

BMC WELLNESS ACADEMY



Be More Connected

300HR Advanced Teacher Training Curriculum *“The Soul” w/ Maria Salvatore*

History and Philosophy

Review Historical Content

- Origins & Sources of Yoga
- Branches of Yoga
- Styles & Lineages
- Advanced Sanskrit Introduction
- Sanskrit Study & Teaching Tips
- Sanskrit First Words

Philosophy Intro

- Defining Yoga
- Foundational Philosophies
- Bhagavad Gita Study
- Yoga Sutras Historical Context
- Yoga Sutras Overview & Structure
- Book One Overview
- Book Two Overview
- Book Three Overview
- Book Four Overview

Kleshas & Kriya Yoga

- Kleshas Introduction
- Weakening Kleshas
- Kriya Yoga
- Eight Limbs Overview & Review

More Philosophy

- Dharma
- Namaste / Namaskar
- Sankalpa, Resolutions, Goals

Ancestral Narratives & Mythology

- Recovering Indigenous Wisdom
- Yoga Mythology Intro
- Hindu Gods / Masculine Energies
- Hindu Goddesses / Feminine Energies
- Durga
- Lakshmi
- Saraswati

Wellness

Sleep

- Sleep Physiology & Impacts
- Techniques for Quality Sleep

More Wellness Topics

- Addiction & Recovery Part 2
- Grief

Seasons & Natural Rhythms

Seasonal Yoga

- Honoring Natural Rhythms
- Seasonal Yoga Intro Spring
- Summer
- Autumn
- Winter

Wheel of the Year

- Wheel of the Year Intro
- Imbolc / Candlemas Vernal
- Equinox
- Beltane
- Summer Solstice
- Lammas / Lughnasadh
- Autumnal Equinox
- Samhain
- Winter Solstice

Moons

- New Moon
- First Quarter Moon
- Full Moon
- Third Quarter Moon
- Balsamic / Dark Moon
- Eclipses

Sound

- Sound Introduction
- Mantras & Chanting Introduction
- Chanting Practice Guidelines Sound
- Healing

Emotions & Feelings

Emotions & Feelings Introduction

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- List of Feelings
- Physiology of Emotion
- Suppression & Triggering Emotional
- Well-Being & Yoga

Subconscious & Shadow Work

Hero's Journey

- Samskaras & Habits
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- Beliefs & Vikalpas
- Why Beliefs are Powerful
- Allegory of the Cave
- Subconscious & Shadow
- Cognitive & Subconscious Programming

Consciousness & QM Science

- Aether & Physics Terminology
- Anomalies & Outdated Worldview
- QM - The Science of Oneness
- What is Consciousness?
- Ascension / Raising Frequency