

Yoga Therapy & Training Centre (YTTC)

YTTC Yoga Meditation Diploma Course with Michael McCann

PROSPECTUS

“Know thyself” (Delphic Oracle)

Meditation is a state of being, not just something you do. It is all about being true to who you really are, being aware, and being in the now. It is not an escape to a pleasant and blank inner oasis of thoughtlessness. It is a journey of self-discovery which continues throughout life. While meditation is a state of being, there are many methods and techniques to help you attain that state. However, ultimately it is about finding out who you are, understanding the working of the mind and developing the heart.

That way, you can help take others on the journey- be they seekers, students in your Yoga class or anyone who wishes to learn or to teach methods of meditation. The course will be integrated and holistic and will teach you how to develop a meditation practice for yourself, but, importantly, how to impart it to others. You will learn how to introduce and develop the teaching of meditation techniques, whether it be to deal with stress and promote relaxation; or in the hustle and bustle of life to find a centre of space and stability and promote self-understanding. However, in the end it has to be 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.

The Buddha was once asked by a passer struck by his radiant presence, whether he was a God, a celestial being, or indeed simply a man. He answered “no” to all these questions. When asked, then, what he was, he replied “I am awake”. The path of meditation is the path of awakening, so that others may awaken too from their slumber. “When one flower is in bloom, it is summer everywhere”.

Day 1

Introduction

- **What is meditation**
- **Types of meditation**
- **Benefits of meditation**
- **Meditation as a spiritual practice**
- **Meditation as a secular practice**
- **Preparation**
- **Purification**
- **Steadying the personality – yamas and niyamas and right living**
- **Sitting for meditation**
- **Developing concentration**
- **Establishing daily practice**
- **Environment**
- **Attitude**
- **Patanjali Yoga**
- **Self study**
- **The mind and consciousness**
- **Awareness**

Day 2

- **Effects of meditation practice**
- **Hindrances**
- **Difficulties**
- **Yoga Meditation – Ajapa Japa**
- **Working with the breath**
- **The connection between breath and the mind**
- **Significance of the breath**
- **The pause of expansion**
- **Patanjali Yoga**
- **Teaching practice**

Day 3

- **Classic Yoga meditations**
- **The Anatrkarana**
- **Antar Mouna**
- **Chitakasha Dharana**
- **Ajapa Japa**
- **Meditations on the inner spaces**
- **Creative visualisation**
- **Trataka**
- **Teaching practice**

Day 4

- **Mindfulness**
- **Bare attention/choiceless awareness**
- **Insight meditations**
- **Loosening the thought chains**
- **Self Enquiry**
- **Observing conditioning**
- **Nature of awareness**
- **The present moment – being in the now**
- **The field of awareness**
- **Emptiness (shunya)**
- **Teaching practice**

Day 5

- **Mindfulness –deepening the practice**
- **Insight meditations**
- **Cultivating compassion**
- **Law of cause and effect**
- **Karma and the building of a sense of identity**
- **Who am I?**
- **Dis-Identifying**
- **Teaching practice**

Day 6

- **Opening the heart centre**
- **Meditations on the heart centre**
- **Bhakti Yoga in spiritual traditions**
- **Compassion**
- **The mysteries of Grace**
- **The fleshy heart and the spiritual heart**
- **Teaching practice**

Day 7

- **Meditation in Action**
- **Karma Yoga**
- **Purity of means**
- **Wisdom teachings on negative end-gaining**
- **Service**
- **The sense of ritual and the sacredness of action**
- **Letting –go**
- **Action inaction and inaction in action**
- **Walking meditations**
- **Teaching practice**

Day 8

- **Meditation and Sound**
- **Nada yoga**
- **Healing effects of sound**
- **OM chanting**
- **Sound and the chakras**
- **The inner sounds**
- **Mantra as a means to meditation**
- **Teaching practice**

Day 9

- **Meditation utilising the senses**
- **Meditation on the elements**
- **Meditation on space**
- **Spaciousness and Awareness**
- **Creating a sense of spaciousness**
- **Meditations on everyday experience**
- **Meditations on subject rather than object**
- **Vichara meditation- “who am I?”**
- **Teaching practice**

Day 10

- **Deepening the practice**
- **Being and doing**
- **Integrating the practices**
- **Teaching beginners**
- **Meditation and relaxation**
- **Meditation for life**
- **Developing a meditation course**
- **Returning to the marketplace**
- **Teaching practice**

Michael McCann

Michael's interest in Yoga extends back to 1970 when as a youth he met Swami Satyananda Saraswati. His teachers have been Swami Atmananda Saraswati, Swami Satyamurti Satyananda, Norma Duffield of the Yoga Centre of Ireland, Swami Nishchalananda Saraswati of Manadala Yoga Ashram and Marie Quail. He is a YTTC trained yoga teacher and is a senior Philosophy tutor who has a deep interest in Comparative Religions and the body of teaching known as Perennial Wisdom. He has written several articles on all aspects of Yoga.

Roy Griffin

Roy has been practising Ghana yoga since his youth and has a strong interest in Asanas, Pranayama and living meditation. His initial training was with Sivananda Vedanta International and his continued studies included time in Ashrams in Canada and the Bahamas. In 2003 he began his YTTC Yoga Tutors' Certificate Course under the personal direction of Marie Quail, and was awarded his certificate of competence in 2005. In 2007 Roy became director of the YTTC.

Michael will also be assisted by a variety of guest tutors.

Course Fees: €1025 (one off payment) or €1100 payable: deposit €350 + 3 further instalments of €250

Venue: YTTC Dublin

Course Dates:

- February 21st
- March 21st
- April 18th
- May 9th
- June 27th
- July 18th
- September 19th
- October 17th
- November 21st
- December 12th

Application Form – YTTC Yoga Meditation Diploma Course

Name: _____

Address: _____

Contact Details: daytime: _____ evening: _____

E Mail: _____

How did you hear about us? _____

Please indicate below, if you suffer from any medical condition.

Each applicant should be a member of the YTTC. If you are not currently a member please also enclose €45 for your membership.

In order to reserve a place on this course, please complete this application form and return it with a deposit (non refundable) of €350 (+ €45 if applicable - cheques made payable to YTTC) to:

Yoga Therapy & Training Centre (YTTC Yoga Meditation Diploma Course),
First Floor, 'Castle Keys', 18 Castle Street, Newry, Co. Down BT34 2BY
Tel: +44 (0) 28 3026 7937 www.yogaireland.com
e-mail jennifer@yogaireland.com

All information provided on this form is treated as confidential. The YTTC reserves the right to withhold this course should insufficient numbers enrol.