



dhyaan

50-HOUR DHYAAN MEDITATION TEACHER TRAINING

Vision of DHYAAN

- Rich, authentic content
- Teaching exactly as how it is taught at the Source of various meditation practices
- Helping practitioners connect with the tradition and the Source of the practice
- Facilitating personal transformation

Who can apply and participate?

- Regular practitioners of meditation and yoga who want to deepen their practice
- Students who want to take meditation teaching as a career
- Yoga instructors who want to acquire meditation teaching skills
- Anyone who wants to commit to a disciplined lifestyle

Curriculum of Dhyaan

- The theory of meditation
- The tools of meditation
- The aids for meditation
- Meditation practices from vigyan bhairav tantra (The Bible of Meditation)
- Yoga Nidra meditation (Exactly as per teaching protocol of Bihar School of Yoga)
- Yoga Sutra meditation
- Breath meditation
- Kaya Sthairyam meditation (The stillness in stillness)
- Antar Mouna meditation (The silence in silence)
- SWAN meditation
- Ajapa Japa meditation (The breath in the breath)
- Chidakash meditation
- Third eye meditation practices
- Chakra meditation practices
- Mantra meditation
- Sound healing meditation

About Yashwant Saran

With a curious mind from a young age, Yash was keen to master vast amounts of knowledge of all that was around him. During his early career as a management consultant, he realized that just knowing was not enough. The hereditary imprints of his Mother and Grandmother tugged at his heart to look within. He studied Tantric and ancient traditions from past and current masters, including Swami Niranjan and Swami Satsangi of the Bihar School of Yoga. Describing his current life as akin to "walking on fire while chewing glass", he works tirelessly to create and diffuse a yogic way of life for today's urbanite.

Investment

Early bird till 15 December
AED 2850

After Early Bird
AED 3100

* All participants will receive the completion certificate.

* Prices are inclusive of VAT.

🌿 **Date:** Thursday-Saturday on 17-19 and 24-26 January 2019

🌿 **Time:** 8.30am - 4.30pm each day

🌿 **Location:** Bodytree Studio, Abu Dhabi

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