



Week 21

Overview of Lecture

TEACHING RYOHO YOGA
HEADACHES



Teaching Ryoho Yoga

What it takes to qualify for a diploma

Ryoho Yoga means therapy

Deliver according to your promise

Being professional

How to teach Ryoho Yoga

Ryoho means appropriate

Teaching according to the students needs is appropriate.

Yoga means development through training the body

Yoga means development through training the mind

Yoga means training through feelings

Teaching spirit.

Teaching mind

Teaching body

How important is diet?

How important is attitude?

How important is time?

Headaches

- Headaches can develop through stiffening of the shoulders and cranium displacement.
- Organ displacement can be the cause of pain on one side of the head and irregular functioning of the brains blood vessels.
- The causes can be from incorrect posture, organic abnormalities, emotional disturbance and incorrect diet.
- Frontal headaches can be caused by problems in the stomach, heart and liver.
- The top of the head relates to the anus and reproductive organs and the sides to the intestines.
- The rear can relate to the kidneys.