

# Teaching Meditation



**A training module for qualified and student teachers**

**Sheffield Autumn 2022**

## Who is this Training For?

This training is for dedicated practitioners of meditation.

You are also a teacher or student teacher of yoga, seeking an in depth and systematic approach to meditation through daily sadhana (practice), personal development and reflection.

Ideally you will have a **minimum of 4 years** of regular practice.

You are not expected to be teaching meditation during the course. The course will offer a systematic structure for your own experience which will, in time, feed into your teaching.

## About the Course

The course will aim to create firm foundations for the experience and teaching of meditation techniques. We will explore meditation within the wider context of yoga and how it is both a natural process and an extension of an asana and pranayama practice based on the quality of awareness.

An understanding and experience of the nature and necessity of pratyahara will be integral.

It will be sadhana based, **all participants will be expected to commit to a given daily home practice including asana, pranayama and meditation of about one hour**. This is an essential commitment which will begin one month before the first weekend of the course, and continue until at least one month after the last meeting. Reflective practice will be encouraged, and support and guidance will be available throughout.

*You are advised not to undertake any other course during this time so you can give this process your full focus and commitment. This will enable an appreciation and clear evaluation of the effects of these techniques and sadhana on the body, mind and your daily life. Doing too many different practices leads only to an absence of depth.*

Learning from one's own experience of sadhana and practice will be key. Self-acceptance and honesty will be an essential part of this journey.

Various techniques will be explored; grounded in asana, pranayama and other lesser-known practices from the yoga tradition, giving an integrated system and approaching meditation in a classical and systematic way.

The training will be based on practices developed through the Bihar School of Yoga.

Sadhana will be given prior to the course and after each weekend. Recordings of all practices from the sessions will be provided via online storage for home practice.

### **The course will cover:**

- The necessity for personal experience and systematic sadhana
- Grounding the practice and teaching of meditation in asana and pranayama
- Creating practical foundations for the teaching of meditation techniques
- Working with the body and breath as the vehicles of meditation
- The raja yoga of yama and niyama and their relationship to meditation
- Yoga psychology, the mind and the experience of pratyahara
- Systematic development and progression of techniques
- The principles of moving from the gross to the subtle
- The techniques of kaya sthairyam (body stillness) and antar mouna (inner silence)
- The use of sound, mantra and breath as meditation tools

### **Main Reference Texts:**

- ॐ *Asana Pranayama Mudra Bandha* - Swami Satyananda Saraswati
- ॐ *Meditation from the Tantras* - Swami Satyananda Saraswati
- ॐ *Prana and Pranayama* - Swami Niranjanananda Saraswati
- ॐ *Dharana Darshan* - Swami Niranjanananda Saraswati

### **Additional Reading:**

- ॐ *A Systematic Course in Yoga and Kriya* by Swami Satyananda
- ॐ *Hatha Yoga Pradipika* by Swami Satyananda
- ॐ *Sure Ways to Self Realisation* by Swami Satyananda
- ॐ *Practical Yoga Psychology* by Rishi Vivekananda,

A few suggestions to an endless list...

- ॐ *The Roots of Yoga* by James Mallinson and Mark Singleton
- ॐ *Vedantic Meditation* by David Frawley
- ॐ *Doing Nothing* by Stephen Harrison
- ॐ Scandinavian School of Yoga and Meditation website - [www.yogameditation.com](http://www.yogameditation.com)
- ॐ *Yoga, Tantra and Daily Life* by Swami Janakananda
- ॐ *Wherever You Go There You Are* by John Kabatt-Zinn
- ॐ *The Blissful Brain* by Dr Sheida Nataraj
- ॐ *The Body Keeps the Score* by Bessel Van Der Kolk
- ॐ *The Tao Te Ching* – Shambala publication is good
- ॐ *A Path With Heart* by Jack Cornfield
- ॐ *The Tao of Pooh* by Benjamin Hoff

....there are of course many more...

## Dates & Details :

- 17<sup>th</sup> & 18<sup>th</sup> September 2022
- 15<sup>th</sup> & 16<sup>th</sup> October
- 26<sup>th</sup> & 27<sup>th</sup> November

Saturdays are 10.00 – 5.00pm.

Sundays are 10.00 – 4.00pm

Venue : Sheffield Yoga School, South Road, Sheffield, S6 3TA

Cost : £495.00

Deposit : £150.00

## What participants in the 2020 course said:

*Every part of the course was so well thought out and put together. The course definitely exceeded my expectations and is continuing to assist me with my own healing and growth.*

*Deanna*

...teaching method is very authentic, detailed and well thought out and it's very obvious that you have experienced in depth everything you are teaching. The detail in your teaching is incredible

over three months allowed the practices to develop and for me to really take a look and observe what is happening.

*Rhona*

*The supporting documentation I thought was good – clear, to the point and a helpful summary of the weekend...Your experience as a teacher was obvious and you were generous with your teaching, your knowledge and experience.*

*Overall a really great course, interesting, informative and I have got so much out of it...looking forward to the next one!*

*Gabrielle*

This course has taught me that there was so much that I was not fully exploring, or just taking for granted about the meditation process. I felt provoked and challenged by the course – in a good way and in a way that I perhaps did not expect.

A core strength of the course was really the strong sense of integrity, commitment and discipline that you communicated by your presence – I felt very confident and inspired that I was being taught by someone who *really* knew the practice from a sense of deep, sustained commitment to that practice.

*Emma*

*I have found most beneficial a systematic approach being explained to me thoroughly and in turn this becoming part of my day after very quickly realising how helpful this is. This has been such a pleasure to be part of. I cannot praise this course enough*

*I have a lot of respect for the amount of knowledge our tutor has and the way this was delivered in a very human/humble way. I have gained a lot of insight into the stages of working towards meditation This course has given me the tools to get to know myself more and for this I am extremely grateful.*

Kay

I think this contact, combined with detailed, structured 'homework' practices, has kept me much more involved and invested in this course than other courses I've attended before spread over multiple weekends

I've found this course to be extremely useful in terms of providing just what I needed. I think the most useful and powerful aspect was to spend so much time systematically building up working with antar mouna...this is so useful moving forwards and has fundamentally changed my approach to meditation

Laura

*Thank you for this course, it has made a profound difference both to my own practice and my attitude to yoga – I have found the regular sadhana made the biggest impact.*

Sue

I have no suggestions on how this course could be improved, it was wonderful in every way for me.

Adele