



MY HEALTH YOGA

Online Yoga Teacher Training Level 1

Prospective Student Guide



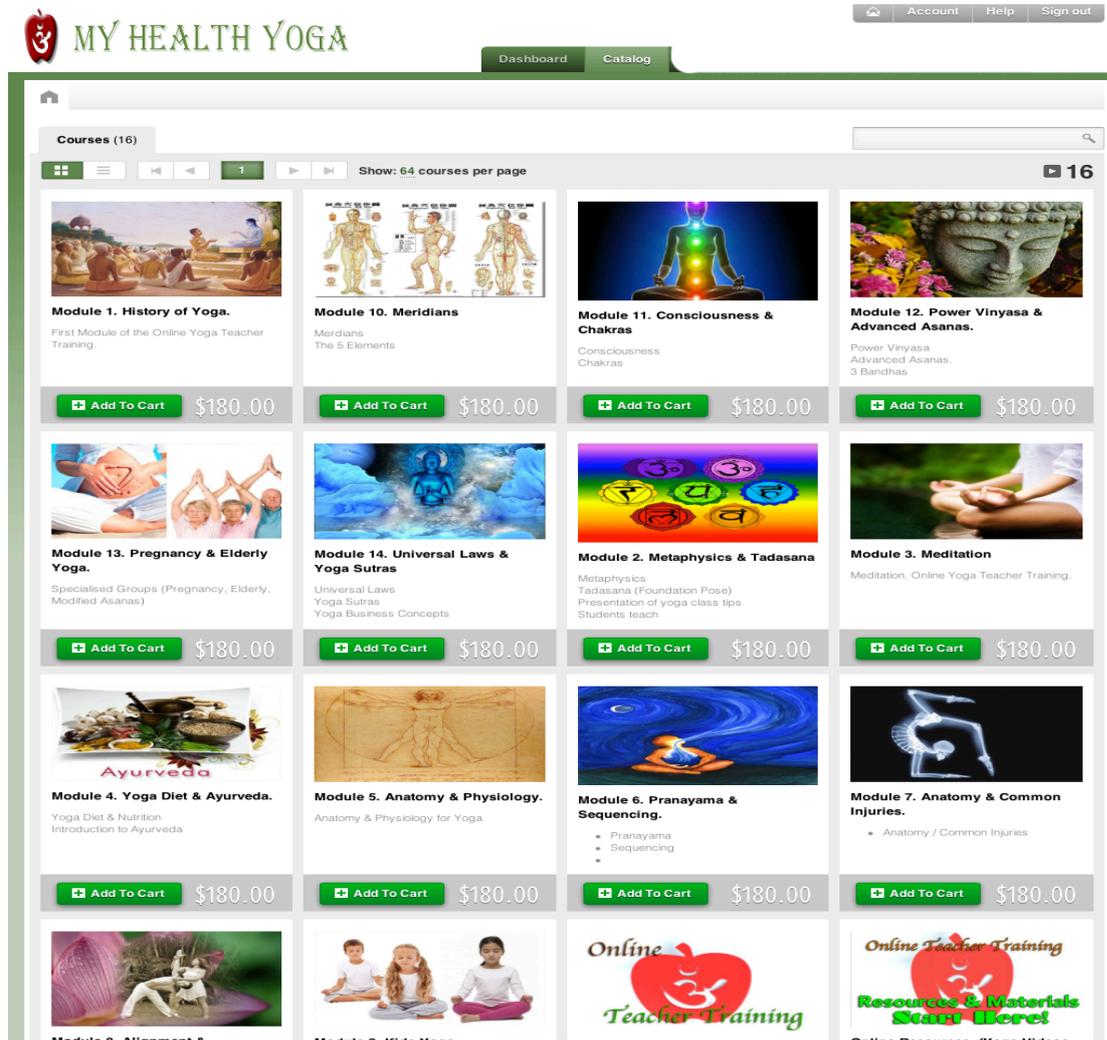


The eLearning Platform

The Online Yoga Teacher training is divided in 14 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, a Yogi can take approximately 3 months to finish, however, we feel that anywhere from 9-14 months is a perfect pace to allow the integration of yoga into your life. The certificate of Level 1 Yoga Teaching will be issued only when all the modules, assignments, questionnaires, activities and 60 classes 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 14 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 mantras, music files, Yoga video classes, materials for you to download etc. Every element you have downloaded/watched will be marked with a check mark.



Manage Courses Manage Course Elements

Course: MY HEALTH YOGA. LEVEL 1 ONLINE YOGA TEACHER TRAINING ^{edit}

Delivery Template: All Elements at Once Delivery Fee
Currently Activated Items \$24.45
If All Items Are Activated \$24.45

Course Elements 1-56 of 56 - show: All Filter

Course Elements

- Add a Chalkboard
- Add a Test
- Import a File
- Add an Assignment
- Import a Web Archive
- Import a SCORM Package

Certificate

- Add a Certificate

	All Modules Notes and Materials.zip / 8.35 MB DOWNLOAD THIS FRIST. All Modules Notes; Recommended Reading List; Workbooks; Ayurvedic Questionnaire are in this zip (compressed file) and Chants file. Download and open to reveal all the notes and workbooks required to advance through the modules.
	60 Class Log Sheet / 84 KB Students are welcome to complete all their 60 classes by watching the video classes we have provided. For those who would like to log some of your 60 classes at a local Yoga studio, please make sure to keep a record by filling this sheet. You will need a minimum of 60 classes to be completed for us to be able to issue you your certificate. Any questions please contact carlos@myhealthyoga.com Namaste
	GayariMantra.mp3 / 11.51 MB
	JewelLots Flower.mp3 / 8.38 MB
	OmNama Shivaya.mp3 / 50.02 MB
	OngNamo.mp3 / 11.71 MB
	DVD Feel the Life Force / 1 hr,11 mins,17 secs
	DVD Beginners Hatha Yoga / 45 mins,53 secs * With Carrie-Anne Fields
	DVD Intermediate Hatha Yoga / 44 mins,37 secs * With Carrie-Anne Fields
	Module 1. History of Yoga. Yamas & Niyamas. / 19 mins,53 secs * History of Yoga * Yamas & Niyamas * Workbook 1 (Beginners) * Chanting
	WORKBOOK 1 Beginner Level.pdf / 633 KB
	LEVEL 1 YOGA TEACHER TRAINING ASSIGNMENT 1 / Assignment 1 *** Please note this is ongoing assignment that you can start after module 1 and work you way through it as you move forward with your training. Remember to "Save a draft" when you work on your assignment and only "Submit" your assignment to us when you have completed it. We will only verify you have submitted this assignment however this assignment will not be reviewed as it all personal development.



Manage Courses Manage Course Elements Edit Chalkboard

Module 1. History of Yoga. Yamas & Niyamas.

Chapters | Notes

00:00 Introduction (02:10)

00:17

Close

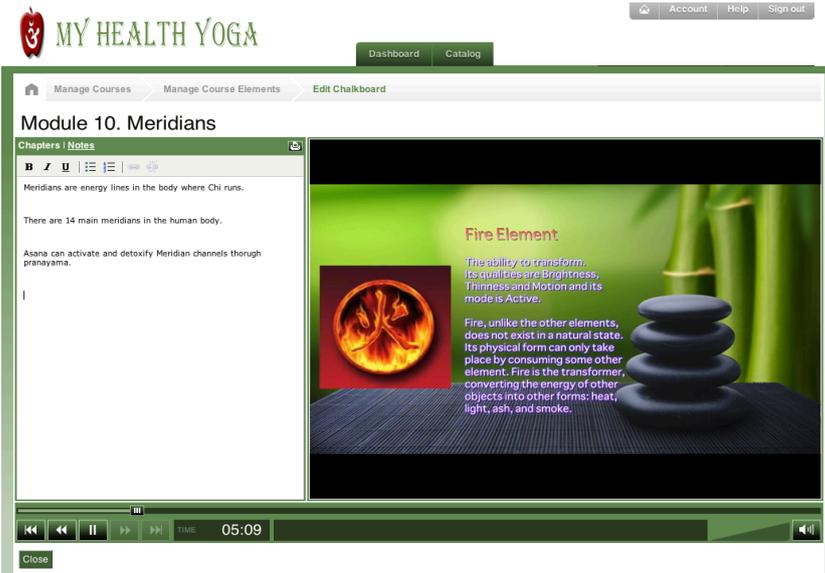
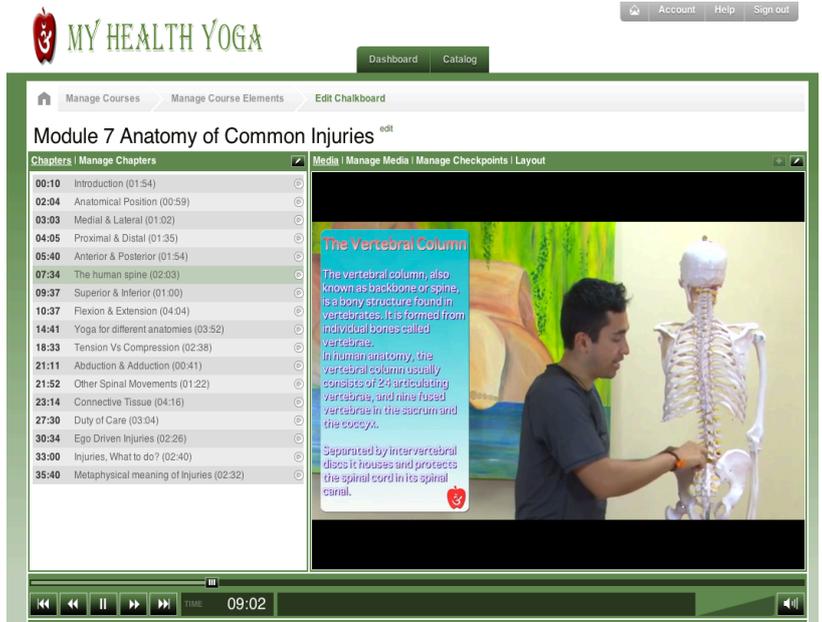
The Video Modules.

The core of teaching is done via videos and notes. You will be able to watch the videos over and over again if needed. Videos have interactive options and questions about the content being discussed to keep you engaged and learning to your full potential.

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 and you'll be able to go back to where you were even if it is from a different device.

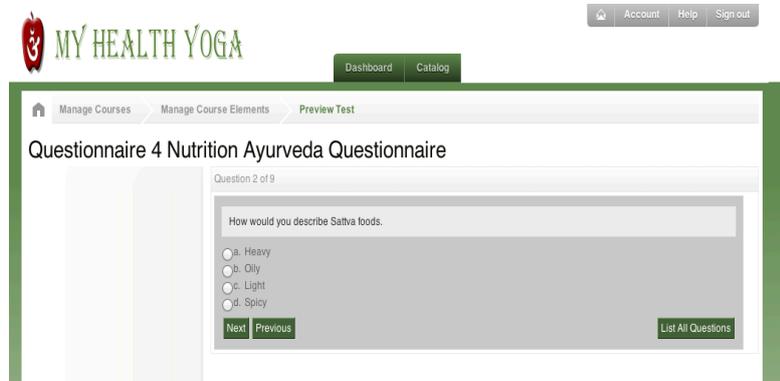
Remember you can access the platform from your PC/Mac/Smart Phones/Tablets and most modern devices. You will need Internet access to stream the videos and content.



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 8 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.

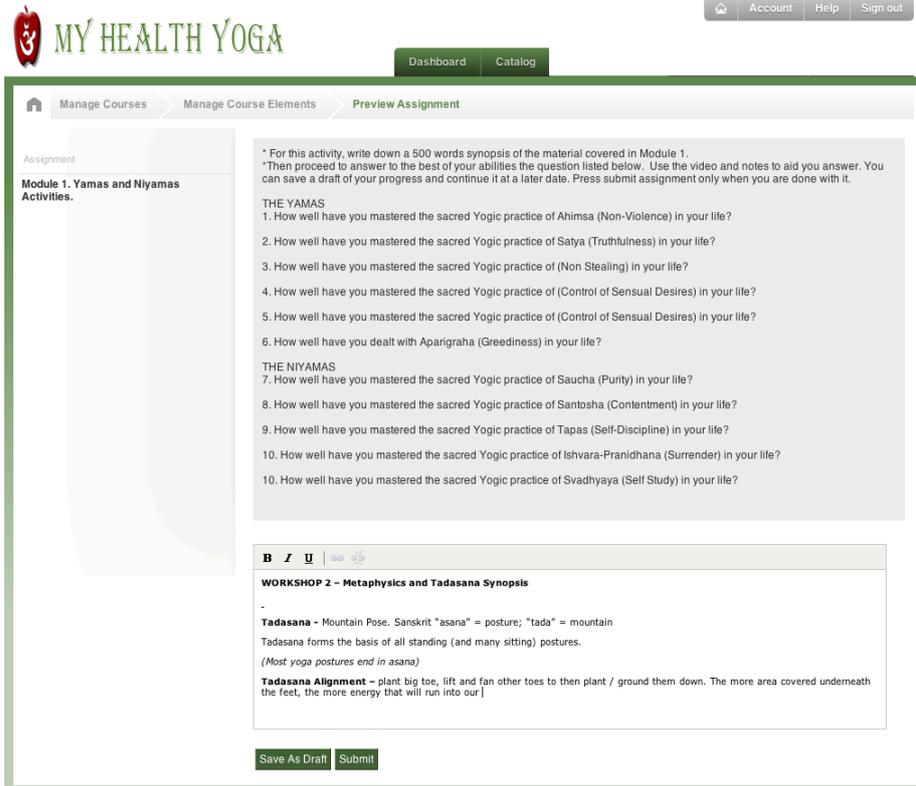


Assignments

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”.

60 Yoga Classes

You are required to log 60 classes as part of the requirements set by Yoga accrediting bodies. We have provided you with classes that you can watch and follow at home. We can monitor how many times you watch a class to help us track your progress, however, we will require you to fill in a class log sheet (which will provide) as this will go with your final assignments. We will be adding more classes and updating content on a regular basis.

You are also allowed to go to a local Yoga studio of your choice and log some of your classes. You will need to record the date, class style, school name and get your teacher to sign your class log sheet.

It is possible to log 60 classes from home by watching and doing the classes we have provided several times. So if there is no Yoga studio in your locality, we’ve got



you covered (free 18 month membership to www.myhealthyoga.tv) is granted to all online trainees.

Module description

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

1. History of Yoga / Yamas and Niyamas

Carrie-Anne is the facilitator of this module. She goes into the origins and main principles of Yoga and how it has evolved through the ages. She then talks about the Yamas and Niyamas (yogic philosophies) one by one and how they are relevant in the life of a Yogi. Workbook 1 including beginners postures and benefits is explored (there are 3 workbooks – beginners, intermediate, advanced - that are a compliment to the 60 yoga classes that form the practical aspects of the course).

2. Metaphysics and Tadasana

Metaphysics is a big component of the whole course and an integral part of the Yoga philosophy. This module intends to teach the relevance of energies, intention, and the body - mind - soul connection in a Yoga practice. It teaches about the metaphysical meaning of different body parts and then applies it to Yoga postures. Tadasana (Mountain pose) is a very powerful Asana metaphysically so detailed attention to it is given in this module by Carrie-Anne.

3. Meditation

Carrie-Anne explains the art of meditation, how to meditate, why to meditate and guidelines for practicing meditation. Then she further explains elements important for a powerful meditation and Yoga practice such as Dharana (concentration). She also covers the link between breath and meditation, the importance of mantras for meditation, and different kinds of meditations (such as guided meditation, creative visualisation etc).

4. Yoga Diet & Nutrition / Introduction to Ayurveda

Carlos facilitates this module. In this module he introduces our students to Ayurveda which is the sister science of Yoga and also Indian Traditional medicine. We learn about the importance of nourishing the physical body, mind and soul. We discuss about different kinds of energies in foods (satvic, tamasic, rajasic) as well as the 3 Ayurvedic constitutional types (Vata, Pitta, Kapha). How to identify which is your own constitution, how to identify the constitution of others, and how to use this knowledge to empower your practice and your life.

5. Anatomy and Physiology

Carlos facilitates this module. In this module we delve into the wonders of the amazing human body. We discuss the the physiology of body systems and organs and how Yoga can have an impact on them not only physically but also we cover the metaphysical side of all body systems.

6. Pranayama & Sequencing

Pranayama (Yoga breath) is an incredibly important concept to learn and master in

order to fully experience the benefits of Yoga. In this module Carrie goes from basic breath techniques to advanced ones, explaining how to practice them by themselves and also during a Yoga flow. Techniques such as Alternate Nostril Breath, Kapalabhati, Bhastrika etc, are covered. Sequencing is also covered as a way to orientate future teachers about how to conduct a successful class. Sequencing is one of the elements many new teachers struggle with, so this module aims to give relevant knowledge and confidence to them.

7. Anatomy of Common Injuries

In this module, facilitated by Carlos, we go deeper in the musculoskeletal system (bones, muscle, connective tissue etc). We cover the most common injuries seen in Yoga, how to prevent them, heal them and learn from them. As teachers this is an important element to be knowledgeable about. We also talk about Yoga for common ailments such as arthritis, and also the nature of pain. Although we learn clinical/medical lingo about the human body we also give strong emphasis to metaphysical elements during this module to make it more relevant to a Yoga class.

8. Adjustment and Alignment

Carrie teaches this module. This is a practical module about how to adjust students in an Ahimsa (do no harm) orientated way. Adjustment and alignment not only prevent injuries, they also enhance the practice of anybody doing a Yoga practice. This module guides the students through common Yoga flows, postures and also common misalignments seen not only on beginners but also advanced students.

9. Kids Yoga

Kids yoga is a branch of Yoga that is gaining big popularity among parents and schools as Yoga has a plethora of benefits for young minds and souls. Although not everyone wants to teach kids, this module invites the student to retrospect and connect with their inner child and to embrace the joy of Yoga. This module teaches techniques for different ages, as well as Yoga games and tips to conduct a successful Kids Yoga class.

10. Meridians (Nadis)

Meridians is a concept from Traditional Chinese Medicine which is the equivalent of Nadis theory from Indian Traditional Medicine. In this module Carlos covers theory and practice of the 5 elements, the 14 main Meridians and how to use this knowledge to enhance a Yoga class. This module delves into restorative/healing with Yoga through the theory of Meridians when activated through Asana.

11. Consciousness & Chakras

Carrie-Anne delves into the mysteries and intricacies of consciousness. The meaning and relevance of each of the human emotions and how to elevate our own consciousness through Yoga and meditation. The theory of Chakras is explained in detail in this module as well as how to heal and balance them with Yoga and other tools.

12. Power Vinyasa (Advanced)

In this module Carlos and Carrie-Anne go through more advanced asanas (such as

inversions, arm-balances), the use of props, and safety tips. In this module we aim to teach our students how to safely teach these postures to students who are ready for them, and how to them themselves develop these more advanced asanas into their own practice.

13. Specialised groups (Pregnancy, Elderly & Modified Asanas)

We included this module as there is a high demand for Yoga classes for these specialised groups. Our graduate students have a great reputation for teaching specialised classes. We discuss the importance of Yoga for them, how to approach different specialised groups, safety tips, duty of care, restorative asana plus much more.

14. Universal Laws / Yoga Sutras / Yoga Business Concepts

In this last module Carrie covers Universal Laws to close the learning journey through the course. This module invites students to do introspection into what means to become a Yoga teacher and a Yogi. The Yoga sutras are discussed and applied to your Yoga practice and daily life and finally Carrie gives tips about the business level of being a Yoga teacher. How to start a soulful business and how to deal with common challenges and fears related to this.

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 Level 1 Yoga Teaching, formally certifying as a Level 1 Yoga Teacher. You are now eligible to obtain insurance so you can teach legally and with peace of mind anywhere you want, or why not go ahead and open your own studio!.

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 Yoga Teacher Training Academy established in 2003 who has trained thousands of the most charismatic, powerful and sought after Yoga Teachers in Australia. We have always offered our in house Brisbane, Gold Coast and Townsville

intakes as well as a correspondence course for those who are not able to come physically to the workshops for different reasons such as living in another state, work and family commitments. We are proud to launch the new version of our In-House Level 1 online Teacher training that captures the essence and soul of our traditional and proven teacher training course. 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 Yoga Teacher. We also have beautiful students who have joined and become Yoga teachers without the aim to teach but because they wish to deepen their understanding of the wisdom, philosophy and self practice of Yoga

Can you commence anytime?

Yes. Because it's an online teacher 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.

How long do I have to complete the course?

Strictly speaking all the My Health Yoga Teacher Training courses have 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 14 months as this will encourage the smooth flow of learning. Some students are very diligent and complete the course in 2-3 months when done at full speed.

Am I able to teach after finishing the online course?

Definitely yes. This course is designed to give you more than enough elements in all areas of Yoga to be a confident and proficient teacher in most styles of Yoga. Many students find teaching positions immediately after finishing their course and in some cases even before. My Health Yoga teachers have earned the reputation of being extremely knowledgeable and well trained, they are sought after by Yoga schools, academies, gyms, spas and many other entrepreneurial students open their own studio immediately.



Can I get insurance?

Most certainly. Whilst most yoga schools are accredited only by one accrediting body, My Health Yoga is accredited by 3. Yoga Alliance, Yoga Australia and My Health Association (MHA). Upon completing our online course you can immediately apply for accreditation and liability insurance so you can legally start teaching. MHA is a world-wide cover (exc. USA). For those wishing to teach in the US, please contact us about the Yoga Alliance registration as a certain amount of hours will need to be logged in person. For Yoga Australia and MHA training requirements, a full online course is approved.

Can I teach as a trainee?

You are granted 14 months insurance cover from the date of your course application if you would like to teach as a TRAINEE. It is imperative that you say you are still in training and that you are representing My Health Yoga for this cover to be valid. Should you require paperwork to show a prospective employee, please get in touch with us.

Can I teach kids yoga/pregnancy yoga?

Yes. Yoga is one of the few disciplines that can truly be practiced by anyone regardless of age, gender, level of physical activity etc. For this reason we have

incorporate modules that specifically cover groups of interest such as Kids Yoga, Pregnancy Yoga and Elderly Yoga. Our students will be able to become knowledgeable and confident when teaching these groups. This dramatically increases the options and scope of practice of our Yoga Teacher graduates.

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. 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

Do I have to pay upfront?

Paying upfront attracts a considerable discount but we are also able to break down payments per module. We believe that the investment for this course will bring you incredible value to you for the rest of your life. Becoming a My Health Yoga teacher is a life changing experience you can't afford to miss. Transform your body mind and soul today.

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). Our yoga and healing business was established in 1998 and our In-House teacher training started in 2003.

How many students have completed this course so far?

As of June 2016, we have had around 2000 graduates for our teacher training courses, and over 200 online course graduates (and counting). There are over 600 online trainees spread throughout the world, with the majority of our trainees in regional areas in Australia.

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.

Is there an assessment around teaching a class? If so how does that happen?

At the end of the course you are required to submit a video class - we have instructions for you to either create your own YouTube channel and send us a private link of your class or to save to a USB stick and post to us.

What is the final process around getting registered with the appropriate national and international registration bodies? Is it as straight forward as submitting the certificate obtained at the end of your training or are there additional criteria/costs to meet?

Our school has done the work for approval regarding hours per subject so our graduates can simply fill out the basic contact details and attach a copy of our certificate. We also recommend insuring through the scheme set up by our sister business, My Health Association. You can, of course, go through Yoga Australia to become a registered teacher. You will have association membership fees and insurance fees annually. Through MHA, it is \$99/annum for association membership and this gives you access to the discounted insurance scheme, which is \$295/annum. This allows you to teach anywhere or to open your own studio. The insurance covers \$10million public liability, professional indemnity and medical malpractice.

Namaste

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My Health Yoga www.myhealthyoga.com

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MHA


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AUSTRALIA