



Meditation Practice & Advanced Teaching Skills Course

Deepening Personal Practice • Mastering the Art of Teaching Meditation

This intensive 50-hour training is designed for meditation teachers, yoga teachers, therapists, and serious practitioners who wish to deepen their meditation practice while developing advanced teaching skills rooted in authentic contemplative traditions.

The course combines personal practice, teaching methodology, group facilitation, and the subtle art of transmitting meditation with clarity, confidence, and depth.

Course Duration

 17 15 Saturday

Schedule

 Every Sunday

10:00 AM – 1:00 PM

Total Training Hours: 50 Hours

Eligibility

Applicants should possess at least one of the following qualifications:

- Minimum 1-Year Diploma in Yoga or Meditation
 - Minimum 200-Hour Yoga Teacher Training Certificate (YTTC)
 - B.A./B.Sc. in Yoga
 - M.A./M.Sc. in Yoga
 - Ph.D. in Yoga or related field
 - Previous meditation training or regular meditation practice
 - Any equivalent recognized qualification
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Course Modules

Class 1 – Foundations of Meditation

- What is Meditation?
- Understanding Dharana, Dhyana and Samadhi
- Common misconceptions about meditation
- Teacher's role in meditation instruction

Class 2 – Establishing Personal Practice

- Building a stable meditation practice
- Discipline and consistency
- Obstacles in meditation
- Developing the meditator's mindset

Class 3 – Meditation Posture & Preparation

- Sitting positions and alignment
- Preparing body and mind for meditation
- Use of props and supports
- Creating conducive conditions for practice

Class 4 – Breath Awareness Meditation

- Principles of breath awareness
- Teaching breath observation techniques
- Common student difficulties
- Progressive practice development

Class 5 – Relaxation as Preparation for Meditation

- Deep relaxation techniques
- Body awareness practices
- Guided relaxation methodology
- Transition from relaxation to meditation

Class 6 – Sound-Based Meditation Techniques

- Nada Awareness practices
- Mantra meditation fundamentals
- Teaching sound and vibration practices
- Use of silence

Class 7 – Trataka & Concentration Practices

- Principles of concentration training
- Candle-gazing (Trataka) methodology
- Internal and external concentration practices
- Safety and precautions

Class 8 – Mindfulness & Awareness Practices

- Present-moment awareness
- Witness consciousness
- Teaching mindfulness effectively
- Managing wandering thoughts

Class 9 – Advanced Meditation Techniques

- Antar Mouna practices
- Ajapa Japa fundamentals
- Awareness-based meditations
- Progressive stages of practice

Class 10 – Guiding Meditation Sessions

- Structure of a meditation class
- Creating effective guided practices
- Language and pacing
- Managing silence skillfully

Class 11 – Communication & Teaching Presence

- Voice modulation and tone
- Teacher's presence and energy
- Building confidence as a meditation teacher
- Holding space for practitioners

Class 12 – Managing Students & Group Dynamics

- Working with beginners
- Managing diverse groups
- Responding to challenges during meditation
- Student support and guidance

Class 13 – Meditation Ethics & Teacher Conduct

- Teacher-student relationship
- Boundaries and responsibilities

- Ethics in meditation teaching
- Maintaining authenticity and humility

Class 14 – Preserving the Essence of Meditation

- Meditation beyond technique
- Cultivating depth and sincerity
- Avoiding commercialization of meditation
- The inner qualities of a meditation teacher

Class 15 – Practical Teaching Assessment

- Conducting a complete meditation session
 - Individual teaching evaluation
 - Feedback and refinement
 - Personal development plan
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Advanced Teaching Skills Covered

- How to begin and conclude a meditation session
- Creating a powerful meditative atmosphere
- Voice training for meditation teachers
- Art of guided meditation
- Effective use of silence
- Handling questions and doubts
- Public speaking and confidence building

- Group facilitation skills
 - Managing emotional responses in students
 - Professional development as a meditation teacher
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Meditation Practices Included

- Breath Awareness Meditation
 - Diaphragmatic Breathing Awareness
 - Trataka Meditation
 - Nada Awareness Meditation
 - Mantra Meditation
 - Ajapa Japa
 - Antar Mouna
 - Mindfulness Meditation
 - Witness Awareness Practices
 - Guided Relaxation & Meditation
 - Silence-Based Meditation Practices
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Course Outcome

Upon successful completion of this training, participants will be able to:

- ✓ Establish and maintain a deeper personal meditation practice
- ✓ Teach meditation confidently and professionally

- ✓ Guide individuals and groups through meditation sessions
 - ✓ Handle common challenges faced by meditation students
 - ✓ Create a safe, authentic, and transformative meditation environment
 - ✓ Preserve and transmit the true spirit of meditation traditions
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Certification

A **50-Hour Meditation Practice & Advanced Teaching Skills Certificate** will be awarded upon successful completion of the training and practical assessment.



"Meditation is not merely a technique to be taught; it is a state of being to be shared."