



FAQ's for Online Foundations Teacher Training

[Click here to apply to the EMYoga Foundations Teacher Training](#)

When does the program start?

The start date is to be announced. It is an 8-week training.

How does the program work?

There are four modules of training - 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 a Zoom call with the facilitators of the course, Master EMYoga Teachers - Blaine and Alyson. You will be assigned a TA (teaching assistant) to guide you and a small group of students through the training, as well as a peer-mentor, who will be a fellow student in the program.

How many hours per week should I anticipate?

You can anticipate about 4-6 hours per week, at a minimum.

What are the requirements for each module?

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

What if I can't attend the Zoom calls?

The Facilitator Zoom calls will be on Tuesdays at 6pm MST and Thursdays at 8am MST each week - you can attend as many as you'd like, but are required to attend at least ONE per module. The TA calls and peer-mentoring calls will be scheduled based on you and your group's availability. We will address absences case by case.

How much does the program cost?

\$800 USD, plus a \$50 fee for CEUs with Yoga Alliance

How many CEUs does the course offer?

You can earn 30 CEUs for this training - 10 contact hours and 20 non-contact hours.

What are the prerequisites?

Please read Lauren Walker's book Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice and hold a 200-hour YTT certification, or its equivalent. You can take this course as an immersion if you have a long-standing yoga practice, you can outline your experience on the application.

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

*You can download the pdf for your teaching manual and other handouts to keep for your reference. All of the recorded lectures and practices will disappear after the final week of training. **Why!?! -** We are trying to keep the online experience as authentic and realistic as the in-person training experience; the price is the same. We recommend you take excellent notes, just as if you are with us live!*

Will Lauren Walker be my teacher?

The practice and lectures are all pre-recorded and delivered by Lauren. You will have a Live Q&A with Lauren after Module 2 of the training and another Live Q&A with Lauren at the end of the training.

Is there an exam?

Yes. The 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 Google Drive. These teaching videos are not to be done LIVE and are simply you teaching to the camera. You will have two months after the course to complete your exam, which means your exam is due on September 26th, 2020. You will receive your exam feedback and/or certificate within two months after the due date.

**Please note - if you want this course to count as a certification, you must successfully pass your exam.*

Can this training count as a certification, even if I am not a 200-hour YTT?

Receiving certification from the EMYoga School will depend on your experience and background, as well as your performance on your exam/teaching videos. We can make exceptions internally, but Yoga Alliance will not make exceptions. Teaching EMYoga in a yoga studio would most likely be prohibited without a 200-hour certification; however, it really depends on your state/country/studio.

What are the technology requirements?

You will be required to use Google Drive, Google Docs, Zoom, and Facebook. 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. If you are uncomfortable using Facebook, we recommend you use an alias and create an account under a fictitious name - simply inform us so we can add you to the private group. We will use the Facebook group page for discussions and Q&As.

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

This is a teacher training - these other courses do not certify you to teach EMYoga to others. This training will prepare you to teach as well as

educate you on the why's/how's of this style of yoga. Upon successful completion of your Foundations exam, you will be eligible to join the EMYoga Teacher Directory on emyoga.net.

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

The content and price is exactly the same! The in-person training is taught by Master Teachers, like the Facilitators and the 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 8-weeks.

What's covered?

Read below!

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!

Do you still have unanswered questions?
Please email Alyson at emyogatribe@gmail.com!

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