  - c. Typical presentation of the important problems
5. We will discuss the following disorders and more:
  - Neck pain due to muscular imbalances and posture
  - Tension headache
  - Cervical disc herniation
  - Osteoporosis
  - Ankylosing spondylitis and adolescent kyphosis
  - Instability, facet joint problems
  - Rotator cuff tears and impingement syndrome of the shoulder
  - Epicondylitis (Tennis elbow, Golfers elbow)
  - Carpal tunnel syndrome
6. Function-oriented approach and guidelines for these conditions using the tools of yoga (particularly movement and breathing).
7. Classical yoga methods of Krishnamacharya combined with modern medical concepts (pain-free mobility, stability, endurance, strength, range of motion, flexibility).
8. Anatomy of breathing, pelvic floor, and the bandhas.