



ZOE
ANIMAL YOGA®



ZOÉ ANIMAL YOGA®

ZOE a.s.d.

INTERNATIONAL YOGA SCHOOL







YEARS OF **STUDY**
RESEARCH,
PRACTICE



INTERNATIONAL
TEACHER TRAINING
DONE



EXPERIENTIAL
DIDACTICS IN CLOSE
CONTACT WITH
NATURE



**SPECIALISTIC AND UNIVERSITY
EDUCATION**, FOCUS ON
SCIENTIFIC, PHILOSOPHICAL,
ANTHROPOLOGICAL AND
PSYCHOLOGICAL ASPECT OF YOGA



OFFICIAL AFFILIATE WITH
YOGIC STUDIES LINKED TO
HARVARD UNIVERSITY, SOAS
UNIVERSITY OF LONDON,
HATHA YOGA PROJECT



**STUDENTS TRAINED
FROM ALL OVER THE WORLD**

USA ITALY

ICELAND SPAIN

PUERTO RICO FRANCE

ARGENTINA SWITZERLAND

CANADA AUSTRIA

BRAZIL ENGLAND

BANGLADESH IRELAND

SINGAPORE DENMARK

MALAYSIA POLAND

SOUTH KOREA BULGARIA

AUSTRALIA CYPRUS

CHILE NORWAY

The first **international training school**
official and independent founded in **South of Italy**
recognised and authorized by **Yoga Alliance©**
follower of
Tantra of Shivaism of Kashmir not dualistic

DIDACTIC MODULES

TÉCHNE

ASANA - PRANAYAMA - MUDRA - BANDHA
HATHA YOGA - VINYASA YOGA - YIN YOGA
YOGA THERAPY - YOGA PERFORMANCE

PAIDÉIA

TEACHING METHODOLOGY
EMPATHY - COMMUNICATION - LISTENING

SOMA

ANATOMY - PHYSIOLOGY - PATHOLOGY

PSYCHÉ

PSYCHOLOGY - MEDITATION - CHAKRA - WILL/ABANDONMENT

SOPHIA

PHILOSOPHY - SYMBOLISM - HISTORY

EMPEIRÌA

PRACTICE - PERSONAL GROWTH

TÉCHNE TRAINING GOALS

KNOWLEDGE AND APPLICATION OF FUNDAMENTAL AND CONTEMPORARY ASANAS
ALIGNMENTS, VARIANTS AND HANDS-ON-HANDS OFF CORRECTIONS

KNOWLEDGE AND APPLICATION OF THE MAIN BREATHING AND PRANAYAMA
TECHNIQUES: KAPALABHATI, UJJAYI, NADI SHODANA, BHASTRIKA

KNOWLEDGE AND APPLICATION OF CONTROLLED USE OF BANDHA
JALADHARA, UDDHYANA, MULA, MAHA

KNOWLEDGE AND APPLICATION OF PROGRAMS OF SEQUENCES
TO COLLECTIVE AND INDIVIDUAL CLASS

KNOWLEDGE AND APPLICATION OF THE BASIC THERAPEUTIC MASSAGE TECHNIQUES
AND RELAXATION, THAI YOGA MASSAGE AND MYOFASCIAL THERAPY SYSTEM

PAIDÉIA

TRAINING GOALS

LEARNING THE TEACHING METHODOLOGY
QUALITY AND CHARACTERISTICS OF A TEACHER

LEARNING OF FUNCTIONAL LINGUISTIC STRATEGIES
TEACHING FOR EFFICIENT COMMUNICATION

LEARNING AND DEVELOPMENT OF LISTENING SKILLS
OF OBSERVATION OF THE STUDENTS AND CREATION OF EMPATHY

SOMA TRAINING GOALS

STUDY OF ANATOMY AND PHYSIOLOGY APPLIED TO YOGA

STUDY AND APPLICATION OF THE YOGA TECHNIQUES APPLIED TO THE SKELETAL,
ARTICULAR, MUSCULAR, NERVOUS SYSTEMS

STUDY AND APPLICATION OF DIFFERENT STRETCHING TECHNIQUES
ACTIVE, PASSIVE, DYNAMIC, PRINCIPLES OF PNF

STUDY AND ANALYSIS OF PHYSICAL AND EMOTIONAL POSTURAL PATHOLOGY
APPLICATION OF ASANAS IN POSTURAL CORRECTION

PSYCHÉ

TRAINING

GOALS

STUDY AND APPLICATION OF DIFFERENT MEDITATION TECHNIQUES
OF CONCENTRATION AND DEEP RELAXATION (YOGA NIDRA)

LEARNING THE MEANING OF THE CHAKRA SYMBOLOGY
IDENTIFICATION ON THE PHYSICAL, EMOTIONAL AND PSYCHIC LEVEL

STUDY AND APPLICATION OF ASANA AND PRANAYAMA IN REFERENCE
TO PRACTICAL CONFLICT RESOLUTION STRATEGIES
IN EXCESS OR IN LACK OF FUNCTIONING OF THE CHAKRAS

EGO, WILL AND ABANDONMENT

SOPHIA

TRAINING

GOALS

HISTORY OF ORIENTAL AND INDOMEDITERRANEAN PHILOSOPHICAL
AND SYMBOLIC SYSTEMS FROM WHICH TANTRA AND YOGA WERE GENERATED

KNOWLEDGE OF DIFFERENT SCHOOLS AND YOGA TECHNIQUES
STYLES AND APPLICATIONS AND THEIR EVOLUTION OVER TIME

ESOTERICISM AND EXOTISM OF TANTRA AND YOGA

READING OF TANTRIC AND YOGIC FUNDAMENTAL SCRIPTURES: ŚIVASŪTRA,
VIJÑĀNABHAIRAVA TANTRA, TANTRA LOKA, BHAGAVADGĪTĀ,
HAṬHAYOGA PRADĪPIKĀ, YOGASŪTRA

EMPEIRIA

TRAINING GOALS

PRACTICE AND LEARNING OF THE MAIN EXERCISES OF:
WARM UP, STANDING, BALANCING, HIP-OPENER,
FORWARD BEND, TWIST, BACK BEND,
ARM BALANCE, INVERSION, RESTORATIVE

TRAINING OF BASIC PHYSICAL QUALITIES:
STRENGTH, MOBILITY, FLEXIBILITY, RESISTANCE

EXPERIENTIAL WORKSHOPS

YOGA ALLIANCE CERTIFICATION

ENRICO DE LUCA AND ZOE ASD ARE OFFICIALLY REGISTERED AND AUTHORIZED BY
YOGA ALLIANCE© AS:

E-RYT 500 (EXPERIENCED REGISTERED YOGA TEACHER)

RYS 200 (REGISTERED YOGA SCHOOL)

AND AS **YACEP®** (CONTINUING EDUCATION PROVIDER)

AFFILIATE WITH **YOGIC STUDIES**

**BY PASSING THE EXAM, PRACTICE AND ORAL, THIS COURSE GIVES ACCESS TO THE
QUALIFICATION: RYT 200**

ADMISSION REQUIREMENTS

GOOD EXPERIENCE IN THE BASIC PRACTICE OF YOGA
(OTHERWISE ANY EXPERIENCES WILL BE EVALUATED
IN DANCE, IN PILATES, IN MARTIAL ARTS
OR IN OTHER SPECIFIC BODY DISCIPLINES)
MENTAL OPENNESS
RESPECT FOR NATURE
PASSION FOR THE BODY TRUTHFUL MOTIVATION
WILLINGNESS TO KNOW AND TRANSFORM LIMITS
WILLINGNESS TO EXPERIMENT

A PRELIMINARY INTERVIEW IS NECESSARY

ACCOMPANIED BY THE APPLICATION FORM





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