

				Complete BEFORE Class		Complete BEFORE Class	
Saturdays 11 a.m. to 2:15 p.m. (lunch break 12.30 to 1:15)				READING		VIDEO/AUDIO	READING
Tuesdays online only 7 to 8.30 p.m.				How to Meditate - HTM			Study Guide
Class #	Day	Date	Topic	Topic	Awaken to SuperConsciousness ASC		Chapters
1	Saturday	9/11/2021	Orientation	Self-introductions			
			What is Meditation?		HTM: Chapters 1 & 2	When to Meditate	Chapters 1 - 5
2	Tuesday	9/14/2021	Spiritual Eye	Why Teach?		Where? Altar?	
3	Saturday	9/18/2021	Who can or cannot meditate?	Stages of Meditation	ASC Chapter 2 Raise Consc.	How to Sit?	Chapters 6 - 10
4	Tuesday	9/21/2021	Preparing for giving a class	Pranayama			
5	Saturday	9/25/2021	1st Phase of Meditation: Relaxation Energization - Circle of Joy - etc	Superconscious Living Exercises	HTM Chapters 3 & 4, 11		
6	Tuesday	9/28/2021	Visualization				Chapter 14
7	Saturday	10/2/2021	2nd Phase: Interiorization Concentration	Hong Sau technique	HTM Chapter 5		Chapter 16
8	Tuesday	10/5/2021	con't				
9	Saturday	10/9/2021	3rd Phase: Silent Expansion Guest: Murali	Science of Meditation Scriptural Origins of Meditation	HTM Chapter 6 ASC Chapter 1 & 3	Superconsciousness	Chapter 18
10	Tuesday	10/12/2021	Affirmations, prayers & devotion				

11	Saturday	10/16/2021	Using the Voice	Chanting	ASC Chapter 13	Satsang	Chapters 12 & 13
						Kundalini	
12	Tuesday	10/19/2021	Problem Students				
13	Saturday	10/23/2021	Commonly Asked Questions	Learning Styles	ASC Chapter 4	Paths of Yoga	Chapter 20 - exhibit
14	Tuesday	10/26/2021	Ethics - Student Relations		ASC Chapters 6-9		Chapters 9 & 17
15	Saturday	10/30/2021	8-Fold Path : Patanjali	Chakras	HTM Chapters 12 & 13	Survey of Med Styles	Chapters 15 & 23
					ASC Chapter 5		
16	Tuesday	11/2/2021	Using Zoom		ASC Chapters 10-12		
17	Tuesday	11/9/2021	Where to Teach?		HTM Chapter 10	Beliefs Guru	
18	Saturday	11/13/2021	Intuitive Counseling Guest teacher: Padma	Who am I as a teacher? Practice counseling	ASC Chapters 14-17		Chapter 22
19	Tuesday	11/16/2021	Meditation in Daily Life		ASC Chapter 18	How Swami Taught	Chapters 11 & 19
20	Saturday	11/20/2021	FINAL EXAM				
PC code # 2900		contacts:	Hriman@anandaWA.org friends@anandaWA.org	Sita@AnandaWA.org office: 425 806 3700	Heidi@AnandaWA.org www.AnandaWA.org	Christina@AnandaWA.org 9/10/2021 11:14	