Open House & Information Session

YOGA PROGRAMS 2023
“The body is a boat that carries the soul in the ocean of the world. If it is not strong, or it has a hole, then it cannot cross the ocean, so the first duty is to fix the boat.”

-Babaji
Yoga Teacher Training
200 hrs

Foundational Yoga Studies
Modular and Summer Intensive Formats

- Summer Intensive: June 22 - July 20th, 2023
- 2023 Modular currently in session ~ Next session expected to begin January 2024

YTT 200 Program Page
Rooted in traditional Aṣṭāṅga and Haṭha Yoga methods, teachings include:

- Śhat Karma
- Mudrā
- Prāṇāyāma
- Dhāranā, Dyāna
- Āsana
- Yoga philosophy
- Āyurveda
- Subtle body theory
- Anatomy
- Physiology
YTT200 Program Formats

Online Modular Program
- Monthly online (synchronous) weekends meet Thursday night 5:00 pm – 7:00 pm and Friday through Sunday 6:30 am – 5:30 pm.
- Mid Month Check-Ins each month 6:00 pm – 8:00 pm.
- All times listed are Pacific Time.

In Person Summer Intensive
- Summer Intensive classes are held in-person
- Monday through Saturday, 5:30 am – 8:00 pm
- Sundays, from 5:30 am – 8:30 am (rest of the day is free)
- See the full day outlined in the "Schedule for In-Person Modules" for the class times and breaks.
## YTT 200 Financial Details

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td><strong>Total Program Tuition</strong></td>
<td>$2,800</td>
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<td><strong>Application Fee</strong></td>
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<td>$5,798 Summer Intensive</td>
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Yoga Teacher Training
300 hrs
Advanced Yoga Studies
September 6, 2023 - April 14, 2024

YTT 300 Program Page
YTT 300 Program

Using Patañjali’s Āshtanga Yoga System as the backbone of the training, explore:

- Intermediate Practices
- The Yoga Sutras
- The Bhagavad Gita
- The Upanishads
- Sanskrit and Mantra
- Tantra and Ritual
- Neuroscience
- Yoga Psychology
- Meditation Theory
- Self-Inquiry

- Āsana Therapeutics
- Āsana Biomechanics
- Student Assessment
- Āyurveda
- Subtle Body A & P
- The Ethics of Yoga
- Āsana Sequencing
- Teaching Sadhana
- Teaching Theory
- Teaching Āsana
YTT 300 Prerequisites

- YTT 200 Certification from a Yoga Alliance registered school
- Live and synchronous classes
- Homework: 7-10 hours per month
- Asynchronous work: 5-8 hours per month
- Attendance: 90% required
- Maintain an average of C (70%) in all courses.

*If a student completed YTT200 at another school, they must take MMI Yoga and Ayurveda: The Essentials as an additional prerequisite*
YTT 300 Program

- Program begins with an intensive weekend on campus. Classes meet 6:30 am to 8:00 pm daily with meal breaks.
- Six monthly online (synchronous) weekends meet Thursday night 5:00 pm – 7:00 pm and 6:30 am to 5:30 pm Friday – Sunday,
- One monthly online 2-hour Integration
- Program ends with another intensive weekend on campus. Classes meet 6:30 am to 8:00 pm daily with meal breaks.
- All times listed are Pacific Time.
# YTT 300 Financial Details

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Children's Yoga Teacher Workshop

Yoga for Educators and Parents: Teaching Yoga & Mindfulness to Children

July 2023

CYTT 300 Program Page
CY Workshop

- Learn to create and teach engaging yoga classes for children
- Apply the practices of Hatha Yoga and the theory of classical Ashtanga Yoga to child development.
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<th>CY Workshop Financial Details</th>
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<table>
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Ayurvedic Yoga Therapy

AHC + YTT300 + AYT Integration / Clinical Practicum

Next Entry Point: AHC 2023

AYT Program Page
AYT Requirements

Prerequisites

- High School Graduate
- YTT 200
- 1 year yoga teaching experience
- 2 years personal yoga practice

Corequisite

- A&P (4 credits) to be completed before AHC

Requirements

- 90% attendance
- Completion of AHC*
- Completion of YTT 300*
- Completion of the AYT Integration Modules
- Clinical Practicum

*Either AHC or YTT 300 can be transferred in from another institution subject to approval. Non MMI YTT 300 students must complete YAEW bridge course.
AYT Content Delivery Format

<table>
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<tr>
<th>Program</th>
<th>Total Hours</th>
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<tbody>
<tr>
<td>AHC Ayurvedic Health Counselor Program</td>
<td>637 hours</td>
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<tr>
<td>YTT300 Ashtanga Yoga Teacher Training Advanced Yoga Studies</td>
<td>300 hours</td>
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<td>AYT Ayurvedic Yoga Therapy Integration &amp; Clinical Practicum</td>
<td>463 hours</td>
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<td>Additional hours required for completing homework.</td>
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AYT Program Details

Yoga and Ayurveda
- Yoga for Health and Disease Management
- Principles of Ayurvedic Yoga Therapy
- Pathophysiology: The Pathway of Disease
- Integration of Yogic practices with Diagnosis & Pathophysiology
- Yoga, Ayurveda and The Mind
- Principles of Yoga Therapy I
- Professional Practices: Legal, Regulatory, Business
- Western Interface, Labs & Markers

Ayurvedic Therapy
- Ayurvedic A&P for Diagnosis; Common Women's Issues; Common Men's Issues
- AYT for Common Structural Issues (including injuries, accidents & repetitive strain)
- AYT for Common System Issues: Respiratory, Digestive, Cardiovascular
- Clinical Practicum (30 individual clients + group classes)
- Case Study Seminar
# AYT Financial Details

| Program                                                        | Tuition       |
|                                                               |               |
| YTT300 Advanced Yoga Studies Program Tuition                  | $4,200        |
| AHC Ayurvedic Health Counselor Program Tuition                | $9,760        |
| AYT Ayurvedic Yoga Therapy Integration Program Tuition         | ($6,700 *2022 cost subject to change) |
| **Mount Madonna Institute Total Tuition Cost**                 | TBD           |

Additional Meal & Lodging cost during residential sessions. Payment Plan Options Available
Course Catalog

- AHC - Ayurvedic Health Counselor
- AP - Ayurvedic Practitioner
- MA - Masters of Arts in Ayurveda
- YTT 200 - Foundational Yoga Studies
- YTT 300 - Advanced Yoga Studies
- CYTT - Yoga for Educators and Parents: Teaching Yoga & Mindfulness to Children
- AYT - Ayurvedic Yoga Therapy
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