



IYO[®] INTERNATIONAL ROPES AND BELTS THERAPIST - 100 HOURS

Module	Module Name	Hours / Core Focus
Module 1	Foundations of Yoga Kurunta & Prop Mechanics	15 Hours History, physics of traction, and safety rigging.
Module 2	Applied Anatomy, Biomechanics & Pathophysiology	20 Hours Musculoskeletal issues, spine health, and decompression.
Module 3	Therapeutic Asana Lab & Sequencing	35 Hours Hands-on mastery of standing, inversions, and backbends.
Module 4	Restorative Applications & Special Populations	15 Hours Chronic pain, deep relaxation, and case-specific mods.
Module 5	Teaching Methodology, Cues & Safety Protocols	10 Hours Adjustments, class management, and risk mitigation.
Module 6	Clinical Assessment, Ethics & IYO [®] Examination	5 Hours Postural analysis, scope of practice, and final evaluation.
Total Certified Training Hours		100 Hours

Rooted in Tradition. Applied with Wisdom.

Empowering Healing. Inspiring Transformation.

A Holistic Path to Personal Growth, Professional Excellence & Global Impact.