

01



MEDITATION TEACHER TRAINING



02 30 HOURS certification

Course Dates:

 Weekday sessions

 NOV 22, 29
DEC 05,06,09,10

9.30 AM to 1.00 PM

 Weekend sessions

Nov 23,24
Dec : 7,8
10 am to 4pm

Workshop Structure

03

What You'll Learn:

Fundamentals of meditation and mindfulness practices

How to guide individuals and groups in meditation

Techniques for creating a calming and focused environment

The art of effective communication as a meditation teacher

- Days begin with a guided meditation, followed by in-depth discussions on meditation techniques and their benefits.
- We will also engage in practical exercises, breathing techniques, and group discussions to deepen your understanding and practice.

Sessions

Foundation of Meditation Practice

- *Welcome and Course Overview*
- *Introduction to the course structure, goals, and expectations.*
- *Guided Meditation: Breath Awareness (*
- *Introduction to breath-focused meditation based on Bhairava vijnana tantra.*
- *Lecture: History and Philosophy of Meditation*
- *Exploration of the origins of meditation, its evolution, and its role in various spiritual traditions.*
- *Discussion on how meditation has adapted to modern practices.*
- *Workshop: Creating a Meditation Space*
- *Practical tips on setting up a conducive environment for meditation.*
- *Discussion on props, ambiance, and the importance of space.*
- *Introduction to body scan meditation for relaxation and awareness and co relation with yoga nidra.*
- *Discussion on the nature of the mind, thoughts, and how meditation influences mental states according to sage patanjali.*
- *Techniques to manage distractions and cultivate mindfulness.*

Sessions

Teaching Practicum and Integration

Guided Meditation: Guided Visualization
Introduction to guided visualization techniques.

Discussion on the power of imagery in meditation.

Teaching Practicum: Leading a Meditation

Guidance on designing a meditation class series.

Group discussion on creating a curriculum that meets diverse needs.

Workshop: Crafting a Meditation Curriculum

Guided Meditation: Loving-Kindness
Introduction to loving-kindness meditation.

Group sharing on feelings and reflections.

Workshop: Voice and Presence in Meditation

Techniques for cultivating a calming voice and strong presence as a meditation teacher.

Discussion on integrating meditation techniques into daily life.

Sessions

Exploring Meditation Techniques

Guided Meditation: Mantra Meditation
Introduction to mantra meditation techniques.

Post-meditation discussion on the effects of using sound and repetition.

Lecture: Neuroscience of Meditation

Exploring scientific research on the benefits of meditation for the brain and nervous system.

Discussion on how to communicate these benefits to students.

Workshop: Leading a Meditation Session

Practical tips for guiding others in meditation.

Practice sessions with peer feedback.

Guided Meditation: Chakra

Practice of Chakra meditation.

Group discussion on challenges and breakthroughs.

Considerations in Teaching Meditation

Discussion on ethics, boundaries, and cultural sensitivity in teaching meditation.

Sessions

Deepening the Practice

Reflecting on personal practice over the week and group sharing.

Guided Meditation: Gratitude Practice meditation focused on gratitude and reflection.

Lecture: Advanced Meditation Practices Exploring deeper meditation practices such as mindfulness, insight meditation, and various others.

Discussion on when and how to introduce these practices to students.

Workshop: Adapting Meditation for Different Populations

Strategies for teaching meditation to various groups (e.g., children, seniors, those with anxiety).

Practical adjustments and modifications.

Guided Meditation: Gratitude Practice

Extended silent meditation session..

Different state of consciousness

Level of consciousness

Discussion on next steps in teaching and personal practice.

08 "We've got an
extra special
treat for you!"



*Besides the in-person
classes, we offer
captivating online
subjects for your
enlightenment.*

Online Modules

What is meditation?

Why meditate?

What meditation is not?

Basics of meditation

History of meditation

How to setup & market your meditation class (Business)

Prerequisites for any spiritual progress. - Dithi, Driti, smirti

Patanjali's 8 limbs of yoga

Five senses and sense control

Benefits & goals of meditation

Health benefits of meditation

Scientific effects of meditation on brain & nervous system.

Physiology of nervous system- alpha, beta, gamma, theta

Meditation & Religion

Meditation & Yoga

Meditation & prayer

Meditation & intuition

Meditation & Energy

Connection of heart and mind

Feeling of emotion - Tri Guna's

Opening of heart & developing devotion

Spiritual counselling suggestion

Path of enlightenment



10 COURSE FEES

AED 2250



11 LOCATION

Motor City, Dubai



Rachita

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