



MYHEALTHYOGA



**Online
YOGA TEACHER TRAINING
Level 1**

Student Prospectus

Yoga Teacher Training Level 1

Internationally registered training

Established as a yoga and healing business in 1998, My Health Yoga has been training yoga teachers since 2003 making us one of the original Teacher Training programs in Australia.

With over 1500 graduates and counting, it is easy to find My Health Yoga teachers in your community. My Health Yoga graduates are the most highly regarded and sought-after teachers in south-east Queensland, and also in regional areas where our online students train. With our incredible online Teacher Training, My Health Yoga graduates are now teaching around Australia and even internationally.

Our teachers are so popular because of the perfect mix between traditional and modern Yoga provided through our course. Whilst the Asana (poses) practice and teaching is a key component of our course, we uphold the spiritual essence of Yoga.

Because of this, the vast majority of our Teacher Training graduates find teaching positions quickly in a wide range of settings such as Yoga studios, fitness centres, health clubs, spas and schools. Many of our graduates have founded their own studio with (including establishing multi-studio businesses) due to the nature of our course being so developmental.

My Health Yoga promotes an eclectic approach to Yoga study and encourages the Teacher Trainee not to limit her/his learning to these courses alone. External knowledge and information may be gathered on Yoga over your lifetime, and internal, intuitive understanding of Yoga will also be developed over your lifetime.



Level 1, Yoga Teacher Training Course Outline

Topics

Module 1

- History of Yoga/ Yamas and Niyamas

Module 2

- Metaphysics and Tadasana

Module 3

- Meditation

Module 4

- Yoga Diet & Nutrition / Introduction to Ayurveda

Module 5

- Anatomy and Physiology

Module 6

- Pranayama

Module 7

- Anatomy of Common Injuries

Module 8

- Adjustment and Alignment

Module 9

- Specialised Groups – Pregnancy Yoga, Kids Yoga & elderly Yoga

Module 10

- Meridians (Nadis)

Module 11

- Consciousness & Chakras

Module 12

- Power Vinyasa (Advanced)

Module 13

- Sequencing

Module 14

- Universal Laws/Yoga Sutras/Yoga Business Concepts

Module Description

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

Module 1 –

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).

Module 2 –

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.

Module 3 –

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).

Module 4 –

Carrie-Anne facilitates this module. In this module she 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.

Module 5 –

Greg 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.

Module 6 –

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.

Module 7 –

In this module , facilitated by Greg, 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.

Module 8 –

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.

Module 9 –

Co-facilitated by Carrie and Greg, 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.

Module 10 –

Meridians is a concept from Traditional Chinese Medicine which is the equivalent of Nadis theory from Indian Traditional Medicine. In this module Greg 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.

Module 11 –

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.

Module 12 –

In this module 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.

Module 13 –

Taught by Greg, Sequencing is 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.

Module 14–

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.

Course Fees

Level 1 Yoga Teacher Training Course – Online –

\$2,510.00

All Inclusive

UPFRONT PAYMENT

Payment Plans

Cost: \$215.00 per MONTH
(for 14 months, total payment plan fee: \$3,010.00)

Accreditation

MHY (My Health Association)



My Health Yoga Level 1 Yoga Teacher Training is recognised with MHA (My Health Association) with its credit points.

Please visit MHA website at:

www.myhealthassociation.com.au

YOGA AUSTRALIA



The My Health Yoga Level 1 Yoga Teacher Training course is a recognised course with Yoga Australia Inc.

Visit Yoga Australia website at:

www.yogaaustralia.org.au

YOGA ALLIANCE



The My Health Yoga Level 1 Yoga Teacher Training course is a recognised course with Yoga Alliance.


Visit Yoga Alliance website at:

www.yogaalliance.org

Our 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 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, quizzes, activities and 60 practical hours have been completed and marked. Students who choose the pay per module alternative will get access to 1 module every month, however, you are in control of payments from within your course account and can pause or renew a payment as needed to receive your next module when you are ready.

Once your first or full payment is received, you'll receive a welcome letter and have immediate full access to eLearning platform.


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Lesson Topics

- Level 1 – Module 1: Yamas & Niyamas
- Level 1 – Module 1: Beginners Hatha – YOGA CLASS
- ✓ Level 1 – Module 1: Yamas and Niyamas Activities

Quizzes

Status

1	Level 1 – Module 1: History of Yoga, Yamas & Niyamas Quiz	
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- Level 1 – Module 1: Yamas and Niyamas Activities
- ▶ Level 1 – Module 2: Metaphysics & Tadasana
- ▶ Level 1 – Module 3: Meditation
- ▶ Level 1 – Module 4: Yoga Nutrition & Ayurveda
- ▶ Level 1 – Module 5: Anatomy & Physiology
- ▶ Level 1 – Module 6: Pranayama
- ▶ Level 1 – Module 7: Anatomy & Common Injuries
- ▶ Level 1 – Module 8: Alignment & Adjustment

Inside your online course

Video Modules

The core of teaching is done via module training videos, class/practical videos, workbooks and notes. You will be able to watch the videos over and over again if needed. As you complete each section within the course, your course progress will show, and tick will appear beside completed sections so you will always know what stage of the course you are up to when you next log in.

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.

Activities & Assignments

Your assignments and activities can also be uploaded inside the platform. The final assignment is a 60-minute recorded yoga class video which you can upload to YouTube (as an 'unlisted' video) or to Dropbox or you can save to a USB stick and post to us.

Quizzes

You'll have 14 quizzes to complete during the course. They pertain to information and topics discussed in each module.

WHAT ARE YOU LOOKING FOR TODAY?

All Classes	30min Classes	AcuYoga	Advance Your Practice
Asana Spotlight	Dharma Talks	Hatha	Mantras and Meditations
Misc Styles	Plus Size Yoga	Restorative	Vin-Yin
Vinyasa	Yin	Yoga Psychology	Yoga in Italian

60-hour Class Log

You are required to log 60 practical hours 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. Classes can be of various styles such a hatha, vinyasa, yin, restorative, chair, pregnancy, guided meditations, philosophy talks and more.

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. So if there is no Yoga studio in your locality, we've got you covered (free 18 month membership to My Health Yoga TV - www.myhealthyoga.tv) is granted to all online trainees.



MYHEALTHYOGA

TODAY
I CHOOSE PEACE



THE END OF JOURNEY & THE BEGINNING OF A NEW ONE

Congratulations!

After all your hard work, you have 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

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.



My Health Yoga 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 upon graduation?

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 employer, 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 incorporated a module 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 us.

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.

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 \$220/annum. This allows you to teach anywhere or to open your own studio. The insurance covers \$10million public liability, professional indemnity and medical malpractice.

For enquiries about our ONLINE COURSES
Call or text **0448 500 779**
Email to: online@myhealthyyoga.com



Namaste



YOGA . MIND . BODY . SPIRIT



GOLD COAST - Broadbeach Studio

Address: Studio 54, 1st Floor,
Oasis Shopping Centre

Telephone: 0402 838 545

Email: goldcoast@myhealthyoga.com

Postal: 73 Bridgeman Dve, Reedy Creek,
QLD 4228

BRISBANE - New Farm Studio

Address: 602 Lower Bowen Terrace,
New Farm

Telephone: 0402 838 545

Email: brisbane@myhealthyoga.com

Postal: PO Box 42, Canon Hill 4170

ONLINE COURSES

Telephone: 0448 500 779

Email: online@myhealthyoga.com

Postal: 73 Bridgeman Dve, Reedy Creek,
QLD 4228

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Online Course Enquiries Telephone: **0448 500 779** Email: online@myhealthyoga.com

PROVIDER OF INTERNATIONALLY ACCREDITED ONLINE TEACHER TRAINING PROGRAMS