

MODULE 3

The Art of Self with Maria



Meet Maria E-RYT 500

Maria is the owner of two yoga studios, which she has grown from one studio with 14 teachers and 25 classes a week to over 70 classes a week with 54 teachers. Alongside that she is devoted to her own practice and learnings. Maria has a 20 year background in NLP, specialising in learning and development. Her teachers have included the previous owners of the Hot Yoga Studio, 300hr yoga immersion in Goa, India - in which she met her guru Upendra Babu Khatri. She has also trained with Joe Barnett, Dr Timothy McCall, Anodea Judith, Amy Ippoliti, Tiffany Cruikshank and Janet Stone. Her passion for learning is brought with energy and compassion. Maria believes when alignment of body, breath, mind and heart occur the pathway to self discovery is limitless. The container of yoga can hold all things.

This module is set out to be one of personal transformation, joy, growth, learning and authenticity - from the inside out. Building on your foundations and understanding of self - as a yogi, teacher and human being. In this module you will have the opportunity to:

- Team teach in a public class with other teachers, creating a themed class, demonstrating your skills, abilities, styles and approach.
- Delve deeper into looking at what yoga is to you off the mat and what your personal blue print is and communicate this in a public talk that will be videoed to keep.
- A 2-day weekend setting up with a voice coach, setting the scene and preparing for the 5 day block.
- Re-visit and deepen your own understanding of the 8 Limb Path, Chakras, Kleshas, Koshas and Mudras. Offering you plenty of playful theory and practical skills and also having guest speakers come along and share their perspectives about yoga.

This module is not to be missed if you are ready to transform from teacher to facilitator.

"If the foundation is firm, the building can withstand calamities. The practice of yoga is the foundation so that the self is not shaken under any circumstances."

- B.K.S Iyengar

