

**Application for
Yoga Cikitsā: The Therapeutic Application of Yoga
YTT Exam**

Please fill out the following pages to complete the exam portion of your application.

We realize that trainings are different and bring in different tools and unique approaches to the philosophy of yoga. *Our goal in the Yoga Cikitsā training is to teach the application of classical yoga tools.*

Through this exam, we are looking to understand your yoga experience. We want to see how your training has influenced your application of yoga tools and principles. Respond as much, or as little, as you choose. Tell us what you already know, not what you can research further from your training manuals or find from other resources. It's okay to say that you have not previously studied the information.

We want everyone to have a basic foundation in the majority of the classical tools used in yoga therapy, have a basic concept of the texts that are the foundations of yoga, know western and eastern anatomy, and understand the philosophy of the application of the yoga tools.

These questions are as much for you to know what education you will be receiving as much as they are for us to understand your current experience, educational background, and to evaluate if your “yoga maturity” makes you a candidate for the training. Remember that the bridge program is an opportunity to finetune areas where you need a better understanding for our training program.

Please complete to the best of your ability. Take time and explore the inner experience of the questions. It is okay if you do not know some of the answers.

Please print out the pages for each posture and while you are practicing, write in your experiences.

In advance, thank you for completing our YTT Exam.

Please send a clear image of your completed pages to:

pyamandala@gmail.com

Or mail your completed printed pages to:
PrānaYoga and Ayurveda Mandala
3333 Federal Boulevard
Denver, Colorado 80211

Your Name

Sanskrit Name(s): Tadāsana or Ṭādāsana

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?

Vata

Pitta

Kapha

Your Name & Posture: Tadāsana or Ṭādāsana

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa

Your Name

Sanskrit Name(s): Adho Mukha Svanāsana

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?

Vata

Pitta

Kapha

Your Name & Posture: Adho Mukha Svanāsana

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa

Your Name

Sanskrit Name(s): Any Forward bend such as Uttanāsana or Paścimottanāsana, etc. Name:

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?

Vata

Pitta

Kapha

Your Name & Forward bend Posture:

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa

Your Name

Sanskrit Name(s): Any Back bend such as Annuvṛttāsana or Bhujangāsana, etc. Name:

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?

Vata

Pitta

Kapha

Your Name & Back bend Posture:

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa

Your Name

Sanskrit Name(s): Any lateral such as Trikoṇāsana or Parighāsana, etc. Name:

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?

Vata

Pitta

Kapha

Your Name & Lateral Posture:

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa

Your Name

Sanskrit Name(s): Any twist such as Ardha Matsyendrāsana or Bharadvajāśana, etc. Name:

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?
Vata

Pitta

Kapha

Your Name & Twisting Posture:

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa

Your Name

Sanskrit Name(s): A standing āsana. Name:

Translation / breakdown of name:

Common Name(s):

Notice how the āsana feels in your body. Please draw the posture and indicate the movement of prāna.

What are the benefits of this āsana?

What are the contraindications for this āsana?

What adaptations could you suggest to support students?

What observation points would you address to create safety for the practitioner? What potential assists could be beneficial? Note: assists could be word cues, press points, use of props, partnering, etc.

How does it affect the doṣa?

Vata

Pitta

Kapha

Your Name & Standing Posture:

How does each prānavāyu move to balance the stability and internal movement in the āsana?
Prānavāyu

Apānavāyu

Udānavāyu

Samānavāyu

Vyānavāyu

How does the experience of the āsana correspond to a marma point, cakra, or organ? Elaborate.

What potential emotions could be hidden in the body that may express themselves as one works in this āsana? Elaborate.

What awareness could be appropriate for these four of the five kośa?
Annamāyākośa:

Prānamāyākośa:

Manomāyākośa:

Vijñanamāyākośa:

Also, please suggest metaphorical language through the Manomāyākośa and Vijñanamāyākośa