



# Surya Chandra Healing Yoga School



Grounded in the ancient wisdom of India, SCHYS programs offer comprehensive and integrated study of the art and science of yoga with a therapeutic approach. Taught through the wider and more well-rounded perspective of teachings from multiple traditions, our programs focus on the experiential learning process. Our programs use a hybrid approach with both in-person and virtual hours. SCHYS

programs empower our students to bring holistic health and healing to their students and clients. Whether a seasoned yogi or a newcomer to more in-depth study, SCHYS helps you explore the therapeutic dimensions of yoga and embark on a journey toward a healthier, more balanced life.

SCHYS offers the following programs:

- **200-Hour Yoga Teacher Training Program** - For students of yoga who simply want to learn more than what you typically get in the classroom. Learn more anatomy, more philosophy, and how a class is designed to keep students safe. Some students never wish to become a yoga teacher, but if you do, this program will get you on the 200-Hour Registered Yoga Teacher list with the Yoga Alliance.
- **300-Hour Advanced Yoga Teacher Training Program** - For teachers of yoga who want to learn more, especially with a therapeutic approach. Learn how to counter-pose correctly, and plan lessons for classroom teaching to keep students safe. Learn basic alignment and adjustments to help students. This 300-Hour Program is also the first step of our Yoga Therapy



Certificate Program. Graduates of this 300-hour program may apply to the Yoga Alliance to be on their registry for 500-Hr RYT.

- **Yoga Therapy Certificate Program -**

In three years, three steps (Step 1 is the 300-hour Advanced Yoga Teacher Training Program above), then two more years,

two steps: Steps 2 & 3—each 300-hours are the final steps to becoming a Certified Yoga Therapist. Our program is accredited with the International Association of Yoga Therapists. Graduates may apply to the IAYT for their C-IAYT status.



- **Prenatal Yoga Teacher Training Program - 85** hours of training specific to helping students who are pregnant in their practice of yoga. Graduates of this program may apply to the Yoga Alliance for their PYT status.



- **Chair Yoga Certificate Program - 70 hours of** specialized training specific for teaching yoga in a chair.

- **Specialty Certificates:** Advanced training as Approved Professional Development for CEUs for Yoga Therapists in the following fields of study:

- Yoga Therapy for Auto-Immune Issues
- Yoga Therapy for Cancer
- Yoga Therapy for Neurological Issues
- Yoga Therapy for Respiratory Issues
- Scoliosis, Sciatica, and Sacro-Iliac Issues
- Yoga Therapy for Sleep & Insomnia Issues
- Yoga Therapy for Substance Abuse &
- Yoga Therapy for Trauma Healing
- Applications for the Vagus Nerve

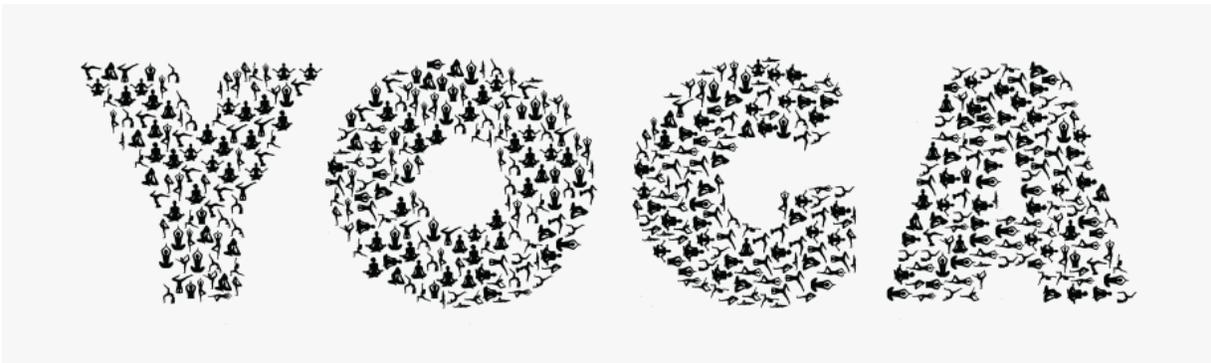


## 200-Hour Yoga Teacher Training Program

This 200-Hour program takes a deep dive into sequencing, course planning, western & eastern anatomy, yoga philosophy, and much more. Because this program is grounded in yoga therapy as inspired by T.Krishnamacharya through Mr. TKV Desikachar, we emphasize safety and healing of the body-mind-spirit for all students. We teach concepts and ideas that are inclusive of all body sizes and shapes and accessible to all beings of all walks of life.

This program meets in-person over a weekend approximately six to eight times, spaced over approximately eight to nine months. We also meet virtually each week, have a mentoring program, and other additional hours including reading and study time.

**Pre-requisites:** A strong desire to learn more about yoga. It is not necessary that you actually want to teach yoga, but rather have a strong interest in learning more. An established home practice is a huge plus, but we are here to help you establish a home practice.



## 300-Hour Advanced Yoga Teacher Training Program

This 300-Hour program is a unique blend of the yoga therapy principles taught by the Krishnamacharya Yoga Mandiram (located in Chennai, India) and the alignment teachings of JJ Gormley, Director. This program takes a deep dive into sequencing, western & eastern anatomy, pranayama, yoga philosophy, alignment, making modifications & adjustments in asana, and much more. Because this program is grounded in yoga therapy as inspired by T.Krishnamacharya through Mr. TKV Desikachar, we emphasize safety and healing of the body-mind-spirit for all students.

**Pre-requisites:** A 200-hour Yoga Teacher Training Program from any Yoga Alliance registered program or equivalent, plus one year of teaching (about 40-hours). An established home practice is highly recommended, and your faculty mentor will help get this established or enhance what you've already begun.

## Yoga Therapy Certificate Program

Yoga therapy is the process of guiding individuals to progress toward improved health and well being through the application of the teachings and practices of yoga. Yoga Therapy begins with an assessment process, incorporates an individualized therapeutic plan based on the yoga tradition and the client's needs, and evaluates the plan's efficacy in a continual process aimed at achieving optimal health.

Yoga Therapy is the next step after becoming a yoga teacher. To become a Yoga Therapist, another two-to-three years of training is in order where you will learn how to use the tools of yoga to help a client. Are you ready to embark on an exciting journey to learn deeper aspects and concepts of yoga therapy? Whether you choose this program for your own personal growth and knowledge or you have the desire to help others on their healing journey, we believe this accredited training program to be among the best. We take pride in knowing that our graduates know how to safely help someone using the tools of yoga. We love to share the gifts yoga offers with others interested in this great journey of yoga and yoga therapy. SCHYS follows and surpasses the standards set by the International Association of Yoga Therapists (IAYT) for our Yoga Therapy Certificate Program. We are heavily influenced by the therapeutic teachings that come from the T. Krishnamacharya - TKV Desikachar lineage, and yet, all SCHYS faculty are multi-tradition trained, this means our curriculum does not adhere to any particular lineage. We bring in teachings from other styles and teachings that our faculty have acquired in their years of study. We believe this makes our program more well-rounded, more accessible, more accepting, and more inclusive as we have learned to take the best from every style, tradition, and lineage.

**Pre-requisites:** 200-hour Yoga Teacher Training Program from any Yoga Alliance registered program or equivalent. One year of teaching (about 40-hours) at a minimum. An established home practice is highly recommended and your faculty mentor will help get and keep this established.



All our programs are directed by JJ Gormley, the founder of SCHYS and one of the premier leaders in the field. She began her yoga journey in 1979. JJ ensures that she teaches in-person at all locations and runs the online portions of the training program. JJ's yoga teacher training programs were among the first to register with the Yoga Alliance (in 1999) and her Yoga Therapy Training Program was among the first to become accredited with the International Association of Yoga Therapists (in 2016).

We train our teachers to be Trauma Informed, with training in Western/allopathic anatomy and medical terminology as well as Eastern/yogic/complementary anatomy and physiological terminology, and to use All-Inclusive Language.

### **Integrity and Continuity**

To maintain the integrity of SCHYS programs at all our locations, the Director, JJ Gormley has set high standards for herself, the faculty and all students enrolled in any SCHYS Program. Students and Faculty all sign and follow a Code of Conduct outlining moral and ethical standards. To maintain continuity for each program at each location, the program is set up on a learning management system called Thinkific.

Quality is maintained by keeping low numbers enrolled with the ratio of student to teacher kept at 12:1 or less, with a maximum enrollment at any location of 15 students for the 200-Hour, 300-Hour/Step 1, and 12 students for Steps 2 and Step 3. Our faculty continually review the curriculum before and after each module. We update the curriculum when necessary to keep up with the standards set by both the Yoga Alliance and the International Association of Yoga Therapists. In addition, faculty meetings are held for curriculum review once per year. And once per month during the program.

Additionally, the students and faculty at each location set the schedule based on availability and scheduling at that location. Some programs elect to meet for fewer times in person (but more hours each time), or meet more times for less hours each time. Virtual classes are part of the curriculum for all programs. These virtual classes are with JJ Gormley and the students at each location find the best meeting day and time for all to be able to attend these virtual classes. There are also pre-recorded classes for each program available to begin right away once the student enrolls.

Students become part of a community, cultivate new friendships, enjoy an enhanced learning experience, deepen their knowledge of yoga, and receive guidance for a sustainable and transformational personal practice.



## Terminology for our Programs

### Contact Hours

Contact hours are hours with faculty in an in-person setting either virtually at the same time (i.e., student and faculty are both online at the same time and able to talk with each other in synchronous time), or in person, face-to-face. Contact hours in our Programs come in the form of In-Person Practicum Modules (IPPMs), Synchronous Distance Learning (SDLs), Mentoring Hours, and in some Online Classes when the student attends these live (that is not listening to a recording after the class has taken place). These Contact Hours are described in detail below.

- **In-Person Program Modules (IPPMs).** We use IPPM to refer to the weekend training modules that take place over the course of the program. These IPPMs run at each location of our current listing of programs. Each Step (at each location) of the Program requires 108 hours of IPPMs. IPPMs provide an opportunity for students to learn from faculty in several ways: observe faculty work with clients (Step 1), work with clients (Steps 2 and 3), learn yoga therapy methods or tools of yoga and yoga therapy that can be applied to help clients, teach using the teaching methodology taught in SCHYS's programs. In general, each location runs between six and eight weekend modules that can vary between 14 and 18-hours per weekend. The weekend schedule is pre-set before the program starts, but at the first meeting module, the entire student body goes over the schedule and agrees to the schedule going forward.
- **Synchronous Distance Learning (SDLs).** When faculty and students are online at the same time in a live online virtual meeting or webinar-type class, this is considered contact hours in the form of SDLs. Our Programs have a Study Guide/Workbook which correlates with handouts which are taught via SDLs. Each cohort or location where a program is running will schedule SDLs on a weekly basis--generally 1 hour per week. The cohort at each location selects the best day and time for the SDLs to take place.
- **Mentoring Hours.** Each Program requires that faculty and student meet together to ensure the student's learning experience is optimal. In these sessions, the development of the teacher-student relationship develops and continues, the student receives help with their own personal practice in yoga therapy sessions, and receives help of an administrative nature (going over documentation, get help with cases they are working with, help with classes they are teaching, or other purposes that help the student's learning of yoga therapy. These hours can be obtained virtually or in-person.

- **Online Classes-Live.** We have both Live and Pre-recorded Online Classes. JJ is still teaching various online classes throughout the year. Some of these are offered as part of a program and some are general yoga asana classes. Anytime a student attends an online class live with JJ, this is considered contact hours
- **Residential Retreat.** Students in the Yoga Therapy Certificate Program-Step 2 or Step 3 are required to attend a five-night retreat designed specifically for the Yoga Therapy Program—although it is open to all. The retreat is residential, and topics might include: Bandhas & Mudras, Sanskrit, Philosophy, Ethics and Morals. Students and faculty live, eat, and practice together allowing a deeper bond within the sangha and between colleagues.

### **Non-Contact Hours**

Non-Contact hours are the hours the student completes on their own. Non-Contact hours in our Programs come in the form of Online Classes (via recording), Practicum Hours, and Reading, Study Time, Homework and taking quizzes, and exams.

- **Online Classes-Prerecorded.** Programs require online pre-recorded classes. These classes are made available as a recording, and may have handouts. The student listens to the recording, follows along with the handouts. Some of these courses have an online quiz.
- **Practicum Hours.** Practicum is when the student goes out in the world and gets to practice what they have learned with students and/or clients.

"The success of yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life and our relationships." —TKV Desikachar

## Who Should Apply?

- Students who are curious about all that yoga has to offer and want to learn more about the subtle aspects of yoga, philosophy, and teaching methodologies to further their own personal and spiritual practices.
- Yoga teachers who want to continue their yoga training, learn yoga therapy techniques to keep themselves and their students safe.
- Students of yoga interested in becoming part of a like-minded community.

## Application and Enrollment Process

Applicants are welcome to email our Director of Admissions, Barb Pishock, [barb@schys.yoga](mailto:barb@schys.yoga) for more information or help with the application and enrollment process. Applications can be found online: <https://www.schys.yoga/application-process>

### Steps for Application Process

1. Submit the online application and pay the Application Fee (\$80). Once we receive both the application and the application fee, we will start processing your application—please allow 2-weeks for processing. You may be contacted for a virtual interview.
2. SCHYS will notify you if/when you've been accepted into the program via email. While we are processing your application, you may go on the website and look over the Tuition Payment Options, pay your Initial Deposit and get started on your journey to learn more. Should you not be accepted into the program, your Initial Deposit will be refunded. If you pay your Initial Deposit after being accepted into the program, this deposit is non-refundable as you will have gained access to materials associated with your program.
3. Once you have paid your Initial Deposit and selected your tuition payment plan, we will send you the final admittance documentation to get you officially enrolled. This documentation needs to be signed and returned. If you haven't already made your Initial Deposit and/or your first tuition payment, you may do so at this time. And, continue to make your tuition payments according to the payment option you chose.

### **Your tuition is paid for each program and/or each year (each Step) in the YTCP and includes:**

#### All scheduled training hours:

- All scheduled weekend In-Person Program Modules
- All scheduled Synchronous Distance Learning Hours
- Online Classes (asynchronous and synchronous)
- Practicum on own
- Manuals, Study Guides associated with specific programs
- Handouts associated with both Online Classes, and Synchronous Distance Learning class

**Your tuition does not cover:**

- Mentored Hours with Faculty: estimated cost \$0-\$120/hour, 4-16 hours required depending on which program.
- Retreat: Five-nights at Gray Bear Retreat Center in Hohenwald, TN. Cost varies with accommodations: From \$1000-\$2500 (dorm-style to private cabin w/bath) for the five-night stay. A retreat is required in either Step 2 or Step 3 of the Yoga Therapy Certificate Program.
- Books, note paper, and other learning supplies: estimated cost \$300
- Travel, meals, or lodging costs to attend any portions of the training program.
- Make-up costs if the student misses any of the scheduled training hours.
- Graduation/certification fee (for 200-Hour, Step 1, Step 3 and each Specialty Certificate Program: \$150 due before graduating.

**Locations**

SCHYS is proud to bring our training programs to various locations in the U.S. Most training programs start because of a connection with JJ Gormley.

The list of locations can be found on the website: <https://www.schys.yoga/location>

When applying for a program with SCHYS, please choose the location where you will take most of your In-Person Modules. You may make up missed modules at other locations, or with extra contact hours.

**Program Learning-Based Platform: Thinkific**

SCHYS utilizes a web-based learning management system, Thinkific for maintaining and operating each program. This platform provides continuity from training group to training group. Every training program is organized on Thinkific and is used for tracking the individual student's progress towards their final grading transcript and their final SCHYS certification. All handouts, quizzes, final exams, and any other materials are available on Thinkific.

**Reading List**

SCHYS has an extensive required Reading List for all Programs. SCHYS strives to keep the books and resources listed up to date with the latest books available. The most up-to-date Reading List is on the website.

## Testimonials

In the many yoga training programs in which I've participated, I've observed directors and lead teachers of a lot of these programs to be wholly interested in developing an adoration of themselves from their students. JJ, from whom I've taken several training programs and workshops, is more interested in the student learning and developing their own identity on their yoga path and teaching. Her focus has never been on herself but totally on her student's personal growth.

*Donya Bauer, ERYT 500*  
25 years of taking classes and teaching yoga!

When you're ready to advance your yoga teaching skills, you'll know it. But when it's time to select a school, how do you choose? If you want to step up your ability to modify your sequences to keep your students safe...if you want to see your students' alignment and abilities with fresh eyes...if you want to draw from both the modern and ancient teachings of Krishnamacharya, the Father of Modern Yoga...if you want to approach your teaching with more compassion and empathy...or if you want to take the first step in becoming a yoga therapist, then Surya Chandra Healing Yoga School is the way to go. Now a graduate of the SCHYS Yoga Therapy Certificate program, I am forever changed and grateful for the opportunity to serve my community as a yoga therapist.

*Rebekah Conrad, C-IAYT, E-RYT500*

My gratitude for the yoga therapy program with Surya Chandra Healing Yoga School goes beyond what I can express in writing. JJ Gormley and her teachers and mentors helped prepare me for a career as a yoga therapist. The results as a graduate from SCHYS have exceeded my wildest dreams. The program is organized into easy-to-follow steps and has the academic rigor I was seeking in order to truly understand the human body, energetic systems, and yogic philosophy. Along the way, not only did I gain knowledge and experience, but I also connected with outstanding teachers and mentors, fellow classmates, and a community that has challenged me to grow. Over the years of study, I changed habits in my own body and mind. Through time spent with my mentor, I developed an inner peace and confidence that has allowed me to go do good work in the world as a yoga therapist.

Since finishing the program in December of 2020, I started my own business and led workshops. Recently, I began full-time work with a mental wellness group which embraces the mission of bringing holistic, human centered therapies to help clients with "whole-self" healing. The group also gave me the freedom to open a yoga studio to put all of this work in action. I highly recommend SCHYS!