



# MY HEALTH

**Online Yoga Massage Training**

*Prospective Student Guide*

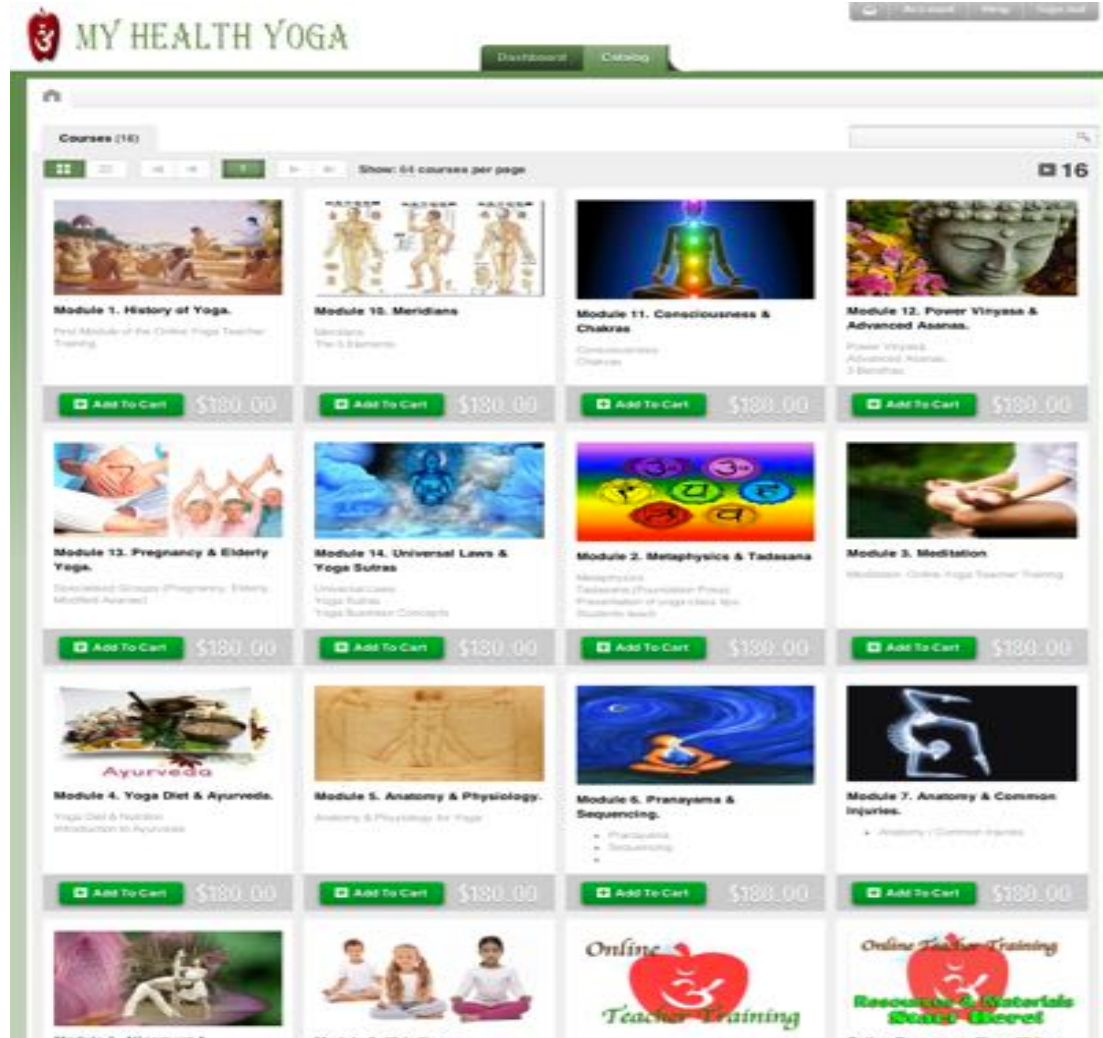




**The eLearning Platform** The Online Yoga Massage training is divided in 6 Modules. Students who pay the whole course upfront will be able to get a significant discount and also gain access to all modules from the beginning. We do, however, encourage students to take the modules in the suggested order as progression is important. Students will be able to move through the course at their own pace and speed. It is estimated that done at full speed, you can take approximately 2 months to finish, however, we feel that anywhere from 6-9 months is a perfect pace to allow the integration of yoga massage into your life. The certificate of Yoga Massage Practitioner will be issued only when all the modules, assignments, questionnaires, and activities have been completed and marked.

Students who choose the pay per module alternative will get access to 1 module every month. (Special arrangements may be made if a student wishes to pay more than 1 module per month, or pay as you go so you are in control of payments). Done this way it will take at least 6 months to complete.

Once your first or full payment is received, you'll receive a welcome letter and your login and password. This will grant you access to our eLearning platform.



The platform will show you the suggested sequence of topics. You'll see at the very top, links to materials for you to download. Every element you have downloaded/watched will be marked with a check mark.



**Take Course**

## YOGA MASSAGE - Full Course

The *Yoga Massage* we have developed and teach at My Health uses a fusion of Thai and Hawaiian bodywork with Western massage techniques. The combination of these techniques creates a very profound and healing experience for both giver and receiver. The powerful healing system of *Yoga Massage* is very holistic and therapeutic. It uses a combination of acupressure, asana, stretching, joint mobilisation, massage, meridian therapy, breathwork and mantras (affirmations). Course fees include free access to our online course training video 'Yoga Massage - The Technique', a full 90 minute instructional video on how to perform the full Yoga Massage technique. 6 months free access to [www.myhealthyoqa.tv](http://www.myhealthyoqa.tv) also included for online yoga classes and meditations.

**MHA**  
Accredited training  
[www.myhealthassociation.com](http://www.myhealthassociation.com)  
AAMT (Australian Association of Massage Therapists) recognised for 100 credit points.  
Teacher contacts:  
Carrie-Anne Field: [online@myhealthyoqa.com](mailto:online@myhealthyoqa.com)  
Susie Red: [susie@myhealthyoqa.com](mailto:susie@myhealthyoqa.com)  
Technical support:  
Carlos Salazar: [carlos@myhealthyoqa.com](mailto:carlos@myhealthyoqa.com)

**NEXT:**  Yoga Massage All Notes and Materials.zip

My Course Activity

Course Elements 1-15 of 24 • First | Previous | Next | Last - show: All Filter

- Yoga Massage All Notes and Materials.zip 34.03 MB
- Yoga Massage Introduction 9 mins, 8 secs
- Yoga Massage Module 1 - The Technique 21 mins, 8 secs
- The Technique: Video Demonstration - PART 1 57 mins, 58 secs
- The Technique: Video Demonstration - PART 2 34 mins, 41 secs
- Module 1 - Yoga Massage Activity 1
  - \*For this activity, write down a 500 words synopsis of the material covered in this Module. Then proceed to answer the following questions to the best of your abilities:
  - \*Practice the Yoga Massage Technique by following along with the video. After the treatment:
    - \*How did your client feel physically - if they had any aches or pains, did these relieve?
    - \*How did you feel physically?
    - \*How did your client feel emotionally - were there any releases or breakthroughs?
    - \*How did you feel emotionally - do you feel more connected and at peace giving this treatment or perhaps you feel drained?
- Questionnaire 1
- Yoga Massage Assignment Sheet. 176 KB
  - Please note: This assignment is for the FULL course, not to be completed with module 1;
- Video Assignment
  - Please note: This assignment is for the FULL course, not to be completed with module 1.

### The Video Modules.

MY HEALTH YOGA

Carlos Salazar | Account | Help | Sign Out

Dashboard | Manage Courses | Instructor Graderbook | Administration

Manage Courses | Manage Course Elements | Edit Chalkboard

## YOGA MASSAGE Module 2 - Breathwork & Mantras

Chapters | Manage Chapters | Media | Manage Media | Manage Checkpoints | Layout

**Maharaja Pranayama**

Today I Choose Peace


**Kriyas**

Kriya refers to a set of practices, mainly breath control techniques and exercises, that are practiced to achieve a specific outcome. The word is a Sanskrit term that means "completed action."

Kriyas are specific sets of exercises, breathing techniques and sound mantras used to unlock energy channels or chakras in the body.

The sequence of each kriya is meant to enable subtle and direct changes in the body and mind of the practitioner.

Also, a kriya sequence can support a specific body part or organ, such as the intestines, liver, spinal column, etc.



The core of teaching is done via videos and notes. You will be able to watch the videos over and over again if needed.

Because progression is important you will not be able to fast forward videos when you watch them for the first time. The second time and afterwards you'll be able to fast forward and rewind, and also skip to specific chapters you wish to review.

If you need to stop the video and continue watching another time, the system will remember where you left off and you'll be able to go back to where you were even if it is from a different device.

Remember you can access the platform from your PC/Mac/Smart Phones/Tablets and most modern devices. You will need Internet access to stream the videos and content.



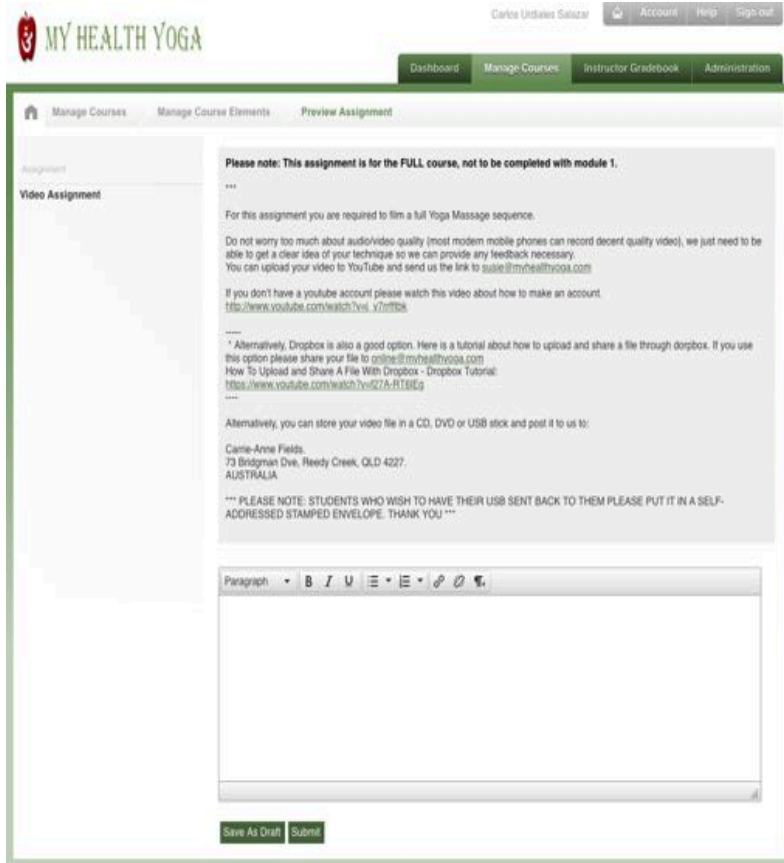
You'll also be able to take notes inside the platform. No need to keep a notebook if you don't want to. Next to the video screen you will have writing tools that will allow you to write your own notes as you watch the video. These notes are saved in the system. You can print your notes directly from the platform as well.

### Questionnaires.

You'll have 6 questionnaires to complete during the course. They pertain to information and topics discussed in the materials. Make sure you watch and study the modules related to a questionnaire before you submit your answers.



## Assignments



Your assignments and activities can also be done inside the platform. The activities and assignment section provides you with typing tools for you to work with.

You do not need to finish it all in one go. You will have the option to “Save draft” and “Submit”.

Use “Save draft” to keep your progress saved in the system so you can come back to it and keep working on it.

The “Submit” button will send your work to your teacher for marking. After you have submitted you won’t be able to edit your work, so be sure you are done and happy with it before you “submit”.

## Meet Carrie and Susie

Carrie and Susie are business partners and soul friends. Carrie has owned and operated My Health Yoga since 1998, and Susie has owned and operated My Health Massage since 2001. Between them, Carrie and Susie have extensive qualifications in yoga, psychology, massage, nutrition, Ayurveda, herbal medicine, kinesiology, acupuncture, reiki, crystal therapy, past life regression, and more. Read more about their yoga and healing paths by clicking on their names on the website page for ‘About MHY’.

## Module description

Here is a more detailed description of the contents of our modules:

- **Module 1 The Yoga Massage Technique**

This module includes a full 90 minute Yoga Massage technique video as well as a 70 page instructional and pictorial workbook. There is also a course intro video and a Yoga Massage Technique intro video.

- **Module 2 Breathwork & Mantras**

In this module, we learn how to tie pranayama (breathwork) and affirmations (mantras) into the Yoga Massage technique, assisting ourselves as practitioners

to use effective breathing for energy and our clients to use breathing and mantras for transformation and healing. This module includes a video and comprehensive notes.

- **Module 3 Energy Systems: Chakras & Aura Meridians**

Our Energy Systems module includes learning the specific meridian lines and chakras that correspond to our organs to optimise health. We also explore the energy field surrounding the physical body (aura) and how Yoga Massage heals us on a holistic level. This module includes a video and comprehensive notes.

- **Module 4 Healing Philosophy: Counselling & Energy Exchange**

As Yoga Massage Practitioners, we are automatically put into the counselling and healing role. This module provides detailed, specific instructions of how to support our clients with counselling. We also learn how to protect our energy when transference of energy takes place from our client. This module includes a video and comprehensive notes.

- **Module 5 Anatomy: Mind/Body Connection & Metaphysical Understanding of Body**

Understanding anatomy is very important as a Yoga Massage practitioner and this module will provide you with the basics of what you need to know in terms of the various anatomical systems in the body. We also learn how the body is a reflection of the emotions and mind. This module includes a video and comprehensive notes.

- **Module 6 Bamboo Massage**

In this module, we learn an additional massage technique using natural bamboo as an aid to deepen physical release. This module includes another technique video and workbook.

## The end of the journey and the beginning of a new one!

Congratulations!! After all your hard work, you are finally completed all the required elements. We will be sending you your Certificate of Completion, formally certifying as a Yoga Massage practitioner. You are now eligible to obtain insurance so you can practice legally and with peace of mind anywhere you want, or why not go ahead and open your own clinic!.

Remember that your access to the online platform remains even after you finished the course. You'll be able to come back and brush up on the topics you wish anytime in the future.





We are looking forward hearing from you. Let us know if you have any questions or enquiries and will be delighted to help.

### Online Teacher Training FAQ:

Why is My Health Yoga offering an Online Yoga Teacher Training course?



My Health Yoga is a Training Academy for Yoga Teacher Training and Healing Courses established in 2003 who has trained thousands of the most charismatic, powerful and sought after Yoga Teachers and Healers in Australia (and now all around the world with the release of our online courses in 2014). We honestly believe that this is the best option for those who are looking for a radical change in their lives in the

physical, mental and spiritual level while providing them with real world skills to generate steady income as a professional Yoga Massage Practitioner. We also have beautiful students who have joined the course as they wish to deepen their



understanding of the wisdom, philosophy and practice of Yoga Massage Therapy, without the intention to provide massage sessions to clients in a professional setting.

### Can you commence anytime and how long does it take to start the course after applying?

As it's an online training, we have enrolments open all year round. As soon as your application and payment have been received and processed you'll be issued a login and password to access our eLearning platform. Please allow at least 24hrs from receipt of payment (emailed) for the online course to be activated. Each new student has their own personal platform to access the course and it takes time for us to upload into the system. Often access is enabled within a few hours, however, please be patient if it takes a little longer.

### How long do I have to complete the course?

Strictly speaking there is no set deadline because we believe that yoga is not something that can or should be rushed, rather it's all about your own journey and path. However we encourage students to finish within 6 months as this will encourage the smooth flow of learning. Some students are very diligent and complete the course in 1-2 months when done at full speed.

### Can I get insurance?

Most certainly. Upon completing our online course you can immediately apply for association registration and liability and professional indemnity insurance so you can legally start your Yoga Massage business or sub-contract for another business. MHA (My Health Association) is internationally recognised. If need be, in most cases, we can assist you further at the completion of your training to access quality insurance in your local country through the MHA Insurance Worldwide Gateway.



### Can I access the modules unlimited times?

Yes. Once you pay for a module or for the whole course you'll get unlimited access to them. Even if we update content in years to come you'll get access to it.

### Is RPL (Recognised Prior Learning) granted?



As our course is Yoga Massage-specific, RPL is only granted if you have done prior Yoga Massage training with another school and have not finished your course for some reason. You must provide the necessary documentation (signed letter or certificate of achievement from your host school) with hours studied in the module/s in which you

are seeking RPL. Personally, we feel each module in our course should be done in the specific order we have created to maximise learning, integration and personal transformation.

### What are the technical requirements?

Since it is an online course, we strongly recommend having broadband Internet access (eg. ADSL, Cable, 3G, etc). You will need to be online to access the video content at all times. The platform can be accessed from most mainstream browsers (Chrome, Firefox, Safari recommended). The platform is accessible from Windows, MacOSX, Android devices and iOS devices. If you have any technical questions please contact Carlos at [carlos@myhealthyoga.com](mailto:carlos@myhealthyoga.com)

### How long have you been running the online training for?

We have been running our correspondence course since 2004 and updated in January 2014 to fully online (meaning if you choose, you can do the whole course online).

### Have there been any glitches with the system, or the technology?

We ourselves have had no glitches in the technology, however, some students have had to upgrade their internet usage to broadband to download all the module videos and class videos without them pausing.

**Namaste**

**Carrie-Anne Fields & Susie Rad**

**[online@myhealthyoga.com](mailto:online@myhealthyoga.com) / [susie@myhealthyoga.com](mailto:susie@myhealthyoga.com)**

**My Health Yoga [www.myhealthyoga.com](http://www.myhealthyoga.com)**

**0448500779**

