



Wise Living Yoga Academy

WISE LIVING YOGA ACADEMY
Online Continuing Education

YOGA THERAPY FOR STRESS AND MENTAL HEALTH MANAGEMENT IN PSYCHOSOMATIC DISEASES

6 Weeks Online Course with Jeenal Mehta With International Certification

(equivalent to 100 hours of WLYA continuing education)

The certificate can be added towards your 500 hr or Therapy Training* (conditions apply)
(100 hour WLYA and 36 hours YACEP Yoga Alliance USA - Continuing Education)

This course is exclusively for 200 hr WLYA Graduates. It would be a private closed group to facilitate a small group learning for safe sharing, community experience and growth.

Duration, Days and Timings

- ✓ - Feb 13 th to March 22 2022
- ✓ - 24 hours of Live Training with Jeenal Mehta
- ✓ - 8 recorded lectures (of 90 mins each) for self-paced guided study
- ✓ - Live lectures 6.00 pm to 8.00 pm Bangkok time every Monday and Wednesday for 6 consecutive weeks.

You may suggest suitable timing and days. It could be adjusted if maximum participants chose the same. As of now the proposed course schedule is given below.

Course Schedule

The course is very well structured by Jeenal Mehta after years of experience and updates. It consists of 12 hours of Self-Paced Recorded studies and 24 hours of Zoom sessions/Live with Jeenal Mehta. If you miss the Zoom LIVE then you must go through its Live recording within 24 hours before the next session. Kindly find the details below.

Week 1

Feb 13 - Orientation session

Feb 15 - Zoom session or follow the recording of the Live class before recording 1 & 2

2 Self paced Recordings No.1 & 2 of approximately 90 mins each during week1

Week 2

Feb 20 - Zoom session or follow the recording of the Live class before the next lecture

Feb 22 - Zoom session or follow the recording of the Live class before recording 3 & 4

2 Self paced Recordings No.3 and 4 of approximately 90 mins each during the week 2

Week 3

Feb 27 - Zoom session or follow the recording of the Live class before the next lecture



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March 1 - Zoom session or follow the recording of the Live class before recording 5 & 6
2 Self paced Recordings No. 5 & 6 of approximately 90 mins each during the week 3

Week 4

March 6 - Zoom session or follow the recording of the Live class before the next lecture
March 8 - Zoom session or follow the recording of the Live class before recording 7 & 8
2 Self paced Recording No. 7 & 8 of approximately 90 mins each during the week 4

Week 5

March 13 - Zoom session or follow the recording of the Live class before the next lecture
March 15 - Zoom session or follow the recording of the Live class before the next week

Week 6

March 20 - Concluding week, Q & A, Important Review
March 22 - Course Summary, Feedback and Certification Ceremony

Course Content

1. Yoga vs Western Psychology
2. Man and Mind - Type of Minds and Personalities
2. Sattva And Buddhi (Discriminative Intelligence), Core in Sankhya Philosophy
3. Cognitive Appraisal and Stress
4. Non-Erroneous Cognition
5. Analysis of the Nine Obstacles in Yoga (Antarayas)
6. 8 Fundamental Predispositions of Sankhya System
7. Etiology of Stress and 10 categories of Psychosomatic diseases
8. Application of Yogic procedure on Management of Psychosomatic Diseases
9. Stages of Psychosomatic and Psychogenic Diseases in Yoga Psychology
10. SIX Fold process of Yoga Practice (Sadhana) for Stress Related Diseases
11. Practice of selected scientific Yoga routine and sequences for Mental Health.
13. Bandhas/ Energy Locks - Uddiyana, Jalandhara and Moola Bhandha and its application in Asanas
14. Yogic Physiology and Purification of Nadis with Pranayama
15. Yogic Kriya for Stress Management - Jiva Moola Shodhana, Jalneti, Trataka
16. Yoga Philosophy and Yoga Sutra of Patanjali - Yoga Psychology on future pain
17. Shri Yogendraji's Scientific Yoga System of Spine
18. Yoga Detox Diet
19. Essential Nutrients and Supplements for Mental Health Management
20. Therapeutic Training of Asanas, Pranayama and other Yoga Techniques



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21. Guidelines for a therapeutic change in lifestyle
22. Meditative and Cultural Asana
23. Six biological benefits of Asana and Breath Synchronization
24. Neuroscience of Repetition and Memory

Course Objectives

- ❖ Advanced continuing education certification of 100 hours
- ❖ To harmonize physiological activities to bring them under self-control. Thereby to bridge the gap between the body and the mind through psychosomatic training, with a view to controlling the senses (Internalization)
- ❖ Training in a series of graded physio-psychic efforts of withdrawing the mind from the sensory world. They consist of relaxation, centralisation, visualization, dissociation, introversion and a variety of similar processes specially designed to aid the individual in freeing oneself from sensual, emotional and environmental distractions.
- ❖ Empower participants to bring conscious & positive mental transformation to excel in their work and personal life.
- ❖ Training in advanced Practice of Asana and Breath Training along with Bandha, Kriya and Yoga Detox Diet.
- ❖ In personal management of grief, trauma, depression, anxiety and stress related psychosomatic disorders and improvement in mental focus, concentration and will power thus supporting in the healing process
- ❖ Deepen the knowledge in scientific techniques of Yoga Physiology, Yoga Philosophy and Psychology in subjects related to Mind Development and training of thoughts.
- ❖ To educate the Yoga seekers with the scientific work of Shri Yogendra ji in Scientific Yoga research and education. Shri Yogendraji - Jeenal's teacher, was the first Yoga scientist. His scientific contributions in the field of Yoga are preserved and microfilmed in the time chamber - Crypt of Civilization for the next 6000 years.

Certification

- The certificate allows the participants to work along with the doctors to guide their patients and also other individuals with Yogic Techniques for Stress and Mental Health Management after getting their doctor's letter of consent.
- The Certificate does not allow the participants to treat anyone or give medical advice in Psychogenic/Mental diseases or any other illness.
- This certificate will qualify the participant to enroll for Yoga for Mental Health Module 2.



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- If the student has already completed 100 hours Course in Yogic and Ayurvedic Principles of Health and Diet, then she would qualify to apply for Yoga Therapy with Medical specifics for all the five Modules - Pre-Post Natal Pregnancy, Diabetes, Cardiovascular Diseases, Asthma and Bronchitis and Back and Joint Disorders.
- By completing all these Modules you would receive the Yoga Therapist International Certificate from Wise Living Yoga Academy accredited by The Yoga Institute accepted worldwide. We are the pioneers in Scientific Yoga and Therapy who have delivered Yoga education with scientific research and case studies.

Regulations and Guidelines

- 👉 The participants are required to adopt a 100 percent Vegan diet, stop the consumption of foods containing white sugar, oily/fried foods, reduce and gradually stop coffee intake, minimize garlic, onions and hot spices.
- 👉 The participants are required to sleep no later than 10 pm and wake up early in the morning to practice the special Asana and Pranayama sequences of the Mental Health course. Various Mental Health Yoga sequences will be explained and given as an assignment for Self-Practice.
- 👉 The participants are also suggested to get in contact with nature, especially exposure to natural sunlight, water, soil and wind.
- 👉 Apart from the Asana and Pranayama routine the participants will be guided to practice the suggested Kriya like Jalneti and daily meditation.
- 👉 The participants are also required to do 30 mins of cardio like walking or cycling.
- 👉 During menstruation the participants should reduce the exercise and take extra naps and rest. But meditation, Jalneti and walking could be undertaken
- 👉 Maintain a Journal to take notes, assignment.
- 👉 At the end of the course you will be required to submit all your notes, food habits journal, supplements and lifestyle routine details. You will be guided in this during the course.
- 👉 - Study Material will be shared through a Google Drive.
- 👉 - Get your blood work - Vit D3, B12, Haemoglobin and Iron checked if you have not checked it within 6 months OR if you have not taken your supplements daily as suggested by your Physician. After registration you will be guided by Jeenal if you need to check your blood in case of your deficiency to consult your Physician to take the required supplement.
- 👉 - A Health Form will be sent in the first week of the course. The Health Form has various questions to re-connect with your body and mind.



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👉 After registration you will be added in MENTAL HEALTH GROUP ON WHATS APP. The classroom link and essential information will be shared there.

Classroom rules

- 📌 As we are familiar with the ways of our WLYA school, we believe in bringing deep changes through our actions. Even on an online platform of learning we should be very sincere in our posture, concentration and be utmost dedicated to knowledge
- 📌 The participants are encouraged to share their questions (pertaining the subject) on the What's App group which would be answered by Jeenal in the class or on the What's App group
- 📌 Please arrive 5 minutes before into the class to settle down for Meditation and Shanti Mantras. Put a nice quick greeting for your teacher and classmates and get ready for the meditation. We would be following the Anapana Sati Practice in the beginning of the class. Prior conditioning before the class with Meditation and Chanting are essential parts of the course.
- 📌 Get ready and create a nice space around you. Put an incense stick/lamp, a flower or fruit, and a nice cushion to sit. Sit and breathe deeply for a while.
- 📌 Keeping a Mat is optional. This is a theoretical class so you need to make notes. Keep a pen and a new notebook. Also keep a bottle of water.
- 📌 Kindly keep your videos on, be on time and be fully present, this will be a life changing experience.
- 📌 Dress code: Suitable for a classroom environment, formal, please wear a top to cover shoulders and chest for both men and women.
- 📌 Do not eat during the class.
- 📌 If you miss a class then you must inform the teacher and study the recording on the same day or within 24 hours before the next class.
- 📌 Kindly keep a check on Whats app group for any announcement.
- 📌 Kindly be respectful to your classmates and teachers. Teachers hold the right to suspend the student on the basis of negative/rude/inappropriate behavior in the class or whatsapp group. Follow all the rules expected to maintain a learning atmosphere.

Fees



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USD 700 USD - Please note: The fees have been revised taking in consideration the update in the structure, hours and content of the course from the last courses taught in the year 2020 and 2021. Therefore it is highly recommended to pursue this course even if you have already studied a Mental Health Course in the previous years.

Link for Payment

Before making payment please fill the application form and send an email to wiselyingyogacenter@gmail.com to confirm if you would require an online interview for admission into the course.

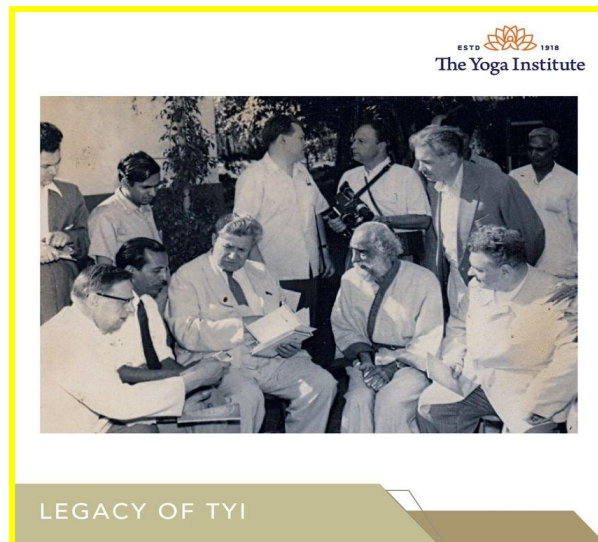
👉 - <https://www.paypal.com/paypalme/wiselyingyoga> or send Paypal amount to jeena_07@hotmail.com
(Please do not send the payment to any other link or email other than those mentioned above)

👉 Alternatively you may also do a Wire Transfer if that is easier for you. Kindly refer to Bank Account details in the second attachment of the email. **Note:** Kindly include the bank charges/Paypal service charge as levied by your bank/service provider.

Application form

👉 - <https://forms.gle/5J8n99mGTqTZzDN76>

Shri Yogendraji, was a great scientist. His scientific contributions in the field of Yoga are preserved and microfilmed in the time chamber - Crypt of Civilization for the next 6000 years. 2 years before Jeenal Mehta received the 100 year old legacy of the Yoga Institute and envisions to continue spreading Scientific Yoga to the common people around the globe.



THANK YOU!



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