

YOGA with CLARE



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*Heart wings  
Meditation  
Teacher Training  
Prospectus 2022*

**Course Duration**                      **44 hours in total**

*32 -34 contact hours, in person or live online*

*12 hours on self practice and assignments*

## **Course dates**

Spring 2022 - 19<sup>th</sup>, 20<sup>th</sup> Feb, 27<sup>th</sup> Feb and the 27<sup>th</sup> March

Plus live zoom sessions      Saturday 10 - 1pm , 12<sup>th</sup> March

Monday 7 - 9:30 pm the 7<sup>th</sup> March

Monday 7 - 9:30 pm the 21<sup>st</sup> March

*(option to join just one Monday)*

Autumn 2022 - exact dates to be confirmed, wait list open

Introductory offer: €650

Payable in installments of €200 +€200 +€250

*Early bird rates may be available*

# Teaching Meditation

*Where there is light there is hope and where there is hope there is the power to change the world.*

*Just a few minutes in meditation everyday can change our whole mood, our outlook, our biochemistry and how we interact with the world around us. This effect has gentle ripples, like the power of a smile or a light in a dark place.*

*Teaching, guiding and facilitating meditation for others is a powerful gift.*

*Anyone can meditate but not every one knows they can.*

*This course is designed for meditation practitioners with a year or more experience who would you like to learn more, deepen their own personal practice and learn the skills to add meditation teaching to their offerings.*

*If you are a yoga teacher, a reiki practitioner (level 2 or above) an angelic healer (level 4 +) and have been practising for a year or longer and you want to teach meditation, this course is for you.*

## Course Aims

*“If you want to learn something, study it. If you want to master something, teach it.”*

- ✓ *To develop and deepen trainees' own personal meditation practice.*
- ✓ *To provide meditation trainees with the knowledge, skills and practices to teach meditation classes and courses confidently and professionally in a number of different settings.*

# Course Syllabus

## The practice

- ॐ Deepening your self practice
- ॐ The power of pranayama
- ॐ Self care for teachers
- ॐ Journalling

## The science of meditation

- ॐ Anatomy of the spine and pelvis
- ॐ Physiology of the breath
- ॐ The nervous system

## Teaching skills

- ॐ The role of the teacher
- ॐ Centring and connecting
- ॐ Finding the words
- ॐ Teaching practice
- ॐ Lesson and course planning
- ॐ The Ethics of teaching

## Philosophy

- ॐ Eastern vs Western philosophy
- ॐ The eight limbs of yoga - Yamas and niyamas
- ॐ The chakras and the subtle energy body
- ॐ Mindfulness teachings

## Meditation traditions

- ॐ Schools of meditation

## The Practices

- ॐ Body scanning / rotation of consciousness
- ॐ Mindful movement
- ॐ Pranayama
- ॐ Antar mouna
- ॐ Mantra
- ॐ Visualisations
- ॐ Chakra meditation
- ॐ Angelic meditation
- ॐ Yoga Nidra
- ॐ Mudra
- ॐ Setting intentions - Sankalpa - affirmations



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## Guest experts

Experienced expert tutors will join us on the zoom sessions to share their expertise, support your learning and facilitate your practice. More details to follow on this.

## About Clare

Clare is an advanced teaching training specialist. She is passionate about empowering teachers to develop fun filled sustainable teaching practices that can support them while they share what they love with their students and their communities.

She trained as a yoga teacher under Roy Griffin, Michael McCann and Marie Quail with the Yoga Training and Therapy Centre in 2009 and a meditation teacher in 2011. With her background in teaching and teacher training she quickly became involved in training yoga and meditation teachers with the YTTC and other yoga centres and schools.

Her approach to teaching is strongly learner centred and fun loving, encouraging teachers to continuously explore their experience and develop their own practice as well as their teaching in order to connect deeply, enjoy life and teach from the heart.



