

 <b>MY HEALTH YOGA</b> LEVEL 1 TEACHER TRAINING TOPICS	GOLD COAST 2008 DATES	BRISBANE 2008 DATES	SUNSHINE COAST 2008 DATES
Workshop 1 <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>	Saturday  March 1 (Teacher: Carrie)	Saturday  March 8 (Carrie)	Saturday  March 15 (Carrie)
Workshop 2 <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>	April 5 (Carrie)	April 12 (Carrie)	April 19 (Carrie)
Workshop 3 <ul style="list-style-type: none"> <li>• Meditation</li> </ul>	May 3 (Carrie)	May 10 (Carrie)	May 17 (Carrie)
Workshop 4 <ul style="list-style-type: none"> <li>• Pregnancy Yoga</li> <li>• Kids Yoga / Elderly Yoga</li> <li>• Workbook 11(Intermediate)</li> </ul>	May 31 (Fiona/Stacey)	June 7 (Fiona/Stacey)	June 14 (Stacey)
Workshop 5 <ul style="list-style-type: none"> <li>• Yoga Diet &amp; Nutrition</li> <li>• Intro to Ayurveda</li> </ul>	June 21 (James)	June 28 (James)	July 5 (James)
Workshop 6 <ul style="list-style-type: none"> <li>• Pranayama</li> <li>• Sequencing</li> </ul>	July 12 (Carrie)	July 19 (Carrie)	July 26 (Carrie)
Workshop 7 <ul style="list-style-type: none"> <li>• Anatomy &amp; Physiology</li> <li>• Meridians (Nadis)</li> </ul>	August 2 (James)	August 9 (James)	August 16 (James)
Workshop 8 <ul style="list-style-type: none"> <li>• Adjustment &amp; Alignment</li> </ul>	August 30 (Trey)	September 6 (Trey)	September 13 (Trudie)
Workshop 9 <ul style="list-style-type: none"> <li>• Consciousness</li> <li>• Chakras</li> </ul>	September 27 (Carrie)	October 4 (Carrie)	October 11 (Carrie)
Workshop 10 <ul style="list-style-type: none"> <li>• Power Vinyasa Yoga</li> <li>• Workbook 111 (Advanced)</li> </ul>	October 25 (Sam)	November 1 (Sam)	November 8 (Sam)
Workshop 11 <ul style="list-style-type: none"> <li>• Universal Laws</li> <li>• Yoga Sutras</li> <li>• Yoga Business Concepts</li> </ul>	November 8 (Carrie)	November 15 (Carrie)	November 22 (Carrie)
Retreat North Stradbroke Island	November	28, 29, 30	(all groups)

\*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

\*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 Drive, Buddina ([www.sunshinecoastpoweryoga.com.au](http://www.sunshinecoastpoweryoga.com.au))