

BMC WELLNESS ACADEMY



Be More Connected

200HR YTT MODULE 3

THE SOUL

**Yoga Humanities, History, Philosophy, and Ethics Pranayama
& Subtle Body**

MARIA SALVATORE | 50 Hour Module / 66 Hour 200TT

Walk the Walk as a Teacher
What's Included in this Module:

Yoga Therapeutics

- Chair Yoga
- Yoga for Trauma & Addiction
- Yoga For Cancer
- Yoga For Parkinson's
- Teaching Teens
- Pre-Natal Yoga
- Yoga for Kids

Tools to self-regulate, Navigate your nervous system before you teach and in your everyday life. NERVOUS TO TEACH? How do you navigate through it? Having a bad day? Feel blocked? There are ways to maintain your radiant heart and light.

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 and 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
- Guiding impactful meditations

Energy and the subtle body

- The Chakra System: Your very own internal GPS system
- The Kosha System in Depth

Western Way and Modern Day Yoga Study, Yoga Philosophy

- Mythology (where the poses got their names!)
- Deep Dive into The Yoga Sutras
- The Bhagavad Gita
- Upanishads and Ramayana
- Understanding Sanskrit
- Chanting, Play Sound Bowls, Mudras
- 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, Selfless Service, The BIG picture, beyond just the YOGA studios