

MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH

Mind-Body Studio Fund

At a Glance:

Maryland University of Integrative Health is a pioneer and leader in yoga therapy, offering the nation's first and only master's degree in the field. As we grow our commitment to yoga therapy, mindfulness, and meditation, we must invest in facilities that reflect the high quality of our programs and support faculty and students as they share their skills with the medical and lay community.

Contributions to this fund will go toward:

- Planning and creating a functional and peaceful Mind-Body Studio
- Providing seminars, workshops, and symposia to the medical community
- Providing therapeutic yoga services, meditation, and mindfulness classes to the larger community

Funding: \$1 million

Growing Enrollment Increases Need for Mind-Body Studio

In 2009, Maryland University of Integrative Health decided to embark upon an ambitious plan to significantly expand academic offerings, attract and retain the best and most talented faculty, and achieve university status. By the end of 2013, we had achieved each of these goals. In just four years, our academic programming has grown from four degrees and certificate programs to 18, and enrollment has nearly doubled to 800 graduate students. Also in 2013, we earned university status, making MUIH the only regionally-accredited university on the East Coast exclusively dedicated to integrative health and natural wellness.

As we look to 2015 and beyond, we have plans to continue expanding all our academic offerings, including increasing enrollment in our Master of Science in Yoga Therapy. The highly successful launch of this program in January 2014 points to a strong interest in this growing field, both from yoga teachers looking to expand their skill set and from practicing yoga therapists needing to increase their knowledge base and credibility. In order to continue to attract these students, as well as the highest caliber of faculty, we must provide a Mind-Body Studio that mirrors the excellence of our academics.

Setting the Standard in Yoga Therapy for Others to Follow

Maryland University of Integrative Health is leading the nation with its Master of Science in Yoga Therapy. The curriculum is anchored in a relationship-centered philosophy, honors and embraces a wide range of yoga traditions, and acknowledges the complex interrelationship between body, mind, and spirit. A faculty-supervised clinical experience is a critical part of the program and allows students to gain the business and treatment skills necessary to build a successful and safe yoga therapy practice. Our students will also graduate with the knowledge and ability to design tailored, evidence-informed protocol and programs for individuals and groups.

Mind-Body Studio Will Provide Opportunities for Experiential Teaching and Learning

One of the unique features of MUIH's growing yoga therapy program will be the opportunity to teach and practice the therapeutic tools of yoga in a therapeutic studio. A state-of-the art Mind-Body Studio will provide space for students to learn from master yoga therapists and faculty, practice the principles and practices of yoga therapy with peers, apply the tools

to invited groups outside of the MUIH community, and develop classes that can be used as protocols for yoga research.

Faculty will have a setting that enables optimal delivery of this program and the development of the future leaders in the field of yoga therapy. Additionally, faculty and students will have the facilities to conduct workshops and seminars for members of the medical community, yoga therapy community, and other integrative health professionals so that this field can increase visibility and be anchored within the full spectrum of health care.

Integral to the plan for the Mind-Body Studio is creating a peaceful and beautiful space for all of our students, faculty, and staff to enjoy and use freely. Additionally, we will create free programming in therapeutic yoga, beginner's yoga, meditation, and mindfulness for the lay community, giving access to underserved individuals and groups that might otherwise never be able to experience these components of whole person care.

The MUIH Mind-Body Studio will indeed be a place for all to learn, to connect, and to heal.

Join Us

Join us in building the MUIH Mind-Body Studio, a unique and beautiful space and a truly a healing environment that will advance the quality of teaching and learning, provide a respite for the community at large, and will ultimately lead to the integration of yoga therapy, meditation, and mindfulness into the greater consciousness and modern health care.



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Maryland University of Integrative Health is one of the nation's only accredited graduate schools with an academic and clinical focus on health and wellness.