

# **Meditation Teacher Training (MTT) Course Overview**

## **Ananda Institute of Living Yoga**

*Dear Friend,*

*Thank you for your interest in Meditation Teacher Training with the Ananda Institute of Living Yoga.*

**Dates:** Saturdays, September 16 & 30; October 14 & 28; November 4 & 18

**Times:** Saturdays begin at 10:30am and end at 5:30pm.

For those taking the course for Yoga Alliance (YA) credit, class begins at 9am (with the 9am yoga class) and ends at 5:30pm.

There will be a lunch break and for those attending in-person and we will coordinate a simple, vegetarian lunch.

**Location:** The course will be offered in-person at the Ananda Blue Lotus Temple in Bothell, Washington. The course may be taken 100% online via Zoom. For those taking the course online, it is necessary that you have reliable access to and competency with a computer, internet, and online learning skills.

**Prerequisite course:** The Art and Science of Raja Yoga is the prerequisite for this course. It has homework, participation, and final exam requirements of its own. You will need to have or will have to take this course “for credit.” This entails a one-time documentation fee of \$45.

**Tuition:** \$695 plus texts. For those taking the course for YA credit, the tuition is \$750. You have the option to pay your tuition in three equal installments on the dates of September. There is a 4% fee for credit card charges of \$500 or more.

**Institute fee:** One-time enrollment is \$50. Most of you will have paid this when you took the Raja course.

**Circle of Giving:** If you are in one of the three Circles of Giving, there is a special price available on tuition. Please inquire.

**Textbooks:** *How to Meditate* (Jyotish Novak) and *Awaken to Superconsciousness* (Swami Kriyananda.) The total for both texts is about \$30. Texts are to be acquired at the beginning of the course. You should already have the *Art and Science of Yoga* textbook.

**Yoga Alliance accredited course:** Those who have graduated with a 200-hour Yoga Teacher certificate may take this course for 55 hours toward your 500-hour certificate with the Ananda Institute of Living Yoga. Or, you may take this course for 55 hours of CE's with Yoga Alliance. You may not do both at the same time, however.

**Teachers:** Nayaswami Hriman and Ananda Meditation Teachers Sita Tocco (RYT 500, E-RYT 200, YACEP) and Robyn Mattis with guest teachers Nayaswami Padma and Murali Venkatrao, PhD (E-RYT 500, YACEP.)

**Application form:** The application form can be found online at [www.anandawa.org/teacher-training/mtt/](http://www.anandawa.org/teacher-training/mtt/). You may complete the form online, download and print it and return it to us, or pick up an application at the Ananda Blue Lotus Meditation Temple. The application deadline is September 9, 2023.

### **Expectations and Certification Standards:**

1. Successfully completion of the Raja segment of the Art and Science of Raja Course.
2. Attendance at all classes is required. One excused absence is permitted with make-up lessons at our discretion. We may ask for a \$25 fee for our time in conducting make-up material or classes. Anything more than that may require waiting until MTT is offered again (bi-annually.)
3. Auditing two meditation classes (online or in-person) is required. At the start of MTT, you will choose two classes to attend (for free) and be asked to complete a feedback form after each class.
4. Reading assignments from the texts are given at each class.
5. The final exam is both written and in practice-form.
6. Students take turns leading meditations (or segments thereof) for the class group.
7. Students might take turns sharing, preparing, and serving lunch to the class group on Saturdays.
8. You should have been meditating regularly for six months to one year before this course begins.
9. The course is open to anyone who fulfills its requirements. Membership at Ananda is not required, nor is Kriya Yoga taught in this course.
10. The course is designed to give you a fundamental and in-depth understanding of the basics of meditation practice for yourself or for helping/teaching others.

11. At the present time, subject to change, retaking is without charge. (If you are taking for Yoga Alliance credit, you will need to pay the \$55 documentation fee, however.) If re-taking the course, you may choose to fulfill outside of class requirements or not; take the final or not. But if not, then a second certificate will not be issued (nor will you receive YA credit.) Please note, retakers are expected to attend all classes and not attend as a drop-in here or there.

Experience shows that practice teaching enhances your understanding and personal meditation practice whether you teach others formally or informally. In any given group, there will be those with a natural faculty for teaching and others for whom this is new or not as natural. This is understandable and acceptable. The small group approach provides support for one another and the result is always positive for everyone. All the students are expected, therefore, to make the effort to fulfill the expectations and requirements, regardless of intention to teach. But you'll discover that it is fun and inspiring and brings with it personal growth and satisfaction.

### **Some of what we will explore:**

This course follows along the lines of three stages of meditation (relaxation, concentration, and stillness.) We cover the purpose, practice, and effects of such universal meditation techniques as:

1. Simple preparation movements of stretching, energizing, and relaxing
2. Sitting positions and the importance of good posture
3. Intention, invocation, or prayer
4. Chanting
5. Breathing exercise or pranayama (basic level only)
6. Watching the breath ("Hong Sau" or equivalent)
7. Creative visualization
8. Affirmation
9. Sitting in the silence

Other explorations:

1. What is meditation?
2. Who can meditate (and who should not)
3. Types of learning styles to be addressed
4. Student relations and common questions

5. Meditation for different people of purposes
6. Benefits and cautions of meditation
7. 8-fold Path of meditation
8. How to help and guide students
9. Basic knowledge of the chakras
10. Distinguishing beginning meditation from advanced
11. Where to teach? And tips for teaching online
12. The science of meditation and the breath

**We do not cover:**

1. Advanced pranayamas
2. Hatha Yoga poses
3. The full set of Energization Exercises (taught at Ananda)
4. Chakra meditations

Blessings,

*Nayaswami Hriman and your meditation teachers and staff*

Questions?

Please visit call the Ananda Blue Lotus Meditation Temple at 425-806-3700 or email [sita@anandawa.org](mailto:sita@anandawa.org).

Ananda Blue Lotus Meditation Temple

22305 Bothell-Everett Hwy

Bothell, WA 98021

