

# Yoga Therapy & Training Centre (YTTC)

## YTTC Yoga Meditation Diploma Course with Roy Griffin & Clare Bassett

### PROSPECTUS

*"Peace comes from within. Do not seek it without." Buddha  
Meditation is our Natural State*

Meditation is a natural state where we all find our True self or Authentic self. Practising meditation is the development of awareness of this natural state and living it consciously moment to moment. It is about living in the now.

The course takes you on the journey of discovery that will be with you for the rest of your life.

There are many methods and techniques that help you maintain that state of being but to maintain that state of being present we must anchor ourselves into the present moment, physically, emotionally and mentally.

We explore the workings of the body and how to find that place of ease within the body that is called the centre, our natural integrity. Where being physically connected to the now is the natural state. The body has its own natural integrity and we will explore this through very simple limbering movements so as to prepare the body for meditation,

We explore the energetic state with an in-depth focus on Breathing practices (Pranayama) that open us up to the energy of the now. By activating the breath with awareness we open the space within. As with physically centring there comes the awareness of our natural integrity, by

breathing into that integrity we find the natural breath, that flow of energy that is constant and effortless. The inward journey of discovery truly begins when we sit with ease, turn in to the breath that is effortless, breathing our inner space.

We explore the mental state with an in-depth focus on concentration that awakens us to the awareness within the mind that is intuitive, that part the mind that is not thought but pure awareness, effortless presence within a contained inner space.

*"At the center of your being you have the answer; you know who you are and you know what you want."*

Lao Tzu

Once we have established a contained inner space, we are ready to embark on the voyage of discovery that is our inner world. The world of the Chakras, simply put the Chakra are multi dimensional centres within us that can be experienced through many different meditation techniques.

The course will integrate the different posture, breathing and meditation techniques to give you a fully rounded understanding of how to develop a meditation practice for yourself and importantly, how to teach these techniques to your own students with confidence and safety.

To do this we must start at the start, break down the basics, understand how they work then build them back up and understand how the basics work together as a unified practice.

Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.

*"Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step."* Lao Tzu

## Some of the material covered:

- What is meditation
- Types of meditation
- Benefits of meditation
- Yamas and niyamas
- Sitting for meditation
- Developing concentration
- Establishing daily practice
- The mind and consciousness
- Effects of meditation practice
- Hindrances
- Difficulties
- Yoga Meditation - Ajapa Japa
- Working with the breath
- Connection between breath and mind
- Significance of the breath
- The pause of expansion
- Teaching practice
- Classic Yoga meditations
- OM chanting
- Sound and the chakras
- The inner sounds
- Meditation on space
- Spaciousness and Awareness
- Creating a sense of spaciousness
- Meditations on everyday experience
- Meditation for life
- Developing a meditation course
- Yoga Meditation Antar Mouna
- Meditations on the inner spaces
- Creative visualisation
- Mindfulness
- Insight meditations
- Nature of awareness
- The present moment-being in the now
- The field of awareness
- Emptiness (shunya)
- Cultivating compassion
- Law of cause and effect
- Who am I?
- Dis-Identifying
- Opening the heart centre
- Meditations on the heart centre
- Teaching practice
- Meditation in Action
- Action inaction and inaction in action

### **Tutors:**

#### **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 and was awarded his certificate of competence in 2005. In 2007 Roy became director of the YTTC.

## **Clare Bassett**

Clare has qualified with the YTTC Level One and Two Teaching Diploma. She has been tutoring on the YTTC courses for a number of years and has received her YTTC Tutoring certificate. Clare brings a wealth of wisdom and compassion to her teaching in a playful and light hearted way.

<b>Duration of the course:</b>	15 days, with every third month being a full wkd.
<b>Course Fees:</b>	€1800 or €1500(one off payment) or €600 deposit plus 12 instalments of €100 per month.
<b>Venue:</b>	YTTC Dublin, Lotus Yoga Centre, 1 <sup>st</sup> Floor, 15 Wicklow Street, Dublin 2.
<b>Course Dates:</b>	Autumn 2012

## 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 a Module, please complete this application form and return it with a deposit (non refundable) of €600 (+ €45 if applicable - cheques made payable to YTTC) followed by 12 standing order payments of €100 each to pay the balance. If booking the course before the end of July you will receive a 10% reduction on the course fee.

Yoga Therapy & Training Centre (YTTC Yoga Meditation Diploma Course), First Floor, 22 South William Street, Dublin 2 Tel: +353 (59) 6451806  
[www.yogaireland.com](http://www.yogaireland.com) e-mail [roy@yogaireland.com](mailto:roy@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.*

