

## My Health Yoga | Level 1 Teacher Training Topics\* Mid-year 2011

Workshop	Gold Coast 2011/2012 Dates	Brisbane 2011/2012 Dates
<b>Workshop 1</b> <ul style="list-style-type: none"> <li>History of Yoga</li> <li>Yamas &amp; Niyamas</li> <li>Workbook 1 (Beginners)</li> <li>Chanting (all workshops)</li> </ul>	Sunday May 22 (Teacher: Carrie)	Sunday May 29 (Carrie)
<b>Workshop 2</b> <ul style="list-style-type: none"> <li>Metaphysics</li> <li>Tadasana (foundation asana)</li> <li>Presentation of yoga class tips</li> <li>Students teach (all w'shops)</li> </ul>	June 19 (Carrie)	June 26 (Carrie)
<b>Workshop 3</b> <ul style="list-style-type: none"> <li>Meditation</li> </ul>	July 17 (Carrie)	July 24 (Carrie)
<b>Workshop 4</b> <ul style="list-style-type: none"> <li>Yoga Diet &amp; Nutrition</li> <li>Intro to Ayurveda</li> </ul>	August 7 (Carlos)	August 14 (Carlos)
<b>Workshop 5</b> <ul style="list-style-type: none"> <li>Anatomy &amp; Physiology</li> <li>Meridians (Nadis)</li> </ul>	September 4 (James)	September 11 (James)
<b>Workshop 6</b> <ul style="list-style-type: none"> <li>Pranayama</li> <li>Sequencing</li> <li>Workbook 11(Intermediate)</li> </ul>	September 25 (Carrie)	October 2 (Carrie)
<b>Workshop 7</b> <ul style="list-style-type: none"> <li>Adjustment &amp; Alignment</li> </ul>	October 16 (Carrie)	October 30 (Carrie)
<b>Workshop 8</b> <ul style="list-style-type: none"> <li>Consciousness</li> <li>Chakras</li> </ul>	November 6 (Carrie)	November 20 (Carrie)
<b>Workshop 9</b> <ul style="list-style-type: none"> <li>Power Vinyasa Yoga</li> <li>Workbook 111 (Advanced)</li> </ul>	December 11 (Yumi/Leon)	December 18 (Yumi/Leon)
<b>Workshop 10</b> <ul style="list-style-type: none"> <li>Pregnancy Yoga</li> <li>Kids Yoga / Elderly Yoga</li> </ul>	January 15 (Dani)	January 22 (Dani)
<b>Workshop 11</b> <ul style="list-style-type: none"> <li>Universal Laws</li> <li>Yoga Sutras</li> <li>Yoga Business Concepts</li> </ul>	February 12 (Carrie)	February 19 (Carrie)
<b>Retreat North Stradbroke Island</b>	March	9,10,11

\*Dates subject to change.

\*11am start, 3.30pm finish (no breaks, bring snacks).

\*If you miss any days, you can make up the workshop in the next course or other location or via correspondence (extra assignment). Please note if you miss 3 or more workshops correspondence assignments increase.

\*Please note for Sunshine Coast students, you will be training at 'Sunshine Coast Power Yoga' located at Shop 3 Cnr Parkana Crescent and Point Cartwright Dve, Buddina [www.sunshinecoastpoweryoga.com.au](http://www.sunshinecoastpoweryoga.com.au)