



LEARN TO MEDITATE Course Outline

Each class will involve a brief theory discussion, a new meditation technique, deep relaxation and a take home self-awareness mindfulness exercise each week. Class duration: allow 1 ½ hours

Week 1	Topic	What is meditation? Getting started. How, when and what?
	Practice	Sitting postures. Full Yogic breathing.
Week 2	Topic	Why meditate? What are the benefits of meditation?
	Practice	Pranayama (breath awareness). Kumbhaka (breath retention) with visualisation.
Week 3	Topic	Obstacles to meditation.
	Practice	Body Scan – healing attention.
Week 4	Topic	Sankalpa – an introduction.
	Practice	Bhramari (humming bee breath). Trataka (concentrated gazing).
Week 5	Topic	What is stress? Is it okay? How can we manage it?
	Practice	Garbage bin visualisation. Safe place visualisation with trigger point.
Week 6	Topic	Mindfulness.
	Practice	Awareness meditation
Week 7	Topic	The present moment.
	Practice	Releasing past and future “baggage” meditation. Time meditation and contemplation.
Week 8	Topic	What is mind?
	Practice	Open eye meditation

Class may also be structured over a 6-7 week format or a 2 day intensive
This course outline is a guide to class content only