

Ayurvedic Yoga Therapy Institute

We are so excited that you are exploring the world of Ayurvedic Yoga Therapy!

The two ancient sister sciences of Ayurvedic medicine and Yoga therapy combine to provide the ideal blend of personalized diet and lifestyle therapies to prevent and treat physical and psychoemotional conditions and restore balance in an increasingly challenging world.

Ayurvedic Yoga Therapists (AYT) are highly trained professionals with a broad scope of practice. Our AYT Program at the Ayurvedic Yoga Therapy Institute meets the highest standards of professional practice. We go the extra mile to incorporate 3 additional unique curriculum features that you won't find anywhere else:



Dr. Jennifer Rioux, Director of AYTI, holds a doctorate in medical anthropology and is a NAMA recognized Ayurvedic Doctor and Ayurvedic Yoga therapist.

Dr. Rioux has been a practicing Ayurvedic clinician and Yoga therapist since 1998.

Dr. Rioux was a two-term Board Member of the National Ayurvedic Medical Association and on the Board of Advisors for the International Association of Yoga Therapy.

We believe in whole-person healing and that each person is unique. We approach each one of our clients with compassion and understanding, tailoring therapies to their needs and allowing them to choose the priorities and pacing of care.

Ayurvedic medicine offers primary care for health promotion, disease prevention, risk reduction and treatment of chronic and acute conditions.

Ayurvedic Yoga Therapy, as an integrated system of care, optimizes diet, lifestyle, and daily routine. Treatments include nutrition, supplements, detoxification and rejuvenation, metabolic optimization, herbal medicine, manual therapies, movement therapy, meditation, breath work, acupuncture, color, light and sound therapy.

These methods build psychoemotional resilience, nurture relationships with self and others, and manage the individual/environment dynamic to heal ourselves, our families, our communities and our ecosystem.



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**AYURVEDIC
THERAPY**



**YOGA
INSTITUTE**



UNIQUE PROGRAM FEATURES

- 1) A social justice focus acknowledging that freedom from oppression is a prerequisite for health.
- 2) An emphasis on evidence-based research and best practices in Ayurvedic Yoga Therapy
- 3) An integrated Mindfulness training that will help you stay centered while working with clients.
- 4) Focus on Ayurvedic Behavioral Health and Behavioral Health



The future of health care is in prevention



We cannot continue on the path of high-cost interventionist health care for chronic lifestyle-related diseases. Reducing diseases of despair like addiction, suicide, depression and anxiety, rely on changing how we engage with the world and pursuing maximum self-awareness.



There are three entry points to enroll in the Ayurvedic Yoga Therapy program (AYT).

Students with no prior training will complete an 1190 hour program over two years, meeting one weekend per month and most Wednesday evenings.

Students with a prior certification as an Ayurvedic Health Counselor (AHC) will enroll in a 800 hour program over 18 months.

Students with prior yoga therapy certification may apply for an 800 hour, 18 month program to achieve AYT recognition.

Students with prior certification as an AHC AND prior certification in yoga therapy may apply for 300 integration hours to achieve AYT certification.

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