

Master of Science in Yoga Therapy



Maryland University of Integrative Health's (MUIH) **Master of Science in Yoga Therapy** is among the nation's first graduate degrees in this rapidly growing field. Designed specifically for serious yoga enthusiasts and yoga teachers, this program will prepare you to fill the rising demand for advanced practitioners with the skills and expertise to empower people toward better health and wellness.

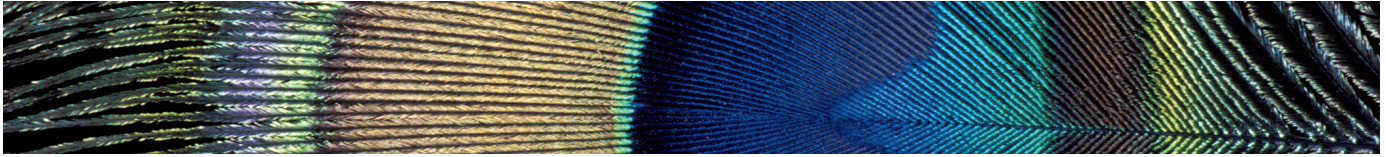
Academically rigorous and highly experiential, the program emphasizes the classical and theoretical foundations of yoga therapy as well as relevant biomedical sciences. The distinctive curriculum is anchored in a whole-person, relationship-centered philosophy, honoring most yoga traditions, and acknowledging the complex interrelationship between body, mind, and spirit.

Program Highlights

- Prepares you with extensive foundational knowledge in yoga therapy, critical thinking skills, and information literacy needed to excel in the program and in your future career
- Provides a strong foundation in the theories of health and disease relevant to the practice of yoga therapy
- Incorporates master classes with nationally recognized experts to offer you a broad base of perspectives and experiences in yoga therapy
- Emphasizes evidence-based practices in the field
- Terminology and language of Western medicine is taught to enable you to effectively communicate with a wide variety of professional colleagues and to effectively integrate yoga therapy with other healing disciplines
- Supports IAYT's educational standards for yoga therapy, and MUIH intends to apply for IAYT accreditation following implementation of the new process.
- Offers a mentored clinical experience with on-site clinic supervisors
- Program can be completed in a two-year weekend format
- Eligible for federal financial aid

Maryland University
of **Integrative Health**

Formerly Tai Sophia Institute



Professional Opportunities

By receiving one of the first master's degrees available in this rapidly emerging field, our graduates will be in a powerful market position to take advantage of growing employment opportunities. We fully anticipate that our graduates will become leaders and faculty in the field who influence the evolution of yoga therapy as an integrative health practice. Research into the benefits of the therapeutic use of yoga is quickly expanding, and third-party insurance reimbursement can now be used for yoga therapy.

Career paths include:

- Yoga therapy practitioner in private practice
- Clinical practitioner in integrative health practices, fitness centers, medical centers, and other health-related organizations
- Consultant to public and community health efforts
- Corporate wellness program designer
- Faculty in higher education and educator in schools
- Writer, publisher, and editor of written and electronic communications

Program Format

The Master of Science in Yoga Therapy is delivered in a format to accommodate working professionals and those who travel to attend the program. The 39-credit degree (810 contact hours) is designed to be completed in two years of concentrated study. This schedule includes 15 weekends per year scheduled Fridays from 5:00 p.m. to 9:00 p.m., and Saturdays and Sundays from 9:00 a.m. to 6:00 p.m. Format may vary during clinical phase.

Program Director

Mary Partlow Luttamus, M.S.W., e-RYT 200, RYT 500, ACC

Advisory Director

Doug Keller, M.A., e-RYT 200, e-RYT 500

Admission Requirements

To be considered for admission to all graduate academic programs, including master's degree and graduate certificate programs, applicants must have a bachelor's degree from a regionally accredited institution. In addition, applicants must submit an official transcript for the bachelor's degree and all degrees earned beyond a bachelor's degree.

Additional requirements for the Master of Science in Yoga Therapy are that applicants must have earned a minimum of 200-hour teacher training, such as a Yoga Alliance 200-hour registered school program or its equivalent, as well as have completed at least one year of documented teaching experience and one year of personal practice.

For More Information

Detailed course descriptions, admissions process, tuition, and more program information are available online at www.muih.edu.

For admission questions and to visit the campus, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@muih.edu.

For financial aid and scholarship details, contact the Office of Financial Aid at 410-888-9048 ext. 6628, financialaid@muih.edu, or visit www.muih.edu.



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.

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www.muih.edu