

50-hr Cross Disciplinary Teaching Meditation in the Modern Age

Technique, Training and Practice **26 hours**

Meditation techniques for beginners and advanced students

The technique and practice of: Open and closed-eyed meditation; vipassana; metta; mantra; japa mala; walking meditation; sacred geometry; mindfulness; zazen; energy medicine; and mudra meditation

Using the power of nature to deepen the meditation effect

Earth Based mini-flows and therapeutic sequences to prepare the body for seated meditation, including support for the spine, hips, neck, ankles and feet

Use of props to support healthy seated posture

Trauma sensitive practices to support students, and assist them in releasing emotional, physical and spiritual trauma

Conscious breath work, meditations, mudras and sound healing to tone and access the power of the subtle energy body

Techniques to assess your student's readiness for meditation

Myths of meditation and how to overcome blocks to meditating

How to develop a lasting home meditation practice

Teaching Methodology **3 hours**

Small group exploration, discussion and experiential activities

Creating an inclusive and compassionate learning environment with sensitivity to unique student needs

Encouraging student creativity and self-determination

Communication; the lost art of listening; giving and receiving feedback

Anatomy and Physiology **3 hours**

The neuropsychology and physiology of meditation

The role of meditation as it relates to the Autonomic Nervous System (fight, flight, freeze or fake it response) and survival

Altered states of consciousness and changes to the central nervous system

Philosophy **12 hours**

Why we meditate: the theory of multi-purpose meditation

Understanding common meditation myths

The healing benefits of silence: The benefits, cautions and contraindications of meditation

Emotional awareness and the role of heart coherence to access inner guidance

The addiction to adrenaline in modern society; meditation as an antidote

Swadhyaya: Self study and personal reflection on your relationship with self, as accessed through meditation

Professional and ethical practices

Practicum **6 hrs**

Practice teaching in small groups

Design and teach a meditation experience

40 Contact hours/ 10 non-contact hrs with Tamika Schilbe, E-RYT 1000 and Carolyn Burke, E-RYT 1000

****Can choose between this course or 50-Hour Beyond the Basics: The Subtle Energy Body, 50 hr Yoga Anatomy Essentials, 50 hr Beyond the Basics: Advanced Asana, and 50 hr Hands On Assists, to make up the 150 hours required for 300/500 hour Cross-Disciplinary Yoga Teacher Training.**