

Meditation Teacher Certification Program Spring/Summer 2023

Program Outline

1. Teaching Meditation
2. What Meditation is.
3. What Mindfulness Really Is!
4. Principles of Equanimity and Emptiness.
5. Different types of Meditation (Metta, Tonglen, Vipassana, healing, walking, eating, shamatha, Shikantaza, touchpoint, koan, sound, ...)
6. From Single-Pointed Concentration to Tranquil Abiding (Shamatha).
7. From Tranquil Abiding to Insight (In-Depth Analysis).
8. Overcoming Overactive Mind and Fatigued Body.
9. Working with Obstacles, Distractions and Dispersion of Awareness.
10. Eight Consciousnesses and Their Importance During Meditation.
11. Exploring Different Stages of Meditation: Mindfulness, Equanimity, Single-Pointed, Insight, Emptiness, Wisdom...
12. Perfection of Wisdom.
13. Practicing and teaching different types of meditation.
14. History of the Meditation Movement.
15. Zen schools (Rinzai, Soto, ...), and Practice of Zazen (koans, Shikantaza, satori, ...).
16. Teaching Meditation.
17. Designing Meditation Course.

Suggested Readings:

'Zen Mind, Beginner's Mind', by Shunryu Suzuki
'The Universe in a Single Atom', by Dalai Lama
'Stages of Meditation', by Kamalashila with Dalai Lama commentary
'Perfection of Wisdom', by Gelek Rimpoche

Additional readings will be provided in the form of notes and other material in pdf format.

Certification Requirements:

1. 108-Day Personal Meditation Commitment.
2. Completion of Meditation Teacher Certification Program.
3. Completion of short written quizzes.
4. Teaching short meditation sessions to the group.
5. Writing a final essay "My Personal Meditation Journey"

The program is registered with Yoga Alliance (75 CEUs).

Wind of Prana International School of Yoga Science Programs

Program Logistics

- Online live sessions will take place on Sundays at 14:00 GMT.
- There will be 5-7 bi-weekly sessions, 75 minutes each.
- Session notes and other material will be provided before the sessions.
- All sessions will be recorded and placed in the student's folder.
- Program can be taken as self-paced (using sessions' recordings)
- Four 15 min personal meetings with the teacher to be scheduled by each participant (via zoom or WhatsApp), at your local time.
- Your questions via email, and text messages will be promptly answered.
- Program duration: 108 Days.
- The program is registered with Yoga Alliance.
- Participants will receive a certificate of completion and 75 CEUs.

Program Requirements

- Committing to the 'Rest-of-My-Life Meditation Commitment'.
- Participation in live sessions.
- Group meditation lead by the students (later in the course).
- Reading assignments from selected resources (provided).
- Response to contemplations provided during the course.
- Four 15 min one-on-one sessions with the teacher on your progress (at your local time).
- Completing short quizzes.
- Write an essay on a selected topic during the course.
- Write an essay about your experience at the end of the course.

Participants will receive:

- Logistical information.
- 5-7 live online sessions.
- Live sessions notes.
- Reading material associated with meditation and spiritual pursuit.
- Periodic inspiring short messages.
- Teacher's assistance and consultations.
- Certificate of Completion.
- Bonus: 108-Day Meditation Guide with Daily Inspiring Messages

Program Tuition: \$225 (payment plans are available)