**Iyengar Yoga Champaign Urbana**

**14th Annual International Iyengar Yoga Therapy Intensive**

***Accepting Student Subjects!***

*In-Person!*

***with* Lois Steinberg, Ph.D., CIYT, C-IAYT**

407 W Springfield Ave., Urbana, Illinois 61801

**Saturday September 21 through Friday September 27, 2024**

The Therapy Intensive is a week-long workshop designed to give Certified Iyengar Yoga Teachers (CIYT) experience with facilitating therapeutic yoga sessions for student subjects with health conditions that prevent them from attending a regular yoga class. In turn, student subjects are given a week of individualized attention by a team of experienced teachers. We collect data throughout this process by assessing real time effects.

As a student subject,you'll work with a group of three CIYTs, who will begin by interviewing you about your condition and goals for improvement. For the following six days your teacher group will guide you through an individualized therapeutic sequence each day in person at the studio in Urbana. We’ll collect data from you before and after each therapy session to assess how you’re feeling and any change in condition. Your teachers will use this data, and your experience each day to modify the sequence/poses for the next day. Following the end of the Intensive, we’ll send out follow-up surveys to assess long term results.

There is no fee for student subjects to participate, however we require you commit to attend all sessions and follow-up surveys.

You will be notified of your acceptance by July 31 or sooner. Following acceptance, you will be sent an online Pre-Therapy Questionnaire on September 1 to be filled out within a few days of receipt. It takes approximately 40 minutes. Along with your survey response, we will also require you to submit photos (front, side, and back) of your relaxed standing posture. The survey and photos will give your teacher group an introduction to your condition so they can begin to research and consider your therapeutic needs before your assessment interview.

**Student Subject Syllabus**

**Saturday, 16 September**

**3:00 – 4:00pm Intake Interview Assessment** You will be interviewed for approximately 30 minutes. Please wear shorts, a t-shirt tucked in, and be prepared to stand/walk in bare feet. Your team of three teachers will participate in your interview. One of the teachers will be the primary conductor of this session. Some teacher groups may have two students. In this case, b*e prepared for an interview start time of 3:30pm. We will inform you.*

**For each day of therapy**: You will submit a pre-session survey upon arrival. It will take less than five minutes to complete and submit. In the last five minutes of your therapy program you will complete the post-session survey and submit to your teachers before leaving. Please come to your sessions in shorts and a loose fitting t-shirt, and be prepared to have bare feet. Bring layers if you tend to get cold.

**Sunday, 17 September**

**10:30 – 12:30pm** Therapy Time.

**Monday - Friday, 18 - 22 September**

**12:00 - 1:30pm** Therapy Time.

At the conclusion of the Intensive, we will send follow up surveys after 1 week, 1 month, and 2 months to collect further data. We will also send you a copy of your final therapeutic sequence written up by your team as a Case Study. You are welcome to share this study with your regular yoga teacher; we hope this will encourage you to practice. However, please do not share details of your therapy sessions on social media.