

# Hormone yoga therapy (HYT) teacher training

## Hormonijooga ohjaajakoulutus

The teacher training consists of three levels:

- Level I - for individual practice, also a pre-requisite to move to level II (peruskurssi)
- Level II (study of literature, home practice, self-evaluation and planning of individual and group teaching exercises)
- Level II and III are open only for yoga teachers etc..
- Level III includes anatomy, yoga philosophy, health indications and contraindications, adaptation of exercises, etc. It prepares to teach Hormone Yoga Therapy for private clients or for a group. It also includes a demonstration exercise (opetusnäyttö) and evaluation.

To be qualified as certified Hormone Yoga therapy teacher (after Dinah Rodrigues method) it is necessary to attend and to be approved in all levels (I, II and III). The teacher training plan has been followed in Brazil, Europe and North America since hormone yoga therapy started many years ago. It complies with the ethics and norms of teaching yoga. Hormone yoga therapy (after Dinah Rodrigues) teacher training follows the model approved by IYTA and by YSA (Swiss Yoga Association) Y.S.A and Y.I.F. (Yoga India Federation).

### Level I

HYT introduction workshop (hormonijooga perus/alkeiskurssi) is open for all students.

Level II and III (jatkokurssi) is open for certified yogateachers. (Suomessa myös: pilatesohjaajat, jooganopettajat, fysioterapeutit, terveystieteen ammattilaiset)

### Level II

etätehtävät ja -opiskelua, säännöllinen oma harjoitus plus harjoituspäiväkirja

### Level III

Viikonloppukoulutus (18 lähiopetustuntia)

Opetus on suomeksi, mutta osa koulutusmateriaalista on englanniksi.

La klo 9-17

Su klo 9-15:30

Päivät: 25. ja 26.11.2017

Jatkokurssin hinta 390e (sis. ALV, koulutusmateriaalin ja kahvitarjoilun)

Paikka: Happyliikunta studio Laaksolahdentie 41, 02730 Espoo

Kouluttaja: Anja Huovinen (jooganopettaja SJL, certified Hormone Yogatherapy teacher)

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