

500+HR MASTERS MERIDIAN YOGA
TEACHER TRAINING
for aspiring yoga teachers who want to excel

COURSE OUTLINE February 2024

Face to face students

Key Documents: My Logbook + My Personal Health Plan

All assessment due dates are highlighted

Course Start Date: 23rd Feb

3 Day Yoga Retreat: 23rd to 25th Feb

Formal teaching concludes: 2nd week in November

Graduation: November (woo!)

Module 1 Introduction and Foundations of Yoga Teaching

Commences: 26th Feb | **Concludes:** 24th March

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 23rd March
- **Face-to-Face Workshop 1:** 23rd – 24th March Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Personal Health Plan (Draft & Meeting):** Complete by 14th April
- **Student Personal Practice:** 16hrs (3 classes per week + retreat)

Module 2 Elemental Yoga Therapy for Lung & Large Intestine

Commences: 25th March | **Concludes:** 21st April

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 20th April
- **Face-to-Face Workshop 2:** 20th – 21st April Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)

A COURSE BY LISA MASTERS

Bachelor of Education (Physical Education), Bachelor of Health Science (TCM) Acupuncture and Oriental Medicine, Diploma of Shiatsu and Oriental Therapies, Advanced Diploma of Zen Shiatsu, Advanced Diploma of Ryohe Yoga Teaching

Copyright 2022 Masters Meridian Yoga All rights Reserved

500+HR MASTERS MERIDIAN YOGA
TEACHER TRAINING
for aspiring yoga teachers who want to excel

Module 3 Elemental Yoga Therapy for Kidney & Bladder

Commences: 22nd April | **Concludes:** 19th May

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 18th May
- **Face-to-Face Workshop 3:** 18th – 19th May Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)

Module 4 Elemental Yoga Therapy for Liver & Gallbladder

Commences: 20th May | **Concludes:** 16th June

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 15th June
- **Face-to-Face Workshop 4:** 15th – 16th June Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)
- Personal Health Plan (Check In with Lisa): during June

Module 5 Elemental Yoga Therapy for Heart & Small Intestine

Commences: 17th June | **Concludes:** 11th August

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 10th August
- **Face-to-Face Workshop 5:** 10th – 11th August Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)

A COURSE BY LISA MASTERS

Bachelor of Education (Physical Education), Bachelor of Health Science (TCM) Acupuncture and Oriental Medicine, Diploma of Shiatsu and Oriental Therapies, Advanced Diploma of Zen Shiatsu, Advanced Diploma of Ryohe Yoga Teaching

Copyright 2022 Masters Meridian Yoga All rights Reserved

500+HR MASTERS MERIDIAN YOGA
TEACHER TRAINING
for aspiring yoga teachers who want to excel

Module 6 Elemental Yoga Therapy for Heart Constrictor & Triple Heater

Commences: 12th August | **Concludes:** 15th September

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 14th September
- **Face-to-Face Workshop 6:** 14th – 15th September Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)

Module 7 Elemental Yoga Therapy for Spleen & Stomach

Commences: 16th September | **Concludes:** 13th October

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 12th October
- **Face-to-Face Workshop 7:** 12th – 13th October Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)

Module 8 Elemental Yoga Therapy for Specialty Issues - Elective

Commences: 14th October | **Concludes:** 10th November

- 40 hours self-guided online work (inc. Notes, PowerPoints + Workbook)
- **Workbook Assessment Items Due:** 9th November
- **Face-to-Face Workshop 8:** 9th – 10th November Weekend
 - **Teaching Practicum Hours:** 8 hours (completed during workshop)
- **Student Personal Practice:** 12hrs (3 classes per week)

Student Logbook Due: Prior to the end of the course (November)

(inc. Personal Practice & Teaching Practicum hrs, plus Reflective Summary).

A COURSE BY LISA MASTERS

Bachelor of Education (Physical Education), Bachelor of Health Science (TCM), Acupuncture and Oriental Medicine, Diploma of Shiatsu and Oriental Therapies, Advanced Diploma of Zen Shiatsu, Advanced Diploma of Ryohe Yoga Teaching

Copyright 2022 Masters Meridian Yoga All rights Reserved