

Yoga Course Requirements



Teacher: Leslie Michelle, China



Students: Continuing Education, Yoga Therapy

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1. See also course summaries for all Requirements.
2. *Modernization: For most universities/colleges/vocational these days both online and local areas you are required to: use high speed internet, cloud space for uploading/downloading, External Drives or SB (small, travel) drives, Educational YouTube videos/fitness channels/online educational articles for homework or in class Instructions, and your desktop/laptop to tablet/ipad devices. Hope that all makes sense. Its just a college alert. College Teaching methods has modernized the last 3-4 years for grades K-12. *Sorry i don't have updates due to my licensing. I teach and learn adult only education. I don't wanna scare new Parents, those expecting, or those with LiL Ones. I have friends that are Daycare/K-12 teachers so i catch the division its truly like two galaxies. I respect to adore them however i reality bubble my freelance jobs and experiences in recent years. Sounds segregated but its the age gap i think or education system. Its Like two different resorts or islands. Its a real reality check and validates those graduation speeches for grade 12. The world literally shifts for the college or employment experience. *Pretty Traditional i guess, that part of EDU has not changed. Also New Teaching methods are ongoing researched and experimental. They apply to most or all learning styles as well. The experimental process is pretty permanent at this point as more teachers are integrated into blackboard, tech, and student needs. Campus bookstores and libraries are always current for evolving class structures and study needs. Hope thats a clearer picture for my continuing adults.



3. Yoga awareness is required for all courses except Business or Freelance.
4. Yoga training or studio experience a plus but not required.
5. If you are not yoga aware but would like to attend our online yoga programs; then no worries. Level 1 will introduce everyone to the mind body and spirit of Yoga. However before finals the last (lesson) levels will take you deeper into yoga practice and guides, fitness awareness, and holistic therapy. Other levels will include class materials to help you adjust or review yoga studies.
6. For our 'Medical Yoga', This program is also 'Yoga Therapy'. The meanings are exactly the same. All programs vary online in general. My core topics are yoga vs Medical. Anyone interested in Yoga Therapy alone are welcome to attend Medical Yoga. Tuition the same for all programs. Freelance Money excluded and under lesson planning until Fall or Winter 2017.
7. My Holistic Beliefs are rooted both Metaphysical and ND (Not RN or MD)

<https://en.m.wikipedia.org/wiki/Naturopathy>

<https://nccih.nih.gov/health/naturopathy>



My Organization (Original) Bookstore: <http://www.lulu.com/spotlight/drrevmoore>