



Foundations of Teaching Meditation Course With Joanne Sumner

About the course

This short course has been designed for those with an interest in teaching meditation as part of yoga classes, stress management programmes or as stand alone relaxation and meditation classes. Some prior experience of meditation is therefore necessary, though this can be from any of the wide range of traditions.

The course is also suitable for those who wish to expand their own meditation practice and feel they would benefit from a deeper and more structured understanding of the form and purposes of different types of meditation.

Course content

The course will cover at least the following:

1. What is meditation? including what it isn't and how it differs from relaxation (covering the science, personal development and spiritual benefits)
2. Developing your own meditation practice for yourself that supports you as a teacher (this will include two personal study projects over the period of the course)
3. Creating the meditation space for students (while the course will primarily be aimed at teaching adults, we will cover modifications for children)
4. Preparing to meditate and leading students into and out of meditation (building rapport, postures, mudras, stillness, grounding)
5. Introductory practices (increasing breath awareness; witnessing thoughts, learning to concentrate)
6. Different styles of meditation (breath, sound, colour, visualisation, movement)
7. Facilitating feedback and understanding common experiences
8. Development of possible themes to build and explore over a meditation series
9. Practice at leading meditations and feedback.
10. Resources for building your knowledge and experience.

About Joanne

Joanne has been meditating since she was 9 years old, as she was raised within a transcendental meditation (i.e. mantra based) tradition. Over the last 8 years she has considerably broadened her experience with other techniques, including breathing, sound, visualisation and journey meditations, and with a range of teachers. She qualified to teach meditation with the Friends of Yoga International Society in 2008.

Joanne is a life coach and holistic therapist based in West London.

Dates for the next courses

Spring

25th February 2012

31st March 2012

28th and 29th April 2012

Autumn

15th September 2012

13th October 2012

17th & 18th November 2012

Booking

To book, contact Joanne on jo@joannesumner.com, 020 8579 7659, 07786 273 826.
Course fee £250, including materials.