



# IYO® INTERNATIONAL ROPES AND BELTS THERAPIST - 50 HOURS

Module	Core Subject Area	Contact Hours
Module 1	Foundations, Safety & Equipment Mechanics	6 Hours
Module 2	Anatomy & Biomechanics of Traction	8 Hours
Module 3	Wall Ropes Mastery (Yoga Kurunta)	12 Hours
Module 4	Therapeutic Belts & Straps Sequencing	12 Hours
Module 5	Clinical Applications & Pathologies	6 Hours
Module 6	Teaching Methodology & Practical Assessment	6 Hours
<b>Total Certified Training Hours</b>		<b>50 Hours</b>

*Rooted in Tradition. Applied with Wisdom.*

*Empowering Healing. Inspiring Transformation.*

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