

## General Goals

- Learn and practice meditation techniques from Kriya Yoga, several schools of Buddhism, Current Medical Research, and other Western Contemplative Traditions
- Discover which techniques and practices work best for your personality and your lifestyle.
- Become familiar with the science behind meditation.
- Experience for yourself that there is more than one "right" way to meditate.
- Replace the guilt that comes from not meditating perfectly with authentic kindness and joy.
- Be comfortable being authentically you.
- Learn how to lead a meditation.

---

Over the course of the training you will learn many things including:

- Correct meditation postures
- Pranayama Techniques (Breath Control)
- Mindfulness techniques and practices
- The anatomy of your Energy Body
- Philosophies of meditation
- Myths about meditation
- The challenging aspects of meditation no one talks about.

**Different Styles of Meditation:** Meditations using the Breath, Guided Visualization, Visualization, Mantra, Practicing Presence, Walking Meditation and more.

### **Meditation Techniques specifically for:**

- Body awareness and relaxation
- Calming the mind
- Reducing stress
- Staying centered
- Forgiveness and Healing
- Cultivating compassion and Loving Kindness
- Becoming aware of Awareness.

We will also take time to find our what you what to learn and make sure we cover that too!