



# Teacher Training Advanced 300hr 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#### Review Historical Content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

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

## Ancestral Narratives & Mythology

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

# Wellness

## Sleep

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- Sleep Physiology & Impacts
- Techniques for Quality Sleep

## More Wellness Topics

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- Addiction & Recovery Part 2
- Grief

# Seasons & Natural Rhythms

## Seasonal Yoga

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

## Wheel of the Year

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

## Moons

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

## Sound

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

## Emotions & Feelings

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

## Subconscious & Shadow Work

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

## Consciousness & QM Science

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- Anomalies & Outdated Worldview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