

YOGA ALLIANCE ACADEMY®

YOGIC STUDIES YOGA SCHOLARSHIPS YOGA TEACHER TRAINING

HOLISTIC MEDITATION® DIPLOMA

ACCREDITED WORLDWIDE 8 WEEK - DISTANCE COURSE



Programme Registered with and Accredited by the CMA-UK

www.the-cma.org.uk

It has been proved that regular practice of meditation has tremendous benefits for people. Quite apart from stress relief, meditation can bring about deep fundamental change in very positive ways – increased creativity and self-confidence to name but two. We are now beginning to see the introduction of meditation practice into schools and the workplace. This course will equip you to embark on a satisfying career as a meditation teacher.



Holistic Meditation® does not use elements from culture, religion, and philosophy because they are not necessary for the full experience of the meditative function and they present barriers to learning and participating in meditation for many people.

It uses gentle, unfocussed repetition (sound/word) to ease the mind out of striving and to allow it to open into transcendence. The method is gentle, unforced, and almost transparent, a blend of being, mindfulness and repetition, easy to learn and to do because it rides on a natural process and flows with the mind, not against it. It is very graceful and accepting Teaching.

By successfully completing this course, you will:

- Be qualified to teach advanced Meditation to others.
- Be awarded the Yoga Alliance International Diploma Recognised Worldwide.
- Be entitled to Register with one of the world's most prestigious Association: The CMA (Medical Complementary Association UK).
- Life time listing on the Yoga Alliance (Australia) Online Directory.
- One year FREE listing on Australia's online Use Nature.com directory and lifetime listing on the Yoga Alliance' online registry.
- Be entitled to use (Meditation Teach) after your name.
- Qualify for Continuing Education Credits (Yoga Alliance's Members Only).

Syllabus PART 1

- The Origins and Application of Meditation.
- Practicing Holistic Meditation®.
- The Core of Experience.
- The Natural Meditative Function.
- Cultivating the Meditative Function.
- Teaching Meditation to others.

Syllabus PART 2

- Meditation and its Healing Application. The Chakras.
- The Healing Power of Meditation, Essential Oils.
- The Seven Energy Gates of The Body.
- Power of Sounds or Sounds of Power.