



## **Inward Illumination™**

### **75 Hour Meditation Teacher Training**

**May 2024 - July 2024**

The Inward Illumination™ meditation teacher training will explore the concept of the koshas and how they can be integrated into meditation teaching and practice.

The training is framed by an in-depth study of each Kosha, including its characteristics, functions, and how it relates to meditation practice. This would be followed by practical training in various meditation techniques that target each of the Koshas.

Through a combination of theory, practice, and feedback, you will gain the skills and confidence to teach meditation classes that integrate the koshas and create a transformative experience for your students. You will also deepen your own personal practice and cultivate a deeper connection with each layer of the human experience.

#### **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

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).

## ***Who is this training for?***

Our meditation teacher 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 teachers, 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 work or personal life.

**Our meditation teacher 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 in-studio 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 Date**

*Training Orientation & Compliance Meeting*

Sunday, May 5: 12 p.m. - 1 p.m. EST

*(Mandatory for all trainees, non-negotiable)*

*Module 1 | Stability - Meditation Foundations & the Physical Posture*

Monday, May 6: 6 p.m. - 9 p.m. EST

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

Monday, May 20: 6 p.m. - 9 p.m. EST

*Module 3 | Clarity - Understanding the Mind in Meditation*

Monday, June 3: 6 p.m. - 9 p.m. EST

*Module 4 | Intuition - Connecting to Our Inner Wisdom*

Monday, June 17: 6 p.m. - 9 p.m. EST

*Module 5 | Joy - Sharing from the Heart*

Monday, July 1: 6 p.m. - 9 p.m. EST

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

- Friday, May 31: 12 p.m. - 1 p.m. EST
- Friday, June 28: 12 p.m. - 1 p.m. EST
- Friday, July 12: 12 p.m. - 1 p.m. EST

## **IN-PERSON CLOSING WEEKEND/GRADUATION: July 20 & 21, 2024**

- Saturday, July 20: 9:00 am – 5:00 pm | Half Day Meditation Sit, Dharma Talk Practice, Honoring Your Seat of the Teacher
- Sunday, July 21: 9:00 am – 5:00 pm | Community Class Teaching, Closing Ceremony

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

## **IN-PERSON CLOSING WEEKEND/GRADUATION**

The weekend retreat will be held in-person at our studio, 302 Main Street, Laurel, MD, if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom.

## **TUITION & REGISTRATION**

The cost of our 75- hour Teacher 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 Teacher Training Program.

Final invoices will be emailed two weeks before the start date of training. An early bird discount of 10% is available for those paying in full by April 22nd. Financial assistance and payment plans are available upon request.

## **PAYMENT PLAN OPTION:**

Tuition of **\$1149** payable as follows:

- \$300 non-refundable deposit due upon registration
- Followed by 3 equal monthly payments of \$285 due on May 1, \$285 June 1, \$285 on July 1.

## **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](mailto: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.

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](mailto: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. ***Cutting Through Spiritual Materialism*** by Chogyi Trunpa
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.*

## **Two Recorded Meditation Practices**

*Over the course, students will record two meditation practices to be reviewed with feedback. The first recording will be due early in the training and the second recording will be due prior to the closing ceremony. The exact date/time will be provided within the manual.*

## **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](mailto:info@sankofayogacenter.com) and [info@shawnjmoore.com](mailto:info@shawnjmoore.com)

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