



## **MODULE 3**

### **THE SOUL**

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

With Maria Salvatore



Explore the deeper layers of the 8 limb path of Yoga. You will study a deeper and more comprehensive approach to intelligently practicing the multiple aspects of Yoga. In addition, you will be introduced to advanced subtle practices to expand your mind, deepen your intuition, and evolve to your unlimited potential as both a yogi and a teacher.

### IN THIS MODULE YOU WILL LEARN:

- Deeper study of yoga philosophies and traditional texts  
Bhagavad Gita & Ramayana
- Advanced Meditation Techniques; Chanting, Advanced  
Pranayama, Mantras
- Intro To Kundalini
- Advanced Chair Yoga
- Pre-Natal/Post Natal Yoga
- Advanced Sanskrit Studies
- Reiki Level 1 & 2, Practicum
- Sound Healing

- Introduction to Harmonium
- Use of Language and Voice: Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns.
- Understanding the value of teaching yoga as a service and serving others through yoga (seva). Seva Project.
- Personal Development: Understand how personal development can help you succeed as a yoga teacher– Communication Skills, Goal Setting, creative visualization, Time Management, Priorities, Boundaries, and how to lean into an uplifted mindset.
- Deeper Dive into the Yamas and Niyamas
- Business of Yoga: Creating and Running Workshops, Retreats, Training, Festivals
- Presenter: Renowned Special Guests