ENERGY MEDICINE YOGA™

Welcome to the EMYoga Foundations Online Teacher Training!

We are so excited you have decided to embark on this journey with us. We'd like to introduce ourselves and summarize the expectations for this course.

Please know you are not committed to the course until you submit your tuition.

MEET YOUR FACULTY

Alyson Iannicelli, BA, MA
EMYoga Master Teacher
Integrative Health Practitioner
Touch for Health, EEM - Year 2
RYT 500-hour

Jacqueline Fitch
EMYoga Master Teacher
EMYoga's Head Copywriter
Teaching Grant- Nat'l Parkinson's Fdtn.
RYT 500-hour

Kris Knoepfli, HBSc, LLB, LLM, EEM-CP
EMYoga Director of Education & Master Teacher
EEM Certified Practitioner
Certified Integrated Nutrition Health Coach
RYT 500-hour

Our Intention

This course will prepare you to become a certified EMYoga Foundations Teacher so you can teach EMYoga to others. We will guide and support your online training experience, every step of the way. Now more than ever, the world needs EMYoga to help amplify the body's innate capacity to heal.

What does this course entail?

This course includes over 20 hours of recorded content from Lauren Walker, creator of EMYoga. These videos include both asana practices and lectures. Moving forward, all in-person EMYoga Foundations Teacher Trainings will be led by Master Teachers, such as

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Alyson, Jacqueline and Kris. If you are interested in becoming an EMYoga Advanced Teacher, this Foundations course is your first step.

Your main takeaway from this course will be your certification to teach The EMYoga Essential Practice. In addition, you will be qualified to create your own EMYoga classes using all the components or specific components of your choosing from the Essential Practice. The additional practices taught in this course are for your own experience and personal practice only. Additional trainings offered by Lauren in the Advanced Training Program (ATP) will further your studies and certify you to teach these additional practices, and others.

Content Overview

Module 1
Learn the nine distinct energy systems of the body and how we work to balance them in the practice of EMYoga. 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.

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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 community and practicing gratitude. This course is a practice to the self. Embrace it and share it with the world!

Cost

$825 USD. Note that the main training videos disappear and are no longer available after the eight-week duration of the course. You will be given access to the Essential Practice, Five Element Flow and Wake Up videos immediately following the end of the course and are yours to keep for the lifetime of the program.

How The Course Works

Course Dates

The course is offered twice a year. Although specific start dates vary, they are usually scheduled at the end of March/early April and again late September. Please check the website or email the EMYoga School at emyogaschool@gmail.com to find a start date that will work for your schedule.

Four Modules

The course will run for eight consecutive weeks. Every two weeks a new module is introduced with additional videos and materials. All previous modules will still be available for viewing.

Study Time

There are at-home assignments and reading for each module. You can anticipate about four to six hours of practice/ homework per week.

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Peer Mentor
You will be assigned a peer mentor who is a fellow student in the training. You will be asked to schedule time to connect on your own to discuss assignments and to practice teaching EMYoga techniques.

Teaching Assistants
You will have a Teaching Assistant (TA) that will help guide you and a small group of students through the training experience. These TAs are certified EMYoga Master Teachers.

Small Group Calls
There will be one Small Group call led by your TA per module (4 in total) during the 8 weeks of the program. The TA will schedule these calls at the beginning of the training based on everyone's availability. Your TA will also schedule two study/review calls with your Small Group after the 2 months between the end of the course and the exam due date.

Faculty Calls
Faculty Calls are held on Tuesday evenings (MT) and Thursday mornings (MT). The specific time is announced just prior to the start of each training. During these calls, key concepts from the current module will be discussed and questions will be answered pertaining to the same material.

You are required to attend **ONE** Faculty Call per module for certification. Specific dates and Zoom links will be provided with the course material.

LIVE Q&As with Lauren
There are two live Q&As with Lauren during the training. They are usually held on a Sunday at 9:00 am MT. The specific dates and Zoom links will be provided with your course material. These calls are optional, but we encourage students to attend live. They are fun interactive discussions about all things EMYoga!

Certification
Upon completion of the course, there is a certification exam. The exam has a written and a teaching component. You have two months to complete it. Specific details will be shared during the training. There are no surprises and acts as an excellent review of the material. Many of the questions are accompanied with the correct page number to find the answers in

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Lauren's first book *Energy Medicine Yoga* and your Student Manual. The exam will be marked and returned to you one month after your due date.

Additional Support
Our faculty is eager to support students in every way possible. Included in your enrollment fee is a thirty-minute one-on-one call with your TA. This call via Zoom can be scheduled on a mutually agreeable date at any time during the training. You also have the option to schedule an additional meeting at the rate of $55 per hour. You would simply email emyogaschool@gmail.com to schedule. Payment is collected using PayPal.

Technology Requirements

Zoom
If you do not already have a Zoom account, you will be asked to create one. There is no charge from Zoom as it relates to the needs for your training. Click here to set up an account.

Facebook
We will set up a private Facebook group which gives you an opportunity to ask questions, engage with other students, and view reminders for both upcoming meetings and recordings of Faculty Calls. Upon payment of your tuition, you will receive an invitation to join the private group.

If you are not a fan of Facebook, please know that this is not a requirement! Another option is to set up an account using a fictitious name. You would simply need to inform us of the name and email you used so we could accept your request to join the group.

Thinktific
This is the online host platform for the course. You will be asked to set up an account once you have paid your tuition. This is where you login to access all of the course materials, including the video content.

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Ethics & Liability

An Ethics Agreement and Liability Waiver will be sent to you upon receipt of your tuition. You will not receive your certification until these documents have been signed and returned to the EMYoga School.

All content and learning materials are for your own personal use and are not to be shared with others outside of this course. This is proprietary information and includes all videos, pdfs, and links.

Professionalism

The required Zoom calls with Faculty and TAs are professional and educational in nature and are considered part of your training. We expect you to dress appropriately and abstain from the use of alcohol and drugs during these meetings.

Cancellation Policy

There are no cancellations. If the EMYoga School needs to cancel the course for any reason, a 100% refund will be given.

Questions?

Please feel free to contact Kris, our Director of Education at emyogaschool@gmail.com.

Payment Due Date

To secure your spot, please submit your payment as soon as possible.

Are you ready to embark on a transformative healing journey?

Click here to purchase the EMYoga Foundations Online Training

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Frequently Asked Questions

When does the training start?

The Foundations Online Training is offered twice a year. Starting dates are usually towards the end of March and September. It is an eight-week teacher training program. Please check the website or email the school at emyogaschool@gmail.com for upcoming start dates.

***You must enroll prior to the start date to join that particular cohort.**

How does the program work?

There are four training modules. Every two weeks you will gain access to the next module. Each module includes two EMYoga practices and several lectures. The course is self-directed, but we recommend you complete the content from each module within the two-week period that is outlined in your syllabus. Every two weeks, you will be required to attend one of the scheduled Faculty Calls via Zoom. You will be assigned a TA (Teaching Assistant) to guide you and also to a designated "Small Group" of students. In addition, you will be paired with a peer mentor who will be a fellow student in the program.

How many hours per week should I anticipate?

You can anticipate approximately four to six hours per week, at a minimum.

What are the requirements for each module?

Each module (a new one every two weeks) you are required to watch and practice the designated content, and attend ONE Faculty Call and ONE Zoom call with your TA. In addition, you will meet with your peer mentor as needed. Each Zoom call is scheduled for one hour. There will be at-home assignments for each module, which include reading and practicing EMYoga techniques with your peer mentor.

What if I can't attend a Zoom call?

The Faculty Calls are held via Zoom on Tuesday evenings (MT) and Thursday morning (MT). Specific dates are provided at the beginning of the training. You can attend as many Faculty Calls as you'd like, but you are required to attend at least ONE per

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module. The TA calls and peer mentor calls will be scheduled based on your group's availability as a whole. We will address absences for TA calls on a case-by-case basis.

How much does the program cost?

$825 USD

How many Yoga Alliance CEUs does the course offer?

You can earn 30 non-contact CEU hours for this training. We are a YACEP.

Maintaining your EMYoga Certification

Once you become a certified EMYoga Teacher, you are required to complete 15 hours of EMYoga approved CEUs every two years to maintain your EMYoga Certification and use EMYoga marketing materials.

What are the prerequisites?

Please read Lauren Walker's book Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice. In addition, a 200-hour YTT certification, or its equivalent. If you do not hold a certification, you can take this course as an immersion if you have a long-standing yoga practice. Please outline your experience on the application. Lauren's second book The Energy Medicine Yoga Prescription is not required, but it is certainly helpful!

How long will I have access to the videos and content?

You can download the Student Manual and other PDF document handouts to keep for your reference. All of the recorded lectures and practices will be removed after the final week of training.

Why?

It is our intention to keep the online experience as authentic and credible as the in-person training. We know that students tend not to invest and immerse themselves in course material the same way if they know they have lifetime access to the content. Our hope is that you will commit to learning this material by taking excellent notes, just as if you were with us live! The price is the same.

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Will Lauren Walker be my teacher?

The practices and lectures are all pre-recorded and delivered by Lauren. There will be two live Q&As with Lauren.

Is there an exam?

Yes. The certification exam includes several short answer questions that you will submit electronically via Google Docs. You will also be required to submit two short teaching videos and upload these to DropBox. These teaching videos are not to be done LIVE with students, but are simply you teaching to the camera. You will have two months after the course to complete your exam and teaching videos. You will receive your exam feedback and/or certificate within one month after the due date. *Please note - if you want this course to count as a certification, you must successfully pass your exam.

What are the technology requirements?

You will be required to use Google Drive, Google Docs, DropBox and Zoom. You can create a free account for each of these programs and will receive details on how to accomplish this upon acceptance to the program. Facebook is optional; however, it can be extremely valuable as it gives you the opportunity to engage with other students and ask questions. We also post reminders of meetings with their respective Zoom links.

How does this course differ from your DailyOM classes, the Yoga Journal course with Donna Eden, or other courses?

This is a teacher training. All the other courses do not certify you to teach EMYoga to others. This training will prepare you to teach the techniques as well as educate you on the why's and how's of EMYoga. Upon successful completion of your Foundations exam, you will be eligible to add your name to the EMYoga Teacher Directory on emyoga.net.

How does this course differ from your in-person teacher training?

The content and price are exactly the same! The in-person training is taught by EMYoga Master Teachers, such as one of the Faculty or TAs for this online course. The main difference is the pace. The in-person training is a four-day intensive, whereas this online training is eight weeks.

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Does the course guarantee my certification?

No. We do not automatically provide you with a teaching certificate, simply because you completed the course. You need to meet all the attendance requirements and successfully complete the exam. Once all these benchmarks are met, your TA will evaluate your readiness and then award your teaching certificate. If we do not think you are ready to be certified, we may offer you the opportunity to continue your studies and give you an extension on the exam.

If you pay your tuition, but then decide you want to defer - what happens?

We do not offer refunds, but we will honor your acceptance and enrollment for one full calendar year. For example, if you pay for the September 2022 training, but decide to defer - you will have until September 2023 to re-enroll for the Online Foundations Teacher Training. If you defer once the training has already begun, there will be an additional $125 administrative fee.

Disclaimer: Energy Medicine Yoga does not diagnose or treat any illness, disease, or physical or mental disorder. The techniques presented here are not a substitute for medical advice or treatment for specific medical conditions or disorders. Consult your physician or other health care professional before starting this or any other exercise program or lifestyle change - especially if you are overweight, pregnant, nursing, taking medications, or have any existing medical conditions. Do not delay seeking a diagnosis or any medical advice or treatments based on information contained in this material. Energy Medicine Yoga, not limited to its creator, the company, and all who distribute its products, assumes no liability or responsibility for any and all claims of injuries and illnesses suffered while practicing these techniques. By using this material, you are accepting that you have read, understood and agreed to these terms and conditions.

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