



2024 MEDITATION TEACHER TRAINING 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 50 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 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.

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

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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.

Yoga Nidra & Savasana

Beginning with savasana, we will explore how to create an environment that is perfect for the deep relaxation practice of savasana. We will focus the props to use and the importance of these to create



a space where the students feel safe and secure. We will also focus on the scientific benefits of savasana and its place in our modern world and the considerations that you will need to take for those with special needs such as trauma or anxiety. With Yoga Nidra, we will explore the ancient practice of “yogic-sleep” and you will learn traditional scripts to use in your classes.

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

Course Location: Australian Yoga Academy, 42 Clifton Street, Prahran

Modes of Study Available: 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.

Please check the website for the latest dates

<https://australianyogaacademy.com/training/meditation/>

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

Please check the website for the fees and to enrol:

<https://australianyogaacademy.com/training/meditation/>

I am happy to help you with a payment plan if you require. Please email me at

melanie@australianyogaacademy.com or call me on 0413 298 132.



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.

Withdrawal Policy

You may withdraw from this course and receive a full refund if your withdrawal occurs more than 1 month before the course commences. You may elect to 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.



2024 Lecture Dates

Sat 11th May 24

10am to 1:30pm - History & Philosophy of Meditation with Ben

2:15pm – 6pm - Meditation Skills and Practices with Wendy

Sat 18th May 24

10am-1:30pm – Yoga Nidra and Savasana (Wendy)

2:15pm - 6pm - Compassion with Ben

Sun 19th May

10am-1:30pm - The Psychology of Meditation with Mykah

2:15pm-6pm - Authentic Movement with Mykah

Sat 1st June

10am-1:30pm - The Science of Meditation with Ben

2:15pm-6pm - Teaching Rounds, Practice & Inquiry 1 with Wendy

Sun 2nd June

10am-1:30pm - Mindfulness with Mykah

2:30pm-6pm - Sound with Beata

Sat 8th June

10am-1:30pm - Teaching Rounds, Practice & Inquiry 2 with Wendy

2:15pm- 6pm - Teaching Rounds, Practice & Inquiry 3 with Beata