

YOGA WITH SHAWNA

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MEDITATION

teacher training

Trainings can be taken in person or online.



It's all about the mind.

Meditation is the habitual process of training your mind to focus and redirect your thoughts.

The popularity of meditation is increasing as more people discover its many health benefits.

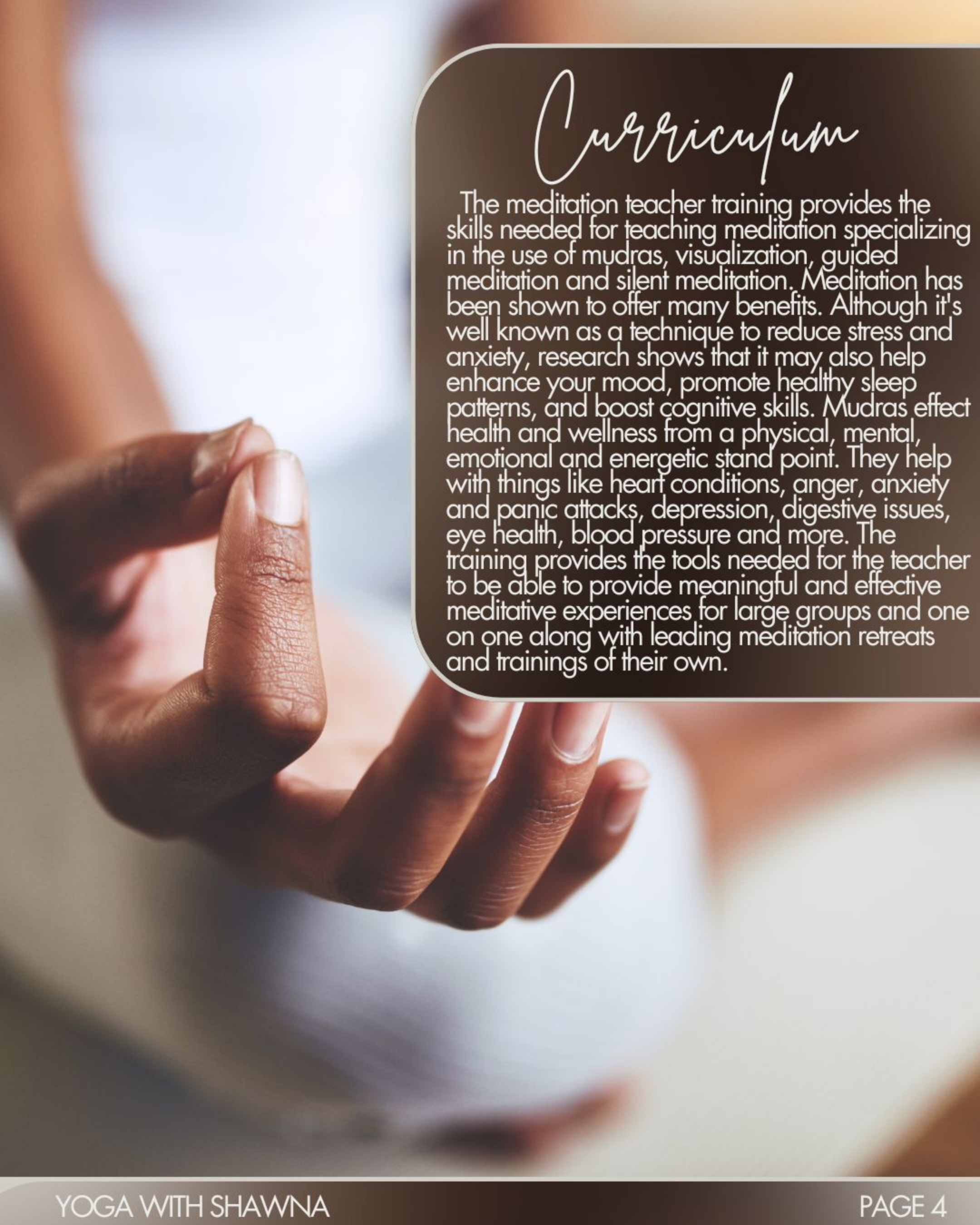
You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration. People also use the practice to develop other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance. It has been proven again and again that you can change your brain. The mind is what changes the brain and meditation is one effective tool to make the changes. Mudra meditation is pressing different reflexology points on your hands to make changes in the body and mind. Everything you need is literally right at your fingertips. Through your thoughts and your hands you transform your wellbeing and health. This training teaches how to do so.

Prerequisite

There is no prerequisite for this training. There is no minimum or maximum age requirement or experience needed. No experience needed.

This training is open to anyone who is driven to finding or maintaining inner balance and peace and helping others do the same. You do not need to have any formal meditation or yoga teacher training take this training. The course works to leave you certified to lead meditation courses using mudra. You can add this your list of certifications and ways to help people if you are an actively certified holistic health practitioner or teacher or use this as an official certification to lead meditation courses, workshops, retreats and private sessions.

With this, you do not need to be an avid or experienced meditator. You do not even need a regular or consistent meditation practice. You do not need to know what a mudra is. All you need is an open heart and mind.



Curriculum

The meditation teacher training provides the skills needed for teaching meditation specializing in the use of mudras, visualization, guided meditation and silent meditation. Meditation has been shown to offer many benefits. Although it's well known as a technique to reduce stress and anxiety, research shows that it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills. Mudras effect health and wellness from a physical, mental, emotional and energetic stand point. They help with things like heart conditions, anger, anxiety and panic attacks, depression, digestive issues, eye health, blood pressure and more. The training provides the tools needed for the teacher to be able to provide meaningful and effective meditative experiences for large groups and one on one along with leading meditation retreats and trainings of their own.

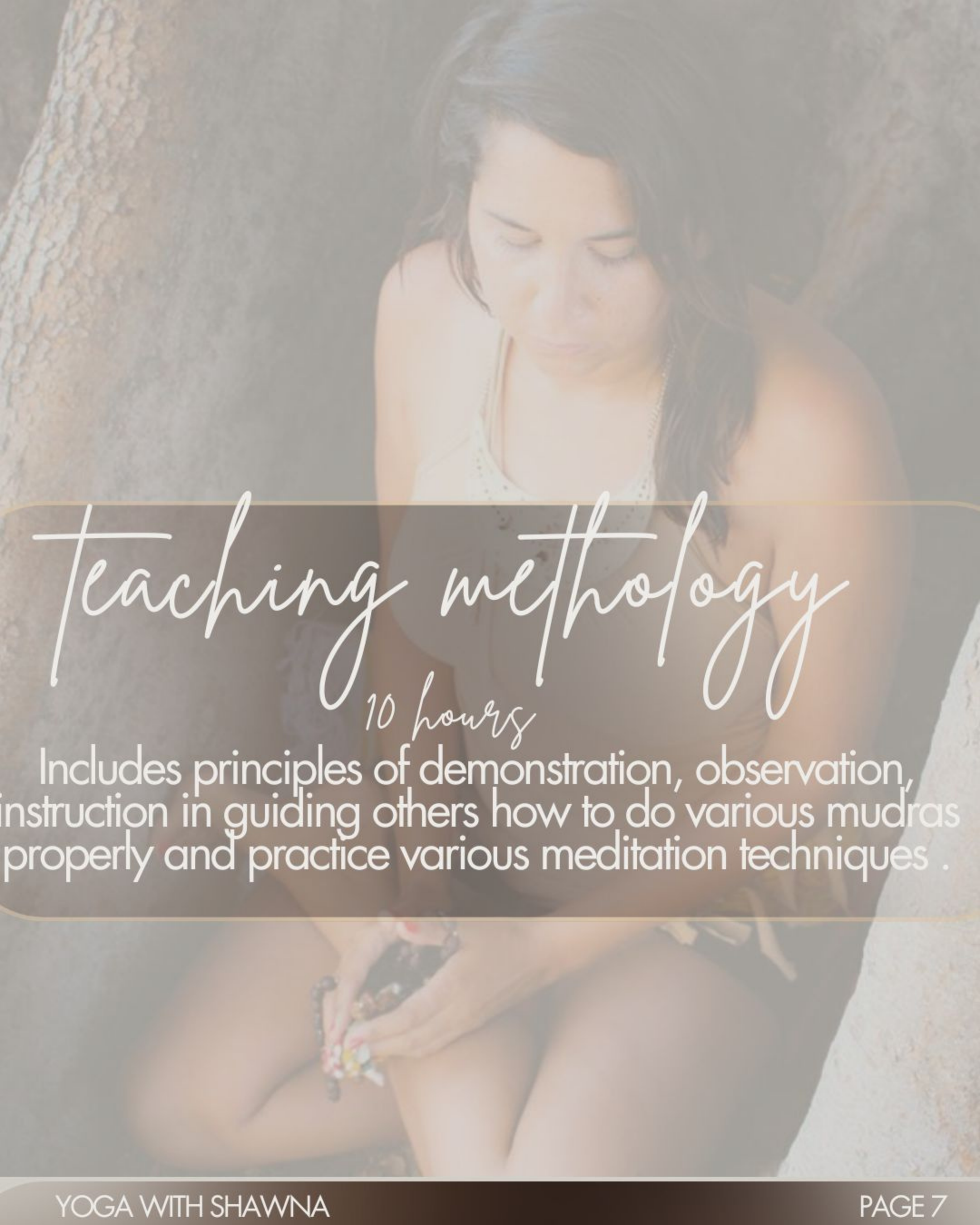


"This training changed my life in so many ways but the most transformative was when Shawna taught us the "panic attack mudra." I have suffered from panic attacks for years and this one hand position stops them immediately and doing it daily has also lessened them dramatically. I actually can't remember the last time I had a panic attack and that is saying a lot. Being able to teach this to other people is a gift."

Techniques, Training + practice 10 hours

Understand the magic of the hands through learning various mudras for mental, physical, and emotional health along with chakra balancing and spiritual properties including abundance, expansion, and wisdom. Practicing leading guided, silent + visualization based meditations.



A woman with long dark hair is sitting on the ground, leaning against a large tree trunk. She has her eyes closed and a serene expression, appearing to be in a meditative state. She is wearing a light-colored, patterned tank top. Her hands are resting on her knees, and she is holding a string of colorful beads. The background is a soft-focus view of the forest floor and other trees.

Teaching methodology

10 hours

Includes principles of demonstration, observation, instruction in guiding others how to do various mudras properly and practice various meditation techniques .



Practicum

10 hours

includes practicum to practice teaching, receive feedback, & observe others presenting and discussing various mudra and meditative experiences for all levels of learners.

"This training was so cool. There were all types of people in it- people of all ages and different physical capabilities. It really showed me that anyone can meditate and anyone can teach meditation, and more so that everyone should meditate and everyone should take this training."





Beyond the Textbook

This comprehensive program takes you on an explorative journey working deeply with yourself + others. To be able to teach, you must do. This training requires you start a regular meditation routine. This habit will not only make a fantastic meditation teacher but improve your health and well being.

Unique from most trainings, this training also includes opportunities for real-world application through practice on clients through an unpaid internship practicum. After the course work is completed, the graduate has the opportunity to apply for an unpaid internship to work at a successful yoga studio teaching a meditation class weekly. This real life experience is the best teacher and will not only give back to the community but create a well experienced and proficient meditation teacher.

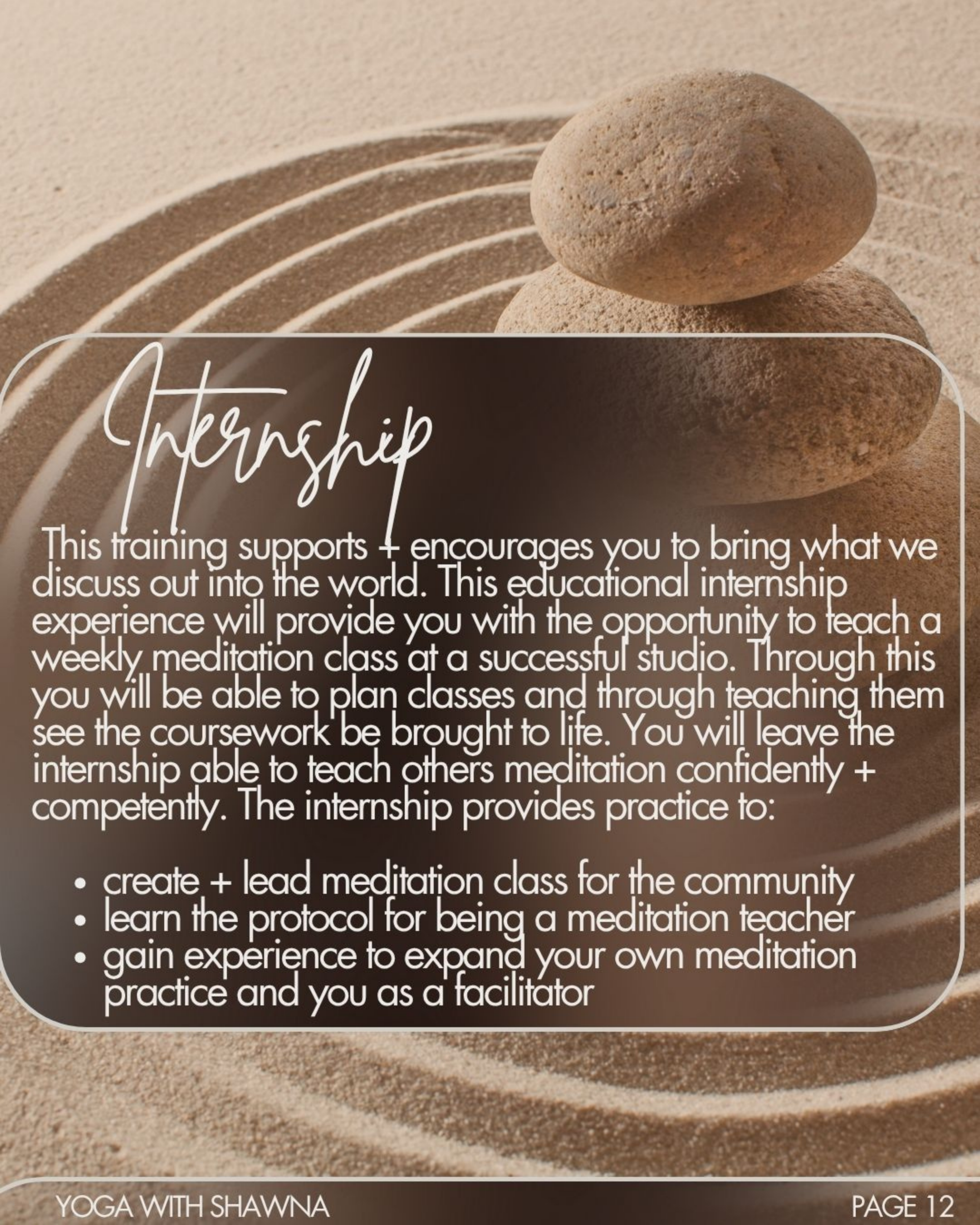


Daily Meditation Challenge

What happens when you meditate daily? In short: your thoughts start to change, your brain starts to change, your life starts to change. Aside from the required coursework this training will require you to learn through experience by meditating daily. You will meditate for a minimum of 21 consecutive days and if you miss a day you will have to start again.

The purpose of this cleanse is to:

- create a daily ritual
- get to know yourself better
- understand the coursework through experiencing it first hand
- track the changes in your life from meditating daily



Internship

This training supports + encourages you to bring what we discuss out into the world. This educational internship experience will provide you with the opportunity to teach a weekly meditation class at a successful studio. Through this you will be able to plan classes and through teaching them see the coursework be brought to life. You will leave the internship able to teach others meditation confidently + competently. The internship provides practice to:

- create + lead meditation class for the community
- learn the protocol for being a meditation teacher
- gain experience to expand your own meditation practice and you as a facilitator



I retired this year and wanted to do something purposeful with my time so I enrolled in Shawna's school. This is the best thing I could do with my time. The meditation training helped me do something I didn't think could. I am enrolled in all of our courses."



Accreditation

This is an official, multi-accredited certification.

- Internationally Accredited 30 Hours through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications



ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young at 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.

Investment

\$1999 [discounted rate, paid by first day of school]

2 payments of \$1019.50

3 payments of \$686.33

apply:

