



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 | MEB March 14/15, Megan March 28/29 -12-5 | |
| 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 |
| Pharmacology Series | 10 | On-demand, self-paced | |
| 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 | Portugal 2025 & 3 modules/year | |
| Subtle Anatomy | 20 | 1/31 & 2/1, 2026 (Megan), Feb 14/15 (Sadie),12-5 | |
| 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 | Beginning January 2026, most Sundays 5:30-8pm | n/a |
| Group Mentorship – see below | 50 | Beginning January 2026, 2-3x/month virtually | 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 and/or in studio | 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.

