



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

1B St. Edmonds Road, Prahran, 3181  
www.australianyogaacademy.com  
info@australianyogaacademy.com  
Ph: 9510 7474

## **Meditation Teacher Training Prospectus 2018**

Thank you for your interest in AYA's Meditation Teacher Training Program.

We are excited to offer the only multimodality meditation teacher training program currently available in Australia. Our comprehensive course prepares 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 meditation.

Our teacher training program focuses on developing the teacher's personal practice and understanding of a variety of meditation practices context of contemporary society. You will explore the fascinating roots of meditation, become familiar with the growing evidence base for the benefits to health and well-being, while developing essential teaching skills to confidently deliver secular meditation trainings in a variety of settings.

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.

Facilitated by inspired meditation practitioners, this training is a transformational journey that will be beneficial for aspiring teachers or those wishing to deepen meditation practice for personal reasons alike.

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 – 1b St Edmonds Road.

**Dates: We are running 2 courses in 2018 in April and October as below.**

#### **APRIL 2018**

Saturday 7<sup>th</sup> April 9.30am - 5pm

Sunday 8<sup>th</sup> April 9.30am - 5pm

Friday 13<sup>th</sup> April 6.30pm - 9.30pm

Saturday 14<sup>th</sup> April 9.30am - 5pm

Sunday 15<sup>th</sup> April 9.30am - 5pm

Friday 20<sup>th</sup> April 6.30pm – 9.30pm

Saturday 21<sup>st</sup> April 9.30am - 5pm

Sunday 22<sup>nd</sup> April 9.30am - 5pm

#### **OCTOBER 2018**

Saturday 17<sup>th</sup> November 9.30am - 5pm

Sunday 18<sup>th</sup> November 9.30am - 5pm

Friday 23<sup>rd</sup> November 6.30pm - 9.30pm

Saturday 24<sup>th</sup> November 9.30am - 5pm

Sunday 25<sup>th</sup> November 9.30am - 5pm

Friday 30<sup>th</sup> November 6.30pm – 9.30pm

Saturday 1<sup>st</sup> December 9.30am - 5pm

Sunday 2<sup>nd</sup> December 9.30am - 5pm

## **Meditation Teacher Training Fees**

Regular Fee: \$1650

Early Bird Special \$1450

(until 3<sup>rd</sup> March 2018 for April Course and 15<sup>th</sup> October for November course)

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.