



## YOGA MEDICINE®

Welcome to Yoga Medicine® 1000-hour program! The following information will help you formulate the topic for your thesis. Planning ahead for the thesis topic is essential because establishing your topic will guide you through your case studies and keep you focused while completing your training hours. Similar to the 500-hour program, we recommend conducting case studies throughout your process of completing the 450 hours of advanced trainings. Doing so will help you keep on track, so once your hours are nearing completion, you can focus on compiling the information from your case studies into your final thesis.

The following information should help you envision the thesis proposal process. If you have any questions, please reach out to Jenna at [Jenna@YogaMedicine.com](mailto:Jenna@YogaMedicine.com).

### **About the 1000-hour Thesis:**

- Your thesis demonstrates the following:
  - i. you have integrated the information you have learned in your trainings into your teaching methods (this information will be specific to the modules/immersions you have individually completed),
  - ii. you are able to collect pertinent information from your students/clients,
  - iii. you can distill that information down in such a way to help your students,
  - iv. you can extract information to modify your therapeutic approach to your students/clients along the way.
- All of this will provide Yoga Medicine (YM) with key information to ensure that you can construct your own case studies and takeaways.
- Additionally, this thesis will allow you to deeply integrate all of your YM knowledge into your approach to teaching. This is not only important for your own growth as a YM-trained teacher but also for your ability to network and work confidently alongside more Western therapeutic modalities.
- Your thesis will include your case studies, data, findings and a synthesis of the outcomes and takeaway points.

- Your topic can be something broad like hip pain or a more specific topic like labral tears.
- Once your completed thesis is submitted, we will arrange a time for you to present your findings to an appointed YM research committee via conference call for approval.

## **Thesis Topic Guide**

Step one: Follow the steps below to formulate a thesis statement to submit for approval.

### **1. State your topic.**

### **2. State your opinion/main idea about this topic.**

This will form the heart of your thesis. An effective statement will

- express one major idea.
- name the topic and assert something specific about it.
- be a more specific statement than the topic statement above.
- take a stance on an issue about which reasonable people might disagree.
- state your position on or opinion about the issue.

### **3. Give the strongest reason or assertion that supports your opinion/main idea.**

### **4. Give another strong reason or assertion that supports your opinion/main idea.**

### **5. Give one more strong reason or assertion that supports your opinion/main idea.**

### **6. Include an opposing viewpoint to your opinion/main idea, if applicable. This should be an argument for the opposing view that you admit has some merit, even if you do not agree with the overall viewpoint.**

### **7. Provide a possible title for your thesis.**