



Meditation Teacher Training 80 Hours – 2 Months Part Time

Thank you for inquiring about studying with the Australian Yoga Academy (AYA).

AYA's Meditation Teacher Training Program is accredited both Australia wide and internationally by Yoga Alliance, meaning you can bring your qualification with you anywhere in the world.

AYA is an industry leader in the provision of yoga and meditation teacher training qualifications and in continuing professional development. We have been training extraordinary teachers since 2005, so you can trust that you will receive the highest standard of training available when you train with us. Upon completion of our teacher training program, you will be extremely well placed to create an amazing career anywhere in the world.

With so much upheaval in the world right now, meditation is more required than ever to assist us to stay calm and present. So, there has never been a better time to do Meditation Teacher Training than right now!

AYA's Meditation Teacher Training program is a transformational journey of growth and development, that will assist you to deepen your personal practice and develop the teaching skills required to share the blessing of meditation with others.

Our MMT program will provide you with a thorough foundation in a wide range of meditation practices from various traditions and plenty of practical teaching experience during the course so that you are ready to go upon completion.

Places in our courses fill in advance of the commencement date, so once you have made a firm decision it is best submit your application, so you do not miss out.

If you have any questions, please do not hesitate to call or email us.

Namaste,
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MTT Course Outline

Modules below to be delivered in 5 full days on Sunday's 8am to 5pm
(see dates at the end of this document).

1. History & Philosophy of Meditation

Together we will explore the origins and migration of meditation practices from the Eastern Wisdom traditions through to contemporary modern-day secular practices. Touching upon philosophical concepts and aspects of Buddhist thought through the practices of *Shamatha* and the *Four Foundations of Mindfulness* we can observe the important roles in which *attention* and *introspection* play in both non-secular and secular meditation practice.

2. The Science of Meditation

For millennia meditation practitioners have delved inwards, investigating the nature of phenomena, body and mind asserting astonishing discoveries relating to both the physical and non-physical aspects of existence, some of which are now shared by quantum physics. Over recent decades, scientific inquiry has continued to unveil the remarkable benefits of meditation, enhancing aspects of our behavior, emotional regulation and mental well-being, as well as improving, repairing and rewiring immune and brain function. With insights such as these, we now see the interfacing of meditation practice within therapeutic and clinical settings.

3. The Psychology of Meditation

This module will help you gain a rich understanding of how the brain works, changes, and responds to different experiences and environments. Diving into the fast-growing neuroscience that leads our way into discovering meditation tools and techniques that have been taught in Buddhist traditions for thousands of years.

4. Mindfulness Meditation

A practice in expanding and deepening the quality of attention we give to things. This module focuses on learning thoughts, emotions and sensations as impermanent phenomena through lived experience and as a way of guiding students into the present moment. Evidence-based theory will guide us in our development of noticing distraction and coming back to present moment experiencing.



MTT Course Outline Cont...

5. Compassion Based Meditation Practices

“All the suffering there is in this world arises from wishing our self to be happy. All the happiness there is in this world arises from wishing others to be happy.” The Way of the Bodhisattva – Shantideva

Residing at the heart of both traditional and secular practices, compassion is not necessarily about cultivating the soft stuff. Compassion requires attention, it is fierce, courageous, active and vital to cultivate it for oneself also. Traditional practices of Metta Bhavana (Loving-Kindness) and Karuna Bhavana (Compassion) will be explored alongside an investigation into self-compassion within secular practices.

6. Movement Based Meditation

A practice in authentic movement, that which is guided by body impulses and spontaneity vs technique and alignment. This module is a side step from formal movement, a way to practice the art of letting go of self-judgment and self-criticism, to step into a more nurturing, holistic space of deep body wisdom.

7. Sound and Breath Meditation

Our Meditation Teacher Training will include a beautiful sound and breath module where we will work with a variety of practices, ranging from mindful breathing and pranayama/breath control, to freeing the breath and voice. Students will have the opportunity to explore sound via mantra and chanting, sound vibration, using music and the natural voice as a doorway to silent presence. We will work on integration and overcoming blocks, as we take a trauma-informed approach to facilitation and holding space with compassion.

8. Teaching Skills and Practices

In this module, we will explore some rich and profound skills to teach Meditation authentically directly from your heart to theirs. A great teacher touches people's heart. Feeling confident in your own presence, posture, voice, language, and intention. Finding the right balance between delivering a message and allowing stillness, quietness and space be their own teachers too. Learning how to hold space to others is an art.



MTT Course Outline Cont...

9. Teaching Rounds, Inquiry and Practice

In these modules you will have plenty of opportunity to practice teaching to the group, do lots of your own practice and inquiry.

10. Silent Retreat Day

The silent retreat day will give students an opportunity to practice facilitating meditation and sitting, utilising the techniques we learn throughout the course. Much like an urban retreat, from morning to evening we will dive deep into practice together and learn from supporting and sharing with each other.

Total hours for this section: 55 hours.

The final component of the course is your home practice.

We recommend 30 minutes of practice per day for the duration of the course, the minimum requirement is an average of 22 mins per day to reach required 25 hours of total home practice during the program.

Total hours for this section: 25 hours.



MTT Entry Requirements

Anyone can do our Meditation Teacher Training Program.

We do recommend however that you have done at least some meditation practice before you enrol to get the most out of the course.

Course Delivery

The course is held at Australian Yoga Academy, 42 Clifton Street, Prahran and will be conducted in person.

The course will also be livestreamed via Zoom so that those outside of Melbourne can also enrol and participate online.

Successful Completion

To successfully complete the MTT Program, you must attend a minimum of 85% of the classes. This means that you may miss a maximum of one of the seven full days of the course.

Investment

Full Price \$1750

Early Bird Special \$1550 (until 31st May 2021)



Course Dates

Weekend Course Dates

Sunday 1 August 2021
Sunday 8th August 2021
Saturday 14th & Sunday 15th August 2021
Sunday 29th August 2021
Saturday 11th & Sunday 12th September 2021

Time: 9.30am to 6pm
Lunch Break 1.15pm to 2pm

Enrolment

Please visit our website to enrol in the course.

If you have any questions, please email us: info@australianyogaacademy.com