

Introduction to Meditation

Course Description

Meditation is one of the 8 Limbs of Yoga (Ashtanga Yoga) and an essential and integral part of yogic practice.

Using the yogic framework of the Koshas, we will learn about the 5 layers of our being and how meditation awakens consciousness and brings stability and resilience to the mental and emotional layers of our being.

Together we will learn about the benefits of meditation, different kinds of meditation, and the variety of ways to practice and teach meditation.

This course includes yogic and buddhist perspectives on meditation and includes lots of practice to experience the benefits of breath meditation, loving-kindness meditation, visualizations, and sound meditations.

Lastly, we will discuss ways of teaching and integrating meditation in the context of trauma-informed yoga and how to make meditation inspiring, universal and accessible to all.

Learning Objectives

Students will learn the Eight Limbs of Yoga, the Koshas, and the meaning of the sanskrit words dharana, dhyana, and samadhi.

Students learn the benefits of meditation and a variety of meditation practices.

Students will learn how to practice and teach breath meditation, loving-kindness meditation, visualizations, and sound meditation.

Students will learn ways to teach meditation in ways that are inclusive, universal, and accessible and how to integrate meditation in the context of a trauma-informed yoga class.

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DAILY AGENDA + Assignments

CLASS 1 Sat. Feb. 13 10am- 3:00-m

Intro. To Eight Limbs (Ashtanga Yoga)
Dharana, Dhyan, Samadhi
The Koshas
Practice: Breath Meditation

Class 1 Assignment (due Fri. Feb. 19)

Write 10 truths you have learned about life.

Class 2 Fri. Feb. 19 5:00- 9:00pm

Benefits of Meditation: Nervous System + Brain
Different kinds of Meditation
Four Infinite Thoughts
Practice: Loving-Kindness Meditation

Class 2 Assignment: Altruistic Intention Podcast (Sat. Feb. 20)

Class 3 Sat. Feb. 20 10am- 3:00pm

Benefits of Meditation: Emotions + Relationships
Visualizations and Sound Meditation
Teaching and Practicing Meditation
Practice: Sanskrit Vowel Sounds

Class 3 NO HOMEWORK ASSIGNED.

Recommended Podcast List

https://www.podomatic.com/podcasts/banyen/episodes/2018-04-23T17_02_10-07_00