

## My Health Yoga | Level 1 Teacher Training Topics\* Mid-year 2012 intake

Workshop	Brisbane 2012/2013 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 June 3 (Ourania)
<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>	<b>Sunday</b> June 24 (Ourania)
<b>Workshop 3</b> <ul style="list-style-type: none"> <li>Meditation</li> </ul>	Sunday July 15 (Ourania)
<b>Workshop 4</b> <ul style="list-style-type: none"> <li>Anatomy &amp; Physiology</li> <li>Meridians (Nadis)</li> </ul>	Sunday August 5 (James)
<b>Workshop 5</b> <ul style="list-style-type: none"> <li>Yoga Diet &amp; Nutrition</li> <li>Intro to Ayurveda</li> </ul>	Sunday August 26 (Carlos)
<b>Workshop 6</b> <ul style="list-style-type: none"> <li>Pranayama</li> <li>Sequencing</li> <li>Workbook 11(Intermediate)</li> </ul>	Sunday September 16 (Ourania)
<b>Workshop 7</b> <ul style="list-style-type: none"> <li>Adjustment &amp; Alignment</li> </ul>	Sunday October 14 (Carrie)
<b>Workshop 8</b> <ul style="list-style-type: none"> <li>Consciousness</li> <li>Chakras</li> </ul>	Sunday November 11 (Ourania)
<b>Workshop 9</b> <ul style="list-style-type: none"> <li>Pregnancy Yoga</li> <li>Kids Yoga / Elderly Yoga</li> </ul>	Sunday December 9 (Dani)
<b>Workshop 10</b> <ul style="list-style-type: none"> <li>Power Vinyasa Yoga</li> <li>Workbook 111 (Advanced)</li> </ul>	Sunday January 20 (Yumi/Leon)
<b>Workshop 11</b> <ul style="list-style-type: none"> <li>Universal Laws</li> <li>Yoga Sutras</li> <li>Yoga Business Concepts</li> </ul>	Sunday February 17 (Ourania)
<b>Retreat North Stradbroke Island</b>	<b>February 22-24</b>

**Workshops: 11.30am - 4pm**

No breaks, bring snacks . \*Dates subject to change.

\*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.