Meditation Teacher Training – Synopsis of Course

Dear Friends,

Originally planned for Spring 2019, we have moved this session to the Fall of 2019. I am sending this information to those who have enrolled or have expressed an interest in this training.

Application form: You can download the application form from our website. Application deadline is September 1, 2019. All applications require approval. http://www.anandawashington.org/teacher-training/mtt/

Dates: The Saturday dates are as follows:

September 14, October 5, 12, and 26, November 9 and 23.

Times: 9:30 a.m. to 6:00 p.m. on Saturdays. There is a break for lunch (we generally take turns providing a simple hearty soup, salad, etc.)

Tuition: You have the option to pay your tuition in three equal installments on the dates of September 14, October 12, and November 9. 3% fee for credit charges of $500 or more.

Institute fees: One-time enrollment is $50. Most of you will have paid this when you took the Raja Intensive for credit.

Circle of Giving: if you are in one of the three Circles of Giving, there is a special price available on the tuition. Please inquire.

Textbooks: How to Meditate (Novak) and **Awaken to Superconsciousness** (Kriyananda). (Total is about $30.) Texts are to be acquired at the beginning of the course. You should already have the **Art and Science of Raja Yoga** textbook.

Prerequisite course: The raja segment of the Raja Yoga Intensive is the prerequisite for the Teacher Training course. It can be taken before or during the Meditation Teacher Training course. It has homework, participation, and final exam requirements of its own. At the time of the first raja class you must choose to be taking the course "for credit" by enrolling in the Institute and paying the Institute enrollment fee and the raja documentation fee of $25.

Teachers: Nayaswami Hriman and various staff teachers will conduct the course. Some of our most experienced teachers include Murali Venkatrao, Nayaswami Padma, and some of our Fullness Meditation teachers.

Meditation Teacher Training Course – Overview

Expectations and certification standards:

1. Successful completion of the raja segment of the Raja Yoga Intensive

2. Attendance at all classes is required. One <u>excused</u> absence is permitted with make-up lessons at our discretion. We may ask a $25 fee for our time in conducting making material or classes. Anything more than may require waiting one year!

3. Auditing two of the four Fullness Meditation classes (at Ananda in Bothell on Tuesday mornings or Wednesday nights during the course); write a report on each of the classes. (The class for you is free as you are auditing the class.)

4. Reading assignments from our texts are given at each class.

5. The final exam is written.

6. Students take turns leading meditations (or segments thereof) for the class group.

7. Students take turns sharing, preparing, serving lunch to class group on class days.

8. You should have been meditating regularly for at least one year before this course begins.

9. This course is open to anyone who fulfills its requirements. Membership in Ananda is not required nor is Kriya Yoga taught in this course.

10. This course is designed to give you a fundamental and in-depth understanding of the basics of meditation practice for yourself or for helping / teaching others.

11. At the present time, subject to change, retaking is without charge. If re-taking the course, you may choose to fulfill outside of class requirements or not; take the final or not. But if not, then a second certificate will not be issued.

Not all students intend to teach meditation but experience shows that practice teaching enhances your understanding and personal meditation practice. In any given group, there will be those with a natural facility for teaching and others for whom that is new or not as natural. This is understandable and acceptable. The small group approach provides support for one another and the result is always positive for everyone. All students are expected to make the effort to fulfill the expectations and requirements, regardless of intention to teach. But you'll discover that it is fun and inspiring and brings with it personal growth and satisfaction.

Format: Each class alternates practice with teaching and discussion.

Location: Classes are held at the Bothell campus and (sometimes) Ananda Community in Lynnwood according to space needs of this and other classes.

Meditation Teacher Training Course – Overview

Topics and goals:

The course follows along the lines of the three stages of meditation (relaxation, concentration, and stillness). We cover the purpose, practice and effects of such universal meditation techniques as:

1. Simple movement (not hatha yoga) for stretching, energizing and relaxing
2. Sitting positions; importance of good posture;
3. Intention, invocation or prayer
4. Chanting
5. Breathing exercises (basic level only) (pranayama)
6. Watching the breath ("Hong Sau" or equivalent)
7. Creative visualization
8. Affirmation
9. Sitting in the silence

Related topics and aspects of teaching include:

1. What is meditation?
2. Who can meditate (and who should not)
3. Types of learning styles to be addressed
4. Student relations & Common questions
5. What is Ananda's Fullness Meditation system?
6. Meditation for different people or purposes
7. Benefits and cautions of meditation
8. 8-Fold Path of meditation
9. How to help and guide students
10. Basic knowledge of the chakras
11. Distinguishing beginning meditation from "advanced"

The course includes a Study Guide that has checklists and suggestions not found in the textbooks.

We do not cover:
1. Advanced pranayams
2. Hatha Yoga poses
3. The full set of Energization Exercises (taught at Ananda) **
4. Chakra meditations **

Please plan to arrive around 9 a.m. at the first class, Sept 14, in Bothell to complete the process of registration.

Blessings,   Nayaswami Hriman