



ASSISTED STRETCHING CERTIFICATION COURSE

BY: DESERAE C. SMITH

A 6-Week Pillar Program for Holistic Healing, Alignment & Professional Growth

COURSE OVERVIEW

The *Yoga Doctor Assisted Stretching Certification* is a six-week, in-person training program designed to teach the art and science of assisted stretch therapy through a holistic lens.

Students will learn to help others heal mentally, spiritually, and physically while deepening their own awareness and alignment. This program combines *book knowledge, anatomical education, mindfulness practices, hands-on learning, and professional development* to prepare practitioners for a confident and ethical stretch therapy practice.

Each week explores a different aspect of healing — from body mechanics and anatomy to business, self-mastery, and spiritual alignment — culminating in a final practicum during Week 6, **The Holistic Integration Lab**.

COURSE OBJECTIVES

Upon successful completion, students will be able to:

- Define and demonstrate the foundational principles of assisted stretch therapy.
- Explain how assisted stretching supports physical, mental, and spiritual wellbeing.
- Perform a full-body assisted stretch sequence safely and effectively.
- Conduct professional client assessments, including physical and energetic awareness.
- Maintain energetic hygiene and professionalism in touch, communication, and boundaries.
- Identify misalignments and habits contributing to muscular and postural tension.
- Customize stretch sessions for various body types, abilities, and spiritual needs.
- Integrate mindfulness, breathwork, and intention into every client session.
- Build and operate an ethical, sustainable assisted stretch business with confidence and leadership.
- Complete a professional practicum and written exam to earn certification.

COURSE STRUCTURE

- Duration: 6 Weeks
- Meeting Schedule: 1 in-person session per week
- Class Length: 5 hours (including a 30-minute break)
- Format: Lecture + Hands-on Practice + Reflection
- Instructor: Deserae Smith, 200hr Certified Yoga Teacher & Certified Reiki Practitioner
- Contact: dchanelyoga@gmail.com

CERTIFICATION REQUIREMENTS

- Attend all in-person sessions
- Participate in weekly partner practice
- Complete assigned readings and homework
- Pass all weekly quizzes
- Complete **final written test (50%)**
- Complete **live studio practicum (50%)** with evaluation
- Submit completed course packet

COURSE MATERIAL

- Yoga Anatomy by Leslie Kaminoff (or similar edition)
- A Beginner's Guide to Yoga by Deserae Smith
- Instructor-provided handouts

TUITION

- The course costs: \$1050
- Registration Deposit: \$350
- Remaining payment due before 1st class starts
- Payment plans available

SCHEDULE

- **Course Schedule**
- **In-Person Dates:** 12/27, 1/03, 1/10, 1/18, 1/25, 2/07
- **Class Duration:** 5 hours (4.5 instruction + 30-min break)

ADDITIONAL INFORMATION

- Upon successful completion of the course, you will receive a certificate of completion.
- No refunds for deposits, remaining payment may or may not be refunded under limited circumstances approved by instructor
- Under certain circumstances will you be able to make up classes (please see instructor for more information)
- You will need to purchase books above in course material, a yoga mat, a yoga strap and 2 yoga blocks
- If you have any questions about the course, please contact the instructor at info@theyogadoctordc.com