



Week 40

OVERVIEW OF LECTURE

Course Wrap-Up: Final Lecture



Ryoho for you Going Forward

How to maintain Ryoho Practice in your daily life.

What good health means and how you sustain it.

How to talk to other people about your new lifestyle.

What happens if you fall from your new lifestyle standards.

“Helping Hands” and what to do about your urge to help other people.

What is professionalism.

Why you need an association.

Why you need insurance.

How to integrate with other therapies.

How to deal with sick people.

Up yoga.

How do you get your Diploma and how do you keep going next year.

How to talk about Ryoho

Other Ryoho associations.

2022 Ryoho Program.

Survey and Testimonials.

Course extension details.

Ryoho Training Course

43 Lectures
43 Q&A Sessions
10 Guest Speakers
144 Yoga Classes
10 Day Brown Rice Fast
4 Day Autumn Wellness Program
4 Day Winter Wellness Program
4 Day Spring Wellness Program
4 Day Summer Wellness Program

Course Subjects:

1. 8 limbs of Yoga
2. 5 Element Theory
3. Yin and Yang
4. Anatomy and Physiology
5. Nutrition
6. Corrective Yoga Therapy
7. Natural Medicines & Tonics
8. Women's Health-General
9. Spinal Alignment
10. Physiognomy
11. Body Shape Diagnosis
12. Hara Diagnosis
13. Meridian Diagnosis
14. Ante Natal (Pregnancy)
15. Post Natal
16. Full Training in a range of Meditation Techniques
17. Natural First Aid – based on Natural Therapies*

*First Aid Certificate must be completed and current prior to Diploma



2022 Ryoho Program - Provisional

These Programs have been scheduled and will be offered next year.

They will be a mixture of live and recorded online offerings.

A Calendar has been set and will be made available to you for planning.

Program Focus:

10 Day Brown Rice Fast

Autumn Wellness Program

Winter Wellness Program

Spring Wellness Program

Summer Wellness Program

Mental Health and Well-being

Women's Health

Weight Loss

Back Pain

Meditation

Mini-Programs for various conditions

Guest Speakers

"Directors Cut" of Yoga Classes (Teaching Explanation)

We will be introducing a "Refer a Friend" system to be eligible for discounts off the major programs.

200 Yoga Classes Online:

We have a Catalogue of Online Classes by Condition which will be made available early in 2022.



How You Can Help Us: Survey, Video Testimonials and Reviews

Thank you for the wonderful messages received in feedback of the training program. We may use some of the testimonials to further our work and marketing and if so will attribute to your first and surname. Please advise us privately if you would like to avoid this.

We will be putting together a Survey on the Training Program so we can refine and improve for the next intake. Your input will be invaluable so we know exactly what we need to add, change or take out. In advance thank you for your time in completing this.

Video Testimonials. We are developing a new website and will be adding some Video Testimonials. As such we will privately contact a few students to ask if they would kindly be part of this. That will happen over December/January.

Google Reviews also help. We want to get Ryoho out to as many people as possible and one way you can assist us is to provide a google review. This helps build our online reputation with Google as an organisation who favourably support businesses that are well reviewed. We humbly ask for a review from you and will provide you with the link, if you have not already had the opportunity.



Ryoho Training Program Access Extension

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Time Frame	Access to the Wellness Training Portal
Now until 30 th June 2022	Free of Charge for Students*
From 1 st July 2022 onwards:	\$37 per week + gst payable only via automated payments.

* Available to students who have fully paid their training fees.

HOLIDAY / BREAK DATES

There will be times when we are on break and will not be available on What's APP but we will advise those in due course. During those time, collegiate and peer support is the best thing.

2021/22 Christmas Break: 8/12 to mid-January (TBA)