



Meditation Course

PROSPECTUS

Director of Studies:	Michael Mc Cann
Duration:	10 x 2 1/2 hr sessions
Venue:	Santosha Yoga Studio, 39b Market Square, Lisburn BT28 1AG
Time:	7pm – 9.30pm

"The gift of learning to meditate is the greatest gift you can give yourself in this life."

- Sogyal Rinpoche

While meditation employs many techniques, it goes beyond technique. Ultimately it teaches non-doing. In a larger sense meditation is really a way of being. Rather than performing a manipulation of one's attention at certain times of the day, it develops a continuity of awareness that allows all of our life to become an expression of our meditation practice. To repeat; meditation is ultimately not something that you do; it is a non-doing.

This meditation course will help you on this journey. The course is integrated and holistic and will



teach you how to develop a meditation practice for yourself, but, importantly, how to pass on these skills to others, in your yoga class, in therapy situations, to alleviate stress or to go deeper.

However, in the end it is more than that. The course will draw upon a mixture of traditions and ways to understand the mind, to open the heart and to help you discover who you really are. It will be underpinned by wisdom

teachings and practices, but ultimately it will be existential. It will point the way, but each must tread the path alone, a path with heart.

AIMS AND OBJECTIVES

- *To promote an understanding of Yoga and wisdom teachings on meditation as a way of regaining wholeness, health and integration in all levels*
- *To inculcate a comprehensive knowledge of yogic methods of meditation and their rationale*
- *To inculcate an in-depth insight into Yogic psychology*
- *To nurture an organic unfolding of the teachings in the student*
- *To awaken the heart and walk the Yoga path*
- *To develop versatile and practical skills to teach meditation techniques in a variety of situations and needs.*

COURSE MODULES

THE JOURNEY INWARDS

This module will cover the meditation tradition, meditation in different cultures, spiritual and secular, and contemporary meditation trends and thinkers. We will consider meditation and psychology, meditation and physiology, meditation and neurophysiology, the healing power of meditation

GETTING READY

This module will cover the crucial preparation for a programme or immersion in meditation: right attitude, the eightfold paths of Yoga and Buddhism, and steadying the personality. It will also cover physiological aids, sitting, limbering, developing concentration, mudras for meditation, establishing a practice, environment, creating a meditation space in your home, the daily schedule, dealing with common hindrances, and keeping a meditation journal.

HEARING: HEALING SOUND

This module will cover the fascinating use of sound to promote relaxation and open the gateway to meditation. It will cover music, mantra, the sound of silence, healing sounds and resonating the chakras. We will look at both secular and spiritual sounds, the mantra OM, and how to introduce chanting in a secular setting. We will look at the tradition of chanting in the East and in the West. We will learn to listen deeply.

BREATHING: NURTURING THE MIND

This module will explore the intimate connection between the breath and meditation, the breath as the "string of the kite of the mind", breath as link between body, psyche and the Spirit. We will look at the physiology of breathing and classic breathing rhythms, quietening breaths, the nurturing breath, breath meditations, and the pause (kumbhaka). We will explore the Hamsa breath and the spiritual significance of the breath. We will look at how mudra is employed to still the mind.

YOGA PSYCHOLOGY: LOOKING DEEPLY

We will explore Yoga psychology with its profound insight into the processes of consciousness, more subtle than conventional psychology. What are the levels of mind, of waking, dreaming and unconscious states? What is the higher mind? How do these relate to the senses, to the subtle senses, and the organs of action? What are the five patterns of thinking and the psychological afflictions? What is wrong identification and a wholesome sense of self?



SPACIOUSNESS: THE FIELD OF AWARENESS

Yoga has many fascinating teachings on the organic connection between the sense of spaciousness and expansion of our Awareness. This module will explore this connection and look at what is meant by “Awareness” and “the Witness”. We will also learn techniques from the Yoga tradition to induce a sense of spaciousness. When this occurs we enter a deeper and wider perspective, called Awareness. The state of Awareness is not thought, but allows us to witness the arising and subsiding thoughts and emotions. It is a beautiful complement to the focal meditation in which an object of concentration is held to the exclusion of all others, and suits many of us who grapple with the mind.

OPENING THE HEART: CONNECTING

We will explore the ethical foundation to meditation and the way that cultivating emotions and wholesome living enhance meditation practice. We will experience how awakening compassion and loving-kindness is more than a sentimental ideal, but a beautiful way of meditation that removes negativity and promotes well-being. This is the oil of meditation and balances any aridity in our practice

GROWING THROUGH THE CHAKRAS

The course will be delivered organically around the structure of these multi-dimensional centres of energy which are also keys to our understanding and psychological and spiritual development. We will learn how the chakras relate to meditation, and how to creatively build an integrated practice around these centres of awareness.

MEDITATION AND FOOD: FOOD FOR THOUGHT

We will explore the intimate connections between food and the mind, the gunas and their relation to food, diet and meditation and fasting.

DOING AND NOT-DOING

Meditation is equally about doing and not-doing and the middle way between the pair. We will practise and not-practise mindful doing and letting go, Karma Yoga, and Wu-wei. We will also study the wisdom teachings of the Tao on poised living as meditation.

MEDITATION PRACTICES

We will learn to practice and to teach a versatile range of meditation techniques drawn from the Yoga, Tantric, Buddhist, Taoist, and other traditions. We will explore their practical application in class and therapy contexts, and in self-development. We will look at meditation as medicine and its increasing prominence in the field of modern health.

WISDOM TEACHING

Meditation has grown out of a profoundly rich wisdom tradition of practices intended for spiritual evolution. We will use these teachings as our touchstone and develop a grounded understanding of the legacy of the teachings, their rationale and potential; and how they have evolved and been adapted to modern needs. We will focus on key teachings from the Yoga Sutras of Patanjali, the Bhagavad Gita, the Upanishads, Hatha Yoga Pradipika, the Dhammapada, the Tao Te Ching, and modern Buddhist and secular teachings on meditation.

We will explore how the teachings of the Hatha Yoga Pradipika are the ladder to the Yoga of meditation, and the various simple psycho-somatic techniques that melt behavioural holding patterns and prepare the body to be a stable and comfortable vehicle for going deeper.

Ultimately you teach meditation through the lens of who you are, and the quality of your clarity and being, and so this course will help you on your journey of self-understanding.

TEACHING MEDITATION

Over the duration of the course, you will be expected to integrate the teachings into a daily practice that will include seated meditation and aware living (mindfulness). We will also be working on ourselves, engaging in swadhyaya (self-enquiry) and karuna (compassion). As we become more integrated and aware, we will be more ready and confident to teach these precious skills to others.

This practical application of all that you study will inform and guide how you teach the subject matter in a general class setting. How to plan and structure a meditation class will be an integral part of the course so that you are in a position to offer meditation classes by the end of the course. On – going group discussions will provide a supportive environment in which students can openly discuss and explore issues that may present in a general class setting.

You will systematically develop confident versatile skills to teach a variety of meditation techniques, and to adapt them sensitively and intuitively to different needs and circumstances. This is a great service to others.

TUTOR

Michael McCann



Michael is one of the most experienced and highly sought after teachers of meditation in Ireland. He has spent many years of study and reflection on this subject and offers the student an immense reservoir from which to draw. He has devised and developed this comprehensive Yoga Meditation Diploma Course from his many years of deep immersion in Gyana and Raja Yoga. He has studied extensively under Swami Nishchalananda Saraswati of Mandala Yoga Ashram, taught Yoga philosophy, subtle anatomy and meditation in all the leading Yoga schools throughout Ireland. He will help inform, illuminate and guide and through his living practice of what he preaches inspire students to live a life with the practice of meditation at its centre. He teaches with immense - wisdom, compassion and humour.

ACCREDITATION AND HOURS

The course comprises 10 x 2 ½ hr sessions. This will provide you with the platform to help establish, sustain, develop a re-fine a comprehensive home practice.

The course will follow the structure of the first two padas (chapters) of the Yoga Sutras of Patanjali.

ENTRY REQUIREMENTS:

Although there are no specific entry requirements you will be expected to have an open and enquiring mind and heart, and be prepared to look at the world through uncoloured lenses. The Yoga Sutras encourage "tapas" and "abhyasa" i.e. regular, devoted practice, in this case regular practice of meditation.

The student will be expected to pursue swadhyaya i.e. self –enquiry. This will comprise reflection on key sections of wisdom texts and self-exploration.

A meditation background is not necessary, but would be helpful, and all teaching will be accessible to those who sincerely want to develop their knowledge and understanding of meditation and what it offers. Students will be required to demonstrate the necessary commitment by participating in all exercises and assignments throughout the course.

AWARD

A Santosha Yoga Training Meditation Certificate will be awarded on successful completion of the whole course.

APPLICATIONS

An Application Form should be completed and returned together with a non – refundable deposit of £175 to secure your place on the next course to:

Santosha Yoga Training

Meditation Course

39b Market Square

Lisburn Co. Antrim BT28 1AG.

If you have any queries or would like to discuss any aspect of the course contact us on **92 63 44 64** or **078 35 11 32 86** or e mail info@santoshayogatraining.com

Santosha Yoga Training reserves the right to re-schedule this course due to unforeseen circumstances.