

MODULE 3
THE SOUL
Yoga Humanities, History, Philosophy and Ethics
Pranayama & Subtle Body

MARIA SALVATORE
50 Hour Module / 66 Hour 200TT

Walk the walk and talk the talk

- Yoga Therapeutics
 - chair yoga , trauma and addiction, learn to teach ALL BODIES, teaching in ALL different facilities, including offices, hospitals and more!
 - Tools to self-regulate, navigate your nervous system before you teach or in your everyday life.
 - NERVOUS TO TEACH? How do you navigate through it? HAVING A BAD DAY? FEEL BLOCKED AND UNINSPIRED.. We got you covered in this module. You will master this and learn to stay inspired and offer potent soulful classes, even when you aren't feeling so confident.
- Learn to read students
- Learn to navigate clear your own energy field when interacting with students or people
 - Clear yourself from toxic energies, especially the ones that aren't yours!
- Find your voice, creating powerful dharma of the sutras and weave into classes and your life
- Bring the message not the mess!
- Energy and the subtle body:
 - The Chakra System:
 - Your very own internal GPS system

Western Way and Modern Day Yoga Study, Yoga Philosophy

- Deep Dive into The Yoga Sutras
- The Bhagavad Gita
- Upanishads and Ramayana

- Understanding Sanskrit
- Chanting, Mudras and More

- Engross yourself in these metaphoric texts and... and learn to integrate them in your modern day life to eliminate suffering
- Neurological and Biochemical benefits of pranayama
- How to live a conscious and spirit centered path
- Ethics: Boundaries; exploring & understanding why you're teaching and deepening your studies of yoga meditation.
- Taking the seat of the teacher on the mat and in your everyday life:
 - Be a light-worker!
 - Leadership, responsibility & accountability...Living meaningful, purposeful, inspired and confidently, trusting the path
 - The Business of Yoga, Workshops, Retreats, Collaboration, Seva/Charity Work, The BIG picture, beyond just the YOGA studios