



MEDITATION TEACHER TRAINING 2022 COURSE OUTLINE (50 hours)

Thank you for inquiring about studying with the Australian Yoga Academy! We are delighted to offer this extraordinary opportunity to participate in AYA's 80 hours of Meditation Teacher Training (MTT).

We are an industry leader in the provision of yoga and meditation teacher training and in continuing professional development. Our MTT is accredited Australia wide and internationally by Yoga Alliance, meaning you can bring your qualification with you anywhere in the world. 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 and in a variety of settings.

There has never been a better time to do MTT than right now! AYA's MTT 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 MTT programme 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.

Please contact me if you'd like to discuss it in more detail.

Melanie Mackintosh, Co-owner

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MTT Modules

The following modules of study will be covered:

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.

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.

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.

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.

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.

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.

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.



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.

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.

Home Practice

The final component of the course is your home practice. We recommend 20-30 minutes of practice per day for the duration of the course. The minimum requirement is 25 hours of personal practice.

AYA's MTT Lecturers

AYA's MTT is led by the talented Ben Dix, Mykah De Rose, Wendy Praud and Beata Heymann. You can read their bios here: <https://australianyogaacademy.com/lecturers/>

MTT Entry Requirements

Anyone can do our Meditation Teacher Training. We do recommend however that you have done at least some meditation practice before you enrol to get the most out of the course.



If you are electing to participate via Zoom, you must have high quality internet access and a quiet study space where you will largely be uninterrupted during lecture times.

Course Delivery & Dates

Location: Australian Yoga Academy, 42 Clifton Street, Prahran

Mode of Study: In person and livestream via Zoom. Zoom participation is available so that those who live far from Melbourne may participate and to help those who can't attend in-person due to illness or requirements to isolate.

2022 Lecture Dates:

Induction/meet & greet: 3pm-5pm on Sunday 8th May 2022 (Zoom only)

Weekend Lectures: 9:30am – 6pm each day (face-to-face or on Zoom)

May 14th & 15th

June 4th & 5th

July 17th

Weekday lectures: 6pm-10pm (Zoom only)

Wed 25th May and 22nd June

To successfully complete the MTT Program, you may miss only one lecture. Please note, that the Teaching Rounds lectures must be attended to successfully complete this course, as this is where you demonstrate your teaching skills.



Investment & Enrolment

Full Price: \$1450

Early bird until 14 April 2022: \$1250

AYA Grads/TT's: \$1250

Please contact me if you would like to organise a payment plan.

Tuition fees includes a membership for the duration of your training, providing access to all yoga and meditation classes on the normal class schedule either in person or via Livestream. You will also have access to AYA Online, our bank of pre-recorded classes.

To enrol, please email me at melanie@australianyogaacademy.com or call me on 0413 298 132 and I will confirm places available and provide payment information.

Covid-19 Safe Practices

To attend face-to-face lectures and classes at AYA, you must show proof of double vaccination status or valid exemption, as per the Victorian Government requirements.

- In line with Covid-19 safe practices, please help us with the following:
- Use the QR Code every time you visit the studio.
- Wash your hands or use hand sanitiser when you arrive at the studio, after eating, after bathroom breaks and regularly throughout the day.
- Wear a face mask whenever you are not on your mat. You may remove it once you are on your mat.
- Bring your own yoga props where practicable. If you are planning on using studio equipment, please use anti-bacterial wipes to clean all props before and after use. Please bring a large towel to cover bolsters and other soft props.
- Bring your own water bottle and/or keep cup.



- Space yourself out at least 1.5 metres from your fellow students.
- Do not linger in groups at break times.
- Stay at home if you're not well or have been caring for someone who isn't well or you are a known close contact. Advise me if this is the case and we will make sure that you are able to connect with the lecture via Zoom.

Implications of Covid-19 on your Training

We have all experienced great hardships as a result of Covid-19. The impact of lockdowns on the yoga industry has been significant, however, we have used these opportunities to learn about online learning and to practise our skills in delivering yoga classes in a Livestream capacity, such as on Zoom. Zoom (and the like), are undoubtedly part of our world now, and we will not ignore this technology in our training.

Unless otherwise scheduled, all lectures are designed to be held face-to-face, however, lectures will also be held concurrently via Zoom because:

- we may have students joining us from outside of Melbourne
- students may be isolating, but still able to attend lecture
- students may be unwell, but still able to attend lecture
- students may be caring for others who are unwell, but are still able to attend lecture

You are entitled to attend lectures in real time, via Zoom or in person, and both modes of study contribute towards your attendance.

Unless we are directed into a government enforced lockdown, all lectures will be available face-to-face in the studio. In the case of enforced lockdowns, teacher training will continue via Zoom. Training will be uninterrupted because of lockdowns and there is no option to defer your training due to lockdowns.



Should the lecturer be unavailable to attend the lecture due to health reasons, the lecture will:

- be rescheduled and another lecture swapped in its place, in the first instance
- if the lecturer is well, but isolating, the lecture will take place in the studio, face to face, with another lecturer supervising with the advertised lecturer on Zoom (in the second instance)
- the lecture and all participants, will join the lecture via Zoom (as a last resort).

Withdrawal Policy

You may withdraw from this course and receive a full refund up to the day before the course commences. You may transfer to the fees you have paid to another AYA course if you wish. Should you wish to withdraw from the course after the course has commenced, all payments will be forfeited.