**YOGA-MOJO**

**YOGA TEACHER TRAINING – RYT300/500**

**MODULE 3 – SPACE / ETHER / MIND**

**CONTENT OVERVIEW**

**HUMANITIES – YOGA PHILOSOPHY, LIFESTYLE & ETHICS**

* Ethics and Equity
* Student Safety

**TECHNIQUES, TRAINING & PRACTICE**

* Asana Teaching Guide – Arm Balancing Poses
* Asana Teaching Guide – Inversion Poses
* Mantras Immersion ~
* Meditation Techniques Immersion
* Mudras Immersion
* Yoga-Mojo – The Magic of Mudra
* Sound Foundations Immersion
* Yoga Nidra Immersion

**ANATOMY & PHYSIOLOGY**

* Brain Health Neurological Conditions Immersion
* Brain Physiology Immersion
* Chronic Pain Immersion
* Digestive System Immersion
* Endocrine System Immersion
* Immune System Immersion
* Shoulder Girdle Immersion
* Subconscious and Shadow Work Immersion
* Upper Back, Neck and Shoulder Issues Immersion
* Flexibility and Stretching

**TEACHING ESSENTIALS / TEACHING METHODOLOGY**

* Teaching Beginners Immersion
* Intermediate – Advanced – Seniors Immersion
* Mental Health & Wellness Topics Immersion
* Strategic Planning Immersion
* Trauma and PTSD Immersion
* Business Planning / Crafting Workshops / Hosting Retreats
* Personal Practice and Self-Care
* Teaching Methodology – Sacred Space
* Your Presence as the Teacher