



YOGA THERAPY TRAINING

with

Megan Flinn
C-IAYT, LMT

Kristen Formaini
C-IAYT, ERYT500

Sadie McCann
C-IAYT, RN

Alicia Broudy
C-IAYT in residence

Maryellen Baverso
ERYT500

Master Guest Teachers

An 815 hour program including practicum, mentorship and intensive learning over two-five years of study, to certify students as Yoga Therapists (C-IAYT) with the International Association of Yoga Therapists

Offered entirely virtually and in-studio at

One Point One Butler

5432 Butler Street, Pittsburgh PA 1520

MODULES AND CONTENT

COURSE	Hours	Dates	Case Study
Orientation	5	On demand, or offered in person in the fall of 2026	n/a
Pranayama Series	25	On demand, sel-paced	
Therapeutic Skills	12	On-demand, self-paced	n/a
Profession of YT	25	On demand, or offered in person in the fall of 2026	HW
Philosophy & Raja Yoga	35	Maryellen, Megan & guests – 2026 Oct31, Nov 4(weds) 7/8, 11, 14, 18, 21 and 22	
Pathophysiology	40	On-demand, self-paced	10 case studies
Mental Health	20	Aug 29/30, Sept 19/20 2026 (Maryellen & Kristen)	
Health & Disease (Ayurveda)	40	2027 with Megan	
Yoga Therapy Tools	75	Rolling workshop series – most 300 hour content applies	n/a
Body Reading	20	3 modules/year	
Subtle Anatomy	20	On-demand, self-paced	
Myofascial Connections	50	Varies yearly (“Fascia, Form & Function” in 2026)	
Foundations of Meditation	20	2027 (Sadie, Maryellen & Alicia)	
Nervous System Training	20	2027 (Megan & Maryellen)	
Yoga for Cancer	20	4/17 (6-9pm), 4/18 and 4/19 (12-7) 2026 (Sadie)	
Yoga for Heart Disease	10	June 20/21, 2026, 12-5pm (Kristen)	
Yoga of Recovery	20	2027 with Maryellen & Kristen	
Anatomy & Physiology Series	50	On-demand, self-paced	10
Skeleton & Joints			Case
Actions of the Body			Studies
Nervous System			You
Neuropathic Pain			Choose
The Shoulder			the
The Arm			Topics
The Wrist and Hand			
The Anatomy of Breath			
Abdominals			
The Spine			
Hips			
Pelvic Floor and Legs			

Feet and Ankles			
Sleep & Brain Function			
Headache			
The Head and Face			
Stress and Pain			
Lymphatics			
Practicum: 30 classes -2.5hr sessions	75	Most Sundays 5:30-8pm	n/a
Group Mentorship – see below	50	2-3x/month virtually, varied hours	n/a
<i>Pre-reqs: Orientation, Profession</i>	<i>of YT,</i>	<i>A+P Series, & Therapeutic Skills</i>	
Applied Yoga Therapy	70	On-demand, self-paced	HW
YT for Lungs	5	On-demand, self-paced	HW
YT Heart Health	5	On-demand, self-paced	HW
YT for Death and Dying	5	On-demand, self-paced	HW
YT for Anxiety & Depression	5	On-demand, self-paced	HW
YT for Hormones	5	On-demand, self-paced	HW
YT for the Aging Body	5	On-demand, self-paced	HW
YT for GI	5	On-demand, self-paced	HW
YT for Chronic Pain	5	On-demand, self-paced	HW
YT for Inflammation	5	On-demand, self-paced	HW
YT for Neuro	5	On-demand, self-paced	HW
YT for Sleep	5	On-demand, self-paced	HW
YT for Pregnancy	5	On-demand, self-paced	HW
YT for Bones	5	On-demand, self-paced	HW
Additional Practicum	113		
Seva Yoga Project	30	rolling	n/a
Five Graduate Case Studies	30	Presented after practicum	5 due
Electives (from 300 Hour or YTT)	50	rolling	n/a
Closing/Graduation	3	rolling	n/a
Total Hours	825		

Small Group Mentoring (50 hours minimum) – two hour livestreaming sessions monthly with Sadie, Megan and Kristen for case study presentation and review. Offered on a rolling basis after prerequisites are completed.

