



A U S T R A L I A N yoga academy

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Meditation Teacher Training Prospectus 2017

Thank you for your interest in AYA's meditation teacher training program.

We are excited to offer this comprehensive teacher training program.

Our course prepare aspiring teachers to become mindful leaders ready to take up a variety of professional roles within the community and make a genuine difference in people's lives by delivering authentic, evidence-based mindful meditation courses.

Focused on developing the teacher's personal practice and understanding of meditation in the context of contemporary society, this course is a transformational journey that will be beneficial for aspiring teachers or those wishing to deepen meditation practice for personal reasons alike.

Explore the fascinating roots of meditation, become familiar with the growing evidence base for the benefits of mindful meditation, while developing essential teaching skills to confidently deliver secular meditation trainings in a variety of settings.

Mindfulness meditation has been quantified as having lasting positive effects on wellbeing, quality of life, performance and happiness, as demonstrated by a plethora of academic research across fields such as psychology, neuroscience and medicine. With so much scientific support for the benefits of meditation as a remedy for the negative effects of stress, there is a widespread need for trained professionals to share meditation with the broader community.

Our meditation course is suitable all people both those who want to teach meditation to others and those who wish to develop a comprehensive understanding of meditation for personal reasons.

'Mindfulness is paying attention in a particular way, on purpose, in the present moment and nonjudgmentally.' Jon Kabat- Zinn.

Meditation Teacher Training – 50 Hours

Learn about the rich history of meditation, explore a range of meditation techniques, develop essential communication and language skills used to guide meditation, differentiate active/passive, informal and formal meditations, create your own unique and authentic meditation scripts, develop valuable skills and knowledge of meditation as a mind-body medicine.

Module 1: Introduction to Teaching: Language, Timing, Scripts

Module 2: The History of Meditation &

Module 3: Vedic, T.M, Visualization: Focused Awareness Practice & Teaching

Module 4: Meditation as Mind Body Medicine & Mindfulness Based Interventions

Module 5: Yoga, Sufism, Osho: Dynamic Meditation Practice & Teaching

Module 6: Anatomy and Physiology - Brain, Body, Breath

Module 7: Course and Class Design

Module 8: Introduction to Inquiry and Mindful Communication

MTT Course Details

Where

AYA Prahran Studio – 1b St Edmonds Road.

Dates

Saturday 18th November 9.30am - 5pm

Sunday 19th November 9.30am - 5pm

Friday 24th November 6.30pm - 9.30pm

Saturday 25th November 9.30am - 5pm

Sunday 26th November 9.30am - 5pm

Friday 1st December 6.30pm – 9.30pm

Saturday 2nd December 9.30am - 5pm

Sunday 3rd December 9.30am - 5pm

Meditation Teacher Training Fees

Regular Fee: \$1650

Early Bird Special \$1450 (until 31st August)

As places are limited, fees are non-refundable.

How do I Apply?

Please visit the workshops page of our website and enrol online.

Teacher Bio

Phoebe Kiddo has been practicing meditation for over 15 years. She first learned Tibetan Buddhist meditation following a traumatic injury, as a means to manage pain naturally. From this experience, love and appreciation for meditation grew into a life pursuit of learning and teaching methods to gracefully move through life's ups and downs. She has taught yoga and meditation for over 10 years now across Australia, the U.S.A. India and Europe and since explored Zen, Vedic, Mindfulness, Tantric and Osho's meditations.

As a hobbyist neuroscientist Phoebe brings much accessible, science based research to her teaching. She believes that with the capacity to direct consciousness comes happiness, creativity and flow. Phoebe is dedicated to sharing the benefits of meditation with the broader community and therefore she takes a non dogmatic approach to teaching, making meditation relevant to all. As an artist Phoebe uses meditation as a means to connect with abstract ideas, overcome blocks and renew inspiration. Phoebe is based in Berlin, Germany and is an AYA graduate.