



Inward Illumination™

75-Hour Meditation Leader Training

Course Syllabus - Winter/Spring 2026 (VIRTUAL)

For questions, please contact info@sankofayogacenter.com

February 2026 - April 2026

This cohort is designed as a fully virtual experience, with no in-person sessions. The learning, structure, and total hours remain the same, while the virtual format allows greater access and flexibility.

COURSE DESCRIPTION

The Inward Illumination™ Meditation Leader Training is a transformative journey designed to deepen practitioners' personal meditation practice while empowering them to become more aligned, impactful leaders in their communities. By nurturing the ability to share meditation and mindfulness with others, the program equips participants with the tools to cultivate peace, clarity, and freedom both within themselves and those they serve.

This training emphasizes self-reflection, extensive reading, and profound self-inquiry, creating a rich environment for personal growth and spiritual development. Participants will explore various meditation techniques, engage with ancient wisdom texts, and take part in contemplative exercises that challenge their understanding of themselves and the world around them. Throughout this program, framed by an in-depth study of the Kosha system, aspiring teachers will develop the emotional intelligence, presence, and compassion necessary for holding space and supporting a community of meditators.

The curriculum balances theoretical knowledge with practical experience, allowing participants to integrate their learnings into their daily lives and leadership roles. By the end of the program, graduates will have not only deepened their own practice but also developed the confidence and skills to share the transformative power of meditation, fostering a sense of connection and well-being in their communities.

In addition to bi-weekly training sessions, students are also required to commit to a daily meditation practice, complete homework assignments, meet asynchronously with fellow trainees, and attend meditation classes at Sankofa Yoga; there are no additional fees.

Upon completion of the coursework and evaluation, participants will receive a certification of completion. For those that are Yoga teachers this will then enable you to register with Yoga Alliance for Continuing Education Credits (YACEP).

PROGRAM BENEFITS

By investing in the training, participants will:

- Deepen your understanding of meditation through both informational content and experiential practice.
- Receive mentoring, including personal “office hours,” and live and recorded group conversations.
- Establish the tools, experience, and guidance to further your own meditation practice.
- Practice leading meditations and receive constructive feedback.
- Develop the confidence, vocabulary, and presence to successfully lead others in meditation and mindfulness, while becoming a more aligned and impactful leader in your community.

CORE COMPONENTS

The program curriculum includes:

- **Deepening Personal Practice:** Daily meditation sessions and self-inquiry exercises to strengthen your own practice and create a foundation for teaching others.
- **Theoretical Foundations:** Study of the Kosha system and ancient wisdom texts, offering insights into the layers of self and the transformative power of meditation.

- **Meditation Techniques:** Exploration of a variety of meditation practices, including mindfulness, breath awareness, and visualization, to equip you with diverse tools for guiding others.
- **Contemplative Exercises:** Activities designed to challenge and expand your understanding of yourself, your leadership potential, and your role in the broader community.
- **Practical Teaching Experience:** Opportunities to practice leading meditations in a supportive environment, with constructive feedback from instructors and peers.
- **Emotional Intelligence and Compassion:** Cultivating the ability to hold space with presence, compassion, and emotional intelligence—key qualities for effective meditation leadership.

PROFESSIONAL APPLICATIONS

This certification prepares you to:

- Lead individual and group meditation sessions, creating spaces for healing, reflection, and clarity.
- Integrate mindfulness and meditation into your existing leadership roles, using these practices to enhance personal and professional decision-making, emotional intelligence, and community impact.
- Share meditation and mindfulness practices in diverse community settings, fostering well-being, connection, and inner peace.
- Guide others through transformative self-inquiry practices, helping them unlock their potential and deepen their connection to their authentic selves.
- Teach meditation with confidence, while maintaining an understanding of the philosophical and spiritual underpinnings that support the practice.

WHO IS THIS TRAINING FOR?

Our meditation leadership training is designed for individuals who have a strong interest in meditation and mindfulness practices, and are interested in sharing these techniques with others. The training is open to anyone who has an ongoing personal meditation practice of at least one year, with at least a commitment of three to four meditation practices a week. With a consistent meditation practice, this training welcomes those who wish to become certified meditation leaders,, as well as for those who simply wish to deepen their own personal practice. Our program is perfect for yoga teachers,

healthcare professionals, therapists, or anyone who is interested in incorporating meditation and mindfulness practices into their community or personal life.

Our meditation leader training program is not an immersion or workshop; rather, a training course for those with the intention to complete all requirements for certification.

WHAT DO OUR GRADUATES SAY ABOUT THE EXPERIENCE?

'This training expanded and stretched me beyond what I expected in the best way. I learned tools that helped me to personally grow and in this growth I feel more confident as a teacher to guide others through their own meditation transformation.'

'This program offered me the space to explore and deepen my knowledge of self. It has allowed me to cultivate more inner awareness which ultimately equips me with better tools to guide others through their own process.'

'This training was really helpful in expanding my knowledge about meditation. I would recommend this course to anyone that is looking for more self discovery, guidance on how to expand their practice, find their niche, or how to make their presence known in the meditation field.'

'This meditation training offers a great variety of philosophy, history, techniques, and practice teaching to cultivate your own personal meditation path as well as prepare you to lead others on their meditation path! It was an amazing time of reflection and growth, I highly recommend it!'

COURSE SCHEDULE & DATES

The training course is taught in five live virtual sessions, with a required virtual closing weekend. This format supports students having time to integrate the material, meet independently with cohort-members between live virtual sessions, complete homework assignments, and prepare for assigned practice sessions. All content will be housed within Thinkific, an online learning platform.

Virtual Synchronous Dates

Training Orientation & Compliance Meeting

Friday, February 13 : 12 p.m. - 1 p.m. EST

(Mandatory for all trainees, non-negotiable)

Module 1 | Stability - Meditation Foundations & the Physical Posture

Tuesday, February 17: 6 p.m. - 9 p.m. EST

Module 2 | Vitality - Working with the Breath and Subtle Energy

Tuesday, March 3: 6 p.m. - 9 p.m. EST

Module 3 | Clarity - Understanding the Mind in Meditation

Tuesday, March 17: 6 p.m. - 9 p.m. EST

Module 4 | Intuition - Connecting to Our Inner Wisdom

Tuesday, March 31: 6 p.m. - 9 p.m. EST

Module 5 | Joy - Sharing from the Heart

Tuesday, April 14: 6 p.m. - 9 p.m. EST

Optional Office Hours via Zoom (Dates are tentative and subject to change)

As part of this training, two optional virtual office hours will be offered to support your learning, reflection, and integration. These gatherings are a chance to ask questions, share what's emerging for students, and receive guidance along the way. Dates and times will be shaped by the needs of the cohort and shared during the training.

Virtual Closing Weekend + Commencement Ceremony: April 18 + 19

- April 18: 9:00 am – 4:00 pm | Half Day Meditation Sit, Dharma Talk Practice, Honoring Your Seat of the Teacher
- April 19: 9:00 am – 4:00 pm | Community Class Teaching, Closing Ceremony

Additional Coursework Hours: coaching, reading, homework assignments, journaling, meditation practice

TUITION & REGISTRATION

The cost of our 75- hour Leader Training is **\$1149**. Applicants will be required to submit an information form and pay the non-refundable \$300 deposit to gain entry into the 75-hour Meditation Leader Training Program. **Tuition of \$1149 must be payable as follows:**

- \$300 non-refundable deposit due upon registration
- Followed by 3 equal monthly payments of \$285 due on February 15, \$285 on March 15, \$285 on April 15.

TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, \$300 from the applicant's deposit amount will be retained by the program. However, such an amount can be applied towards a future training program.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

Questions regarding tuition balance, please contact
marcus@sankofayogacenter.com

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training. **We employ cameras on policy.** In the case of any **emergency absences**, please notify the program director immediately. If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options. Students may miss only ONE live virtual session, and must watch the

replay prior to the next live session. **Attendance to the live closing weekend in full is MANDATORY, no exceptions.**

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director does not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with Shawn Moore at info@shawnjmoore.com prior to enrolling.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

REQUIRED RESOURCES

1. ***Meditation for the Love of It: Enjoying Your Own Deepest Experience*** by Sally Kempton and Elizabeth Gilbert
2. ***Boundless Leadership: The Breakthrough Method to Realize Your Vision, Empower Others, and Ignite Positive Change*** by Joe Loizzo and Elazar Aslan
3. ***The Wisdom of No Escape*** by Pema Chodron
4. ***The Luminous Self: Sacred Yogic Practices and Rituals to Remember Who You Are*** by Tracee Stanley
5. ***Inward Illumination™ Kosha Deck*** by Shawn Moore - <https://www.shawnjmoore.com/shop>

SUGGESTED RESOURCES

- ***Creativity, Spirituality, and Making a Buck*** by David Nichtern
- ***Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion*** by Pema Chodron
- ***Moving Inward: The Journey to Meditation*** by Rolf Sovik

- ***Opening to Spirit : Contacting the Healing Power of the Chakras and Honouring African Spirituality*** by Caroline Shola Arewa
- ***Chakra Deck for Inner Exploration & Daily Sadhana*** by Shawn Moore
<https://www.shawnjmoore.com/shop>

CERTIFICATION REQUIREMENTS

In addition to attending all training sessions, there are few other certification requirements:

Written hOMework/Distance Assignment

Students are required to complete hOMework assignments/journal entries based on their readings from the assigned texts and meditation practices.

Practice Teach Meditation Offerings

Over the course, students will record one meditation practice and practice-teach one meditation practice to be reviewed with feedback.

Meditation Classes *(Tracked via Google Form)*

Students are encouraged to have daily meditation during the training. Students are required to attend 8 meditation classes throughout the course, provide reflection on teaching style, space holding, and technique. Four classes are included in tuition to take meditation or breathwork classes in-studio or online at Sankofa. You may also substitute two of your classes for group counseling classes.

Practice Teach 4 Sessions Minimum

(Feedback sent via Google Form) Students will conduct 4 sessions of practice teaching.

QUESTIONS?

Contact us:

Email: info@sankofayogacenter.com and info@shawnjmoore.com

Phone: 240-786-7182