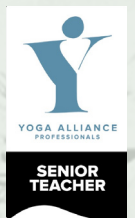


Meditation as Facilitation for Modern-day Humans

100-Hour Vocational Training

*Created and led by Shaura Hall, C-IAYT
Accredited by Yoga Alliance Professionals*

the yogologist



How can meditative processes facilitate great shifts in our body and mind?

Accredited by Yoga Alliance as a vocational course in meditation, this training strives to uncover the root of this question and enhance our ability to hold the space for modern-day humans.

Underpinned by a revolutionary fusion of yogic philosophy, scientific study of the human being, atomic physics, and connection to the 'Field', this programme sheds light on what is currently being discussed and what is kept hidden in our Western approach to healing. Its aim is to share information that leads to an embodied understanding of how our physiology functions in health and in distress, the programme building upon the basics it explores our current view on the range of vulnerable biopsychosocial conditions known to us as 'mental health'. Importantly, the dynamic of this course provides a deep level of integration in the matters of our evolving Earth, the field of energy that surrounds us, current group consciousness, and consciousness itself.

Who is this training for?

The course is for pioneers; people who hold a desire to develop their understanding of the human condition within the wider context of the evolution of the human race.

It is open to teachers of all descriptions, healthcare professionals, and those who have developed a robust mind-and-body personal practice over a period of two years or more. The content will enhance any existing mind or body practice people may have and impart essential psycho-therapeutic holding skills to restore equilibrium in the mind.

What does this training offer the participants?

The material is beneficial for yoga teachers as a further training course in meditation that explores yogic practices and group dynamics. For those in the medical or therapeutic community, the framework allows them to work within their professional remit and have embodied experiences of concepts that are currently beyond our ability to measure. The knowledge and language gained traverses between the spiritual and medical domains to bring forth the possibility for a fusion between systems while considering the realm of the mind.

Our quest on this training is to explore the physiological systems that make up the human being. We will look at how these systems work, what can go wrong, how differing 'pathologies' present, and current views of illness in tandem with embodied practices that offer differing lenses through which to see 'illness' and 'health'. We also work with meditative practices that have been designed to restore balance to the physical systems, realign humans to themselves and the Earth, and turn down the volume of the solution-focused mind.

Participants naturally develop a deeper understanding of themselves as humans and facilitators. This course is truly an evolutionary process in and of itself.

Participants leave this training with:

- A thorough understanding of the meditative process.
- A perspective of how the modern world is impacting our biological systems.
- Mind-and-body problem-solving tools to restore equilibrium.
- The language and ability to traverse both and between the spiritual and medical domains.
- Unique group-process-led embodied exploration leading to heart-based comprehension and a unified way of seeing.
- Knowledge and ability to work with the relationship dynamics that arise in the helping professions.
- The ability to competently deliver meditative practices for people at various stages in their own processes.
- Knowledge of the Doorway to Meditation Eight-week Course.
- Support to develop and facilitate their own meditation course.



Why take this training at this time?

In this modern day, with mental health conditions rising at an seemingly ever-increasing rate, a systemic approach to the human experience is needed. As Western medical practitioners are becoming more interested in the benefits of contemplative practice, facilitators must learn how to bridge the gap between the medical and spiritual domains so that we can work effectively in our role. Our aim is to empower our students with the medical language and tools to reach out and work with those who cannot yet participate in a spiritual dialogue. Furthermore, this course goes beyond the current scope of understanding as it seeks to give context to what the electromagnetic fields and the behaviour of atomic particles could mean to us when considering ourselves as aspects of this developing world and cosmos. We will explore the magnitude of the electromagnetic fields of our hearts juxtaposed by the cultural and societal influences that direct us to disconnect from those very frequencies. Participants will have gained an expanded understanding and experience of this dimension that we currently inhabit.

Course structure

The full training consists of 100 hours delivered over five modules, home practice and online support.

The modules build upon each other to provide a robust understanding of using contemplative practices for systems that are out of balance.

Each module is made up of 16 contact hours, and 4 non-contact hours.

The topics are accompanied by specific techniques appropriate for creating balance.

Each module has three components:

1. an exploration of meditative processes,
2. an introduction to how our biological systems respond, and
3. exploration into psychotherapeutic holding skills and practices.

The course is upheld by the consciousness of the group, mind-and-body wisdom, and scientific study of the biological systems.



Module outline

Module One: Grounding and Connection to the Physiological Systems — Learning Objectives

- The meditative process
- Exploring the differences between meditation and mindfulness
- Introduction to mindful enquiry
- Overcoming barriers to meditation
- Introduction to basic cell biology, including genetics and epigenetics
- Understanding the central and peripheral branches of the nervous system
- Psychotherapeutic approaches to creating safety
- The importance of grounding and how to incorporate it into your teaching
- Practical tools for delivery of Weeks 1 and 2 of the Doorway to Meditation Course

Module Two: Directing our Physiological Experiences — Learning Objectives



- Understanding the importance of and using focused breathing meditations to balance the physiological systems
- Making relationships with our cells
- The workings of the autonomic nervous system
- Understanding the respiratory system to show us to better understand breathing practices
- The energetic science of breath as defined by yogic wisdom
- Introduction to the 'Field' and a glimpse into atomic entanglement
- Connecting electromagnetism and the frequency of the heart-field
- Sensing into where we end and the student/client begins
- Jewels in group dynamics
- Practical tools for delivery of Weeks 3 and 4 of the Doorway to Meditation Course

Module Three: Adapting to Changing Conditions — Learning Objectives

- Language and safety during meditation in today's world
- Understanding the human reaction to environment and using meditation to promote self-efficacy and positive adaptation in mind and body
- An examination of Western culture and modern-day minds
- Transference and counter-transference of energy in groups and 1:1 settings
- Illuminating the imprint in our minds
- Neuroplasticity and how it can be enhanced through mind and body practice
- Understanding the working relationship of the nervous and endocrine systems in the stress response
- How to bring someone back to the present moment from traumatic material and memory
- Practical tools for delivery of Weeks 5 and 6 of the Doorway to Meditation Course

Module Four: Working with Transformation — Learning Objectives

- Consolidating what have we learned to help us hold the space for deeper meditative processes
- Deepening our own knowledge and ability to work with more powerful meditative practices
- Further exploration of stress and how our neuro-architecture adapts to give rise to specific vulnerabilities.
- Field Work processing to enhance our comprehension of specific conditions
- Creating a safe environment for people with differing brain types
- Understanding processes as necessary for human evolution to create effective facilitators
- Preparing ourselves to use partner work in sessions
- Understanding the importance of self-care when working with mind-and-body practices and a range of techniques for promoting self-care
- Practical tools for delivery of Weeks 7 and 8 of the Doorway to Meditation Course

Module Five: Completion — Learning Objectives

- Practice and consolidation of learning objectives
- Group delivery of complete Doorway to Meditation Eight-week Course
- Co-creation of practices
- Support and discussion of how to move forward with the knowledge



Entry Requirements

1. Applicants complete an application form that outlines their background and describes reasons for wishing to do the course. Due to the nature of the process work involved, the course requires that people have experience in teaching or health services or have had a strong mind and body practice for over two years. People who do not fit into the categories above but still wish to train must contact Shaura to explore whether the course is suitable for them.
2. Students need to have an interest and enthusiasm for exploring the subject matter; however, no prior physiological or scientific study is required.

Assessment & Professional Certification

Participants are observationally assessed throughout the training and will be asked to complete review questions at home to support their understanding of each module. Discussion groups on the subsequent module will allow the group to share their learning. It is requested that participants complete a daily practice of between 15 to 35 minutes and journal their experience. The group co-delivers the Doorway to Meditation Course in Module Five. At the end of the course a certificate will be issued to show that the 100 hours of training in neurobiology, mental health and meditation have been completed.

Professional Responsibility

The Field Work processing that arises on this training is unique to Shaura's programme and has arisen as a result of 14 years experience of holding groups, exploring the energetic and healing realms, participating in ceremony with indigenous people, sitting with teacher plants, and undertaking therapeutic and supervision-led trainings. These processes require a form of multidimensional holding that should be treated with the utmost respect. Participants will be required to sign a declaration that prohibits them from experimenting with the dreamweaving aspect of this work unless they undergo specific training either with Shaura or with other trainers who are experienced in this field.

One hundred per cent of the contact hours in this training is delivered by a Senior Yoga Teacher.

Participants are entitled to two supervision sessions from Shaura post-course to support their facilitation either in group or individual sessions.

This is a Yoga Alliance 100-hour accredited vocational training in meditation.

Investment

Your investment for this 100-hour vocational training is £1,200.

A non-refundable deposit of £450 is required at booking.

Please note: once a deposit is made, the student is admitted onto the training course with The Yogologist, and is liable for the full training fee; there is no obligation on the part of The Yogologist or its partners to refund monies if a student decides not to complete the training.

Following receipt of deposit, the full balance is ordinarily due four weeks prior to commencement of training. However, payment plans can be arranged in some cases.

2019 Dates for Training

- 12–13 January • 2–3 March • 13–14 April
- 1–2 June • 3–4 August



Students must attend all five training weekends to receive the Yoga Alliance award.

This training is held at the **Study Society, 151 Talgarth Road, London, W14 9DA.**

If you would like to register your interest for this training, or if you have any questions, please contact us at: hello@theyogologist.co.uk

the yogologist

