

Meditation Immersion & Teacher Training Prospectus

2024

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Prospectus



LIVING PEACE YOGA



“Meditation is a way of listening more and more deeply, so we hear from a more profound space, exactly how it is. To hear how it is, we must be open to it, thus the open heart. ”

Ram Dass

Deepen your practice, share the methods.

Living Peace offers Level 1 & 2 Moksha Meditation Immersion & Teacher Trainings. These immersions and trainings are spread over 12 months to enable the optimal absorption and embodiment of the teachings and practices. The meditation immersion will enhance and improve your meditations by expanding practice length & depth, understanding.

For those wanting to teach meditation the course will give you an in-depth understanding of meditation, the mind, the sacred origins of meditation and an abundance of techniques to teach and to deepen their own practice. The Living Peace Moksha Meditation teacher training will enable you to share meditation techniques with a broad base of students. The teacher training focuses of the timetested methods for the

realisation of the Soul and freedom from the Samsaric Cycle.

- Enhance your personal meditation by broadening understanding and purifying the mind.
- Refinement in the optimal techniques for your own inner advancement.
- Clarification of your meditation and spiritual goals.
- Increasing your enthusiasm with consistent, dedicated practice.
- Be confident in sharing the foundations, approaches, techniques of meditation.
- Create an environment of ease and peace for yourself and the students.
- Balancing silence and guidance.
- Have a large toolbox of meditation techniques to share.

Who is this course suitable for?



Individuals looking to experience meditation at a subtler & deeper level



Individuals interested in teaching meditation



Yoga Teachers who wish to enhance their awareness and experience of meditation



Teachers, Clinicians and Therapists looking to expand their treatment toolbelt

2024 Meditation Teacher Trainings Dates

Level One - 125 Hours

1. Mar 16 & 17 - MMTT L1 - Session 1
2. Apr 13 & 14 - MMTT L1 - Session 2
3. May 18 & 19 - MMTT L1 - Session 3
4. Jun 8 - 10 - MMTT L1 - Session 4

Course Content

Student

- Developing a balanced and steady meditation posture.
- Create a tailored home practice
- Access to regular meditation teacher and meditation community
- Cultivating an environment for meditation – morals, ethics and the desire for liberation.
- Philosophy: fundamentals of Yogic, Buddhist and Vedantic philosophy and their meditation approaches.
- Techniques: guided visualisations, moving meditations, Pranayama, Yogic meditations, Buddhist meditations, Vedantic meditations.
- Mind: the four components of the mind, tendencies of the mind, qualities of the mind.

Teacher

- Teaching skills: being easeful, peaceful and useful.
- Remaining comfortable and centered.
- Awareness of students and what may be of service and support.
- Assisting and guiding a range of students and abilities
- Building your own visualisations and phrasing.
- Combining your teaching style and voice with the sacred teachings.
- Techniques: guided visualisations, moving meditations, Pranayama, Yogic meditations, Buddhist meditations, Vedantic meditations.

Level Two - 125 hours

1. Aug 17 & 18 - MMTT L2 - Session 1
2. Sep 14 & 15 - MMTT L2 - Session 2
3. Oct 12 & 13 - MMTT L2 - Session 3
4. Nov 22, 23, 24 - MMTT L2 - Session 4

Course Content

Level two is a continuation & augmenting of level one. We take what we have learnt and practice to a fuller manifestation. We dedicate ourselves to our own practice enabling the role of teacher to be expressed unhindered. Each topic will be explored on the three levels of gross, subtle and subtlest along with the categories of Meditation.

- Purification and strengthening of personal practice.
- Expansion of meditation techniques
- Categories, levels and stages of meditation.
- Empowered teacher.
- Empowered teaching.
- Sacred texts and teachers
- Refinement of teaching and the techniques.

“Along with faith comes the requirement for dogged persistence. At first meditation may bring you mild highs or some relief from suffering. But there may come a time – just as there does in the development of any skill – when there will be a plateau. You may be bored, discouraged, or even negative and cynical. This is when you will need not only faith, but persistence.”

Ram Dass





Facilitator

Hanuman Das/Greg Clarke is a respected teacher and author in the field of spiritual living. He has been studying, practising and living a spiritual life since his early twenties after being introduced to his teacher Ram Dass. He shares techniques in the areas of meditation, self-enquiry and inner strength with the objective of integrating spiritual life with daily life. He is the author of two books on living a spiritual life and is also a yoga teacher. Hanuman Das conducts workshops and retreats and has lectured on consciousness and spiritual living at yoga and spirit-based festivals across Australia. Hanuman Das is a gifted and entertaining speaker and author whose parables make learning joyous, clear and easy to incorporate into daily life.

“Meditation is effortless. If we are trying to control the mind there is effort.”

Hanuman Das

Registration, Cost & Payment

Moksha Meditation Teacher Training is open to practitioners and current teachers with an interest in sharing meditation and strengthening their personal practice. Moksha Meditation Teacher Training is designed for the practitioner/teacher who has experience in a range of techniques and philosophy. A variety of approaches to meditation and their accompanying techniques will be taught, however the training is weighted towards the how to teach, and the how to live a life of equanimity. To secure a place in the Moksha Meditation teacher training the applicant will need to fulfill the prerequisites below.

Prerequisites

- Admission to training requires personal interview or phone interview.
- To have an established practice.
- Preferably, you will have one or more years meditation experience.
- To be able to sit in a chair or on the floor for extended periods, 60 mins.

Payment

- Non-refundable deposit of \$400 prior to March 1st.
- Payment in full is required before the commencement of the course and no refunds apply once the training has commenced.

Level One - Course Cost: \$1800.00

Deposit: Non-refundable deposit of \$400 prior to March 1st 2024.

The \$400 deposit is non-refundable upon submitting your application. The remaining course fee is to be paid before the start date or in alignment with agreed payment plan.

Full Payment: April 9th unless prior arrangement has been agreed. Payment plans are available upon request.

Level Two - Course Cost: \$1800.00

Deposit: Non-refundable deposit of \$400 prior to August 1st 2024

The \$400 deposit is non-refundable upon submitting your application. The remaining course fee is to be paid before the start date or in alignment with agreed payment plan.

Full Payment: Sept 10th unless prior arrangement has been agreed. Payment plans are available upon request.

Payment via Direct Deposit:

<p>Account Name: Living Peace Yoga BSB: 062 822 Account Number: 1735 7906</p>
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Namaste

