

The Wellness Institute at Cleveland Clinic is proud to announce the opening of our own School of Yoga certification program. This is a unique place to study yoga, because we are focused on integrating modern medicine with the ancient wisdom of yoga. The modern studio setting has most of us believing that yoga belongs to a certain body type, age, and/or fitness level. This is absolutely not the case.

At Cleveland Clinic, we believe that yoga should be accessible to everyone. Research studies consistently report findings supporting the many varied benefits of a regular yoga practice, all of which can have a profound impact on overall health and wellness. The yoga programs here at Cleveland Clinic were specifically designed to reach our patients and our caregivers where they are, and provide them with stress relief tools that are accessible and appropriate in a hospital environment. This intention became the framework for all of our programs and classes, and it serves as the basis for our certification program. Therefore, we are focused on maintaining a highly inclusive methodology, and developing innovative ways to incorporate simple techniques into the everyday lives of our patients and caregivers.

Yoga teachers and therapists throughout the country have begun to express interest in learning to teach yoga across all kinds of populations. This led to the development of the Cleveland Clinic School of Yoga, one of the first such schools established by a major medical institution and accredited by the Yoga Alliance. Our training curriculum provides students a strong foundation in traditional hatha yoga. In addition, students will learn the essence of Cleveland Clinic Wellness Yoga - that simple movements, done mindfully, can have a profound effect as a method to teach stress management, improve physical health, change behavior patterns and support making healthier choices in life.

Anyone interested in becoming a certified yoga instructor can sign up for the training course through Cleveland Clinic School of Yoga.