

Meditation Teacher Training – Synopsis of Course

Dear Friends,

Thank you for your interest in Meditation Teacher Training from the Ananda Institute of Living Yoga located in Bothell, WA at the Blue Lotus Temple.

General. The 2021 course will be offered on a hybrid basis, combining online instruction with in-person attendance. The course can be taken 100% online or in combination, though some portions may only be online using Zoom. It will therefore be necessary that each student have reliable access to and competency with equipment, software, and online learning skills.

Application form: You can download the application form and the deadline is September 1, 2021. All applications require approval and the form can be found:

<http://www.anandawashington.org/teacher-training/mtt/>

Dates: The course is offered over ten weeks (skipping Saturday, November 6) on Tuesday nights (online) and Saturdays as follows:

Saturdays beginning September 11 and ending November 20 (skipping November 6)
Tuesdays beginning September 14 and ending November 16.

Times: Saturdays are 11 a.m. to 12:30 p.m. and 1:15 to 2:15 p.m. PST. During the lunch break and depending how many students attend in-person we might coordinate a simple hearty soup, salad, etc.) Tuesdays are online on Zoom from 7 p.m. to 8:30 p.m. PST

Tuition: \$750 + texts. For students not taking for yoga alliance 500-hour credit, \$695. You have the option to pay your tuition in three equal installments on the dates of September 11, October 9, and November 13. There is a 4% 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.

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rev Mar 2019
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Page 1
Ananda Institute of Living Yoga

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Prerequisite course: The Raja Yoga Intensive is the prerequisite for this course. It has homework, participation, and final exam requirements of its own. By class number two of the raja course, you will have to enroll in the Institute in order to take the raja course “for credit.” This entails paying the one-time, nonrefundable Institute enrollment fee and paying the raja documentation fee of \$45.

Teachers: Nayaswami Hriman and some of our most experienced teachers such as Murali Venkatrao, Nayaswami Padma, and meditation and yoga teachers such as Sita Tocco and Christina Riegel will be your MTT instructors.

Expectations and certification standards:

1. Successful completion of the raja segment of the Raja Yoga Intensive
2. Attendance at all classes is required. One excused 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 until MTT is offered again (usually once a year).
3. Auditing two of the four Learn to Meditate classes (online or in person); write a report on each of the classes. (The class for you is free as you are auditing the class.)¹
4. Reading assignments from our texts are given at each class.
5. The final exam is both written and in practice-form.
6. Students take turns leading meditations (or segments thereof) for the class group.
7. Students might take turns sharing, preparing, serving lunch to class group on Saturdays.
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.

¹ MTT meets on Tuesday nights when Learn to Meditate classes are offered. Those you can audit via the class recording. There are morning classes in Learn to Meditate as well.

Meditation Teacher Training Course – Overview

Experience shows that practice teaching enhances your understanding and personal meditation practice whether or not you ever teach others formally or informally. 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 therefore 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 either online or at the Bothell campus and (sometimes) Ananda Community in Lynnwood according to space needs of this and other classes.

Learn:

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 preparation movements of 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

Discuss:

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. The Ananda 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

Meditation Teacher Training Course – Overview

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 10.30 a.m. at the first class, Sept 11, in Bothell to complete the process of registration.

Blessings,

Nayaswami Hriman