

ENERGY MEDICINE YOGA[™]

Course Outline for Foundations Teacher Training

Module 1 – Learn the 9 distinct energy systems of the body and how we work to balance them in the practice of Energy Medicine Yoga. You will be taught in detail the components and techniques used in The Essential Practice, gaining a deeper understanding and respect for the power of this intelligent and magical union of yoga and Energy Medicine. The body speaks a very specific and clear language. You will learn how to respond back, creating a deep and reverent intimacy with the body. Through this study, your body will become your instrument, tool and teacher on your path to self-healing and transformation.

In addition, you will be immersed in the principle that sound is energy. Discover the power of not only sound, but the importance of silence as well, as it relates to both our physiological and mental states.

Module 2 – You will engage in the study of the yin-yang theory in Ancient Chinese philosophy - and how this comparison of seemingly opposite forces relates to our physical and emotional bodies, and our relationship to the universe at large. Learn in detail the individual components and the importance of the daily EMYoga Wake Up Routine, and experience the power of incorporating detoxifying self-massage techniques into every practice. You will discover and explore the relationship of the energy systems, Triple Warmer and Spleen, learning how to work with their respective meridians to affect the endocrine system and calm the stress response. These techniques will be some of the most important tools you will learn to teach your students.

Module 3 - An in-depth study of the Five Element theory which gives us a simple and unique way to understand and work directly with our emotions. Begin to observe and learn from your own emotional patterns as you experience and learn to teach The Five Element Flow which gives us a tool to process, release and cycle through our challenging emotions, balancing both the emotional and physical body. Explore and study how this unique system can be applied to every aspect of your life.

Module 4 - Enter into the realm of magic and miracles as you learn to work with the energy fields governed by Triple Warmer. Experience powerful practices in order to create transformation and manifest your heartfelt desires. Learn the importance of fostering ritual, building tribe and practicing gratitude. This course is a practice to the self. Embrace it and share it with the world!