

WHAT IS MEDITATION?

Meditation encompasses an amazing number of approaches. It is becoming more and more popular because of proven physical health and mental well-being effects and is being introduced in schools, corporations, medical centers and other venues because of its profound benefits. These courses introduce you to a variety of meditative paths from Yoga, Buddhism, and other heritages, giving you the skills to select and apply the best method for a variety of group and one-on-one situations.

Your instructors for this program trained directly in the Bihar School of Yoga lineage and other meditative traditions. Each module will provide you with a firm foundation of classic practices along with access to the latest research and developments in these valuable, universally applicable techniques.

CONTINUING EDUCATION

Yoga Alliance teachers earn 16 hours for each module with options to earn more! Attend in person for contact CEUs or live, via webinar, for non-contact CEUs.

These modules may qualify for CPDs with other accrediting organizations. Inquire for details.

ABOUT US

Dharma Kshetra Yoga was founded with the goal of providing high-quality, accessible Yoga resources to students of all abilities and levels of experience. Whatever your interest, our committed and exceptionally trained instructors are ready to support you in reaching your goals.

Atmadarshan Laura Santoro, E-RYT500, C-IAYT, AYT-L2, started training Yoga teachers in 2004 with the Yoga Academy of North America (YANA). She has worked and published in the field of psychiatry, and is particularly passionate about sharing Yoga Psychology and making the wisdom teachings of Yoga accessible to all.

Niyatara Cathy Prescott, E-RYT500, C-IAYT, NAMA, has been with Integrative Yoga Therapy since 2001, serving as faculty, mentor, and assistant for their 800-hour Yoga Therapist Training Program. She was also on YANA's staff from 2015-2017.

Both Atmadarshan and Niyatara helped develop and were instructors for YANA's Pranayama & Meditation Teacher Training Program.

The yoga therapy components of our courses are based on our C-IAYT credentials through the International Association of Yoga Therapists, not derived from our status as E-RYT500 instructors with Yoga Alliance.

Meditation Teacher Training

2019-2020



**Dharma
Kshetra
Yoga**

DharmaKshetraYoga.com

216.862.7463



MEDITATION TEACHER TRAINING - get the knowledge, experience and tools you need!

Module 1

Foundations of Practice

Learn how to introduce basic meditation practices that prepare your students to succeed. Get an overview of distinct types and traditions of meditation, the theory and science behind the technique, anatomy and physiology to enhance understanding and practice, and professional guidance in how to set up individual classes and longer courses. You will also receive a set of recordings for your own reference and development.

Module 2

Advancing the Practice

Explore more progressed and advanced practices and the yogic writings (Yoga Sutras of Patanjali, Bhagavad Gita, Dharana Darshan) from which they are derived. Gain the skills to tell if your students are truly ready to progress and to support them when they encounter difficulties. Expand your marketing reach by learning about different platforms to provide your classes. There will be some reading required BEFORE you attend this weekend.

Module 3

Yoga Therapy Applications

Discover how to adapt meditations for different age ranges and health conditions. Understand how to adapt the practices for trauma and for one-on-one versus group situations. Get a handle on how to use technology to enhance your students' experience. Receive training in how to use Yoga Nidra as a transformative, healing meditation. Find your unique teaching style while expanding your potential and gaining confidence in your skills.

TRAINING DATES

- IN PERSON, DISTANCE & OTHER OPTIONS AVAILABLE -

December 14-15, 2019

ENROLLMENT DEADLINE: Dec 7, 2019 *
16 hours: 9am-6pm Eastern
Perequisite: None

February 22-23, 2020

ENROLLMENT DEADLINE: Feb 15, 2020 *
16 hours: 9am-6pm Eastern
Perequisite: Module 1 or RPL

(RPL: Recognition of Prior Learning is available for those who have completed YANA's Pranayama & Meditation Training.)

April 25-26, 2020

ENROLLMENT DEADLINE: Apr 18, 2020 *
16 hours: 9am-6pm Eastern

Prerequisite: Modules 1 & 2 and completion of the Yoga Therapy Track Workbooks (\$49 ea)

COURSE TUITION

- Manuals Provided -

- Recordings Provided -

\$329 **

FREE mentored student teaching, a \$108 value, when you register and pay for this module by Oct 19, 2019.

OPTIONAL Yoga Therapy Track \$49

** CLE Yoga Teachers' Kula members: \$295

\$359

FREE mentored student teaching, a \$108 value, when you register and pay for this module by Jan 4, 2020.

OPTIONAL Yoga Therapy Track \$49

* PLEASE NOTE: \$25 late charge for enrollments after the deadline.

\$399

DISCOUNT:
register and pay for all 3 modules by Dec 15, 2019 - pay only \$979!

For a detailed course syllabus and more information, please visit www.DharmaKshetraYoga.com.