



Vishoka Meditation Teacher Training Webinar Program Summary

Vision and Tradition

The ancient yogis insisted that we all can reach a life free from pain and sorrow, infused with joy and tranquility. Vishoka Meditation is the comprehensive system of meditation designed to help us reach this fullest experience of our own inner radiance, the state of *vishoka*.

The heart of Vishoka Meditation is a technique that is spiritually-grounded, yet highly systematic and experiential. But Vishoka Meditation is more than technique---it is a living practice supported by a rich body of wisdom, refined over countless generations. It is grounded in the authentic wisdom of an ancient, yet living, tradition embodied by luminaries including Buddha, Patanjali, and a long line of Siddha masters. Drawing upon both yoga and tantra, Vishoka Meditation shares the essence of ancient source texts including the Yoga Sutra, Lotus Sutra and Shiva Sutra.

Passed down for thousands of years, the practice of Vishoka Meditation has now been distilled for the 21st century practitioner by [Pandit Rajmani Tigunait, PhD](#), a modern-day master, spiritual head of the Himalayan Institute, and successor to Swami Rama of the Himalayas. Vishoka Meditation is the culmination of decades of work by the Himalayan Institute to bring the Himalayan Tradition's deeper teachings of meditation to the West. This system of meditation is fully grounded in the eight limbs of yoga, and further enriched by essential teachings of tantra and yoga lifestyle.

The Himalayan Institute believes meditation is a powerful force for positive change and is both honored and excited to share the practice of Vishoka Meditation far and wide. The Vishoka Meditation Teacher Training program was therefore thoughtfully and specifically created for yoga teachers and advanced yoga practitioners who are passionate about changing the world, and interested in sharing this powerful system of meditation with their students and community.



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Program Format:

- This program uses an intensive training format of 2-5 contact hours per day, to immerse you in the study, practice and teaching techniques of Vishoka Meditation.
- Sessions will be a blend of lecture and practicum to create an experiential learning environment.
- On most mornings there will be a guided practice session to give you a direct experience of how Vishoka Meditation can be integrated into a yoga class or be the anchor element for a guided meditation class.
- The curriculum includes teaching techniques and practice teaching opportunities.
- Opportunity for additional informal sessions—such as a virtual chai party, and more!

Online Training Specifics:

- Participation in at least one live Zoom session per day is required
- All sessions will be recorded and available to watch four hours after they air live
- Students must submit a brief summary of each session not attended live
- All sessions will be available to view for twelve months after the end date of the program
- Students will need to coordinate with other students in order to participate in the independent group work assignments, therefore individual email addresses will be shared within the training group
- Students are responsible for downloading Zoom to their personal computers and ensuring that they are comfortable with operating the program
- Link for joining the program will be sent prior to the start date

The Vishoka Meditation Teacher Training online format gives you the opportunity to connect with other teachers from all over the world, making life-long friends and new networking opportunities for future professional opportunities in the process.

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Training Curriculum:

- Comprehensive coverage of the main body of Vishoka Meditation as well as all of its supporting and preparatory practices, as noted in the Vishoka Meditation book.
- A focus on understanding and gaining experiential proficiency in a precise set of meditative techniques designed to unite mind and breath, and turn them inward.
- Thorough review of how diaphragmatic breath training and sitting posture are the foundation for Vishoka Meditation.
- Understanding the role of prana, pranic-awareness, pranically-oriented asana and systematic relaxation in Vishoka Meditation, including both theory and practice.
- Key principles of yogic lifestyle and holistic wellness that underpin Vishoka Meditation.
- The methodology for sequencing and prioritizing the various practices, particularly the preparatory and supporting practices, which fall within the system of Vishoka Meditation.
- Understanding how the practice of Vishoka Meditation can be expressed to meet your student's unique needs.
- Key teaching techniques which are required to effectively teach Vishoka Meditation and its supporting practices.
- Exploring the relationship between Vishoka Meditation and other styles and traditions of yoga and meditation.
- Exploring the wisdom tradition which is the source of Vishoka Meditation, including key masters and source texts in this tradition and their relationship to Vishoka Meditation.
- Comprehensive training in the family of Vishoka Meditation educational products that the Vishoka Meditation Teacher Training certification qualifies you to teach, including reviewing class outlines and other curriculum materials which you can use to teach Vishoka Meditation.
- Vishoka Meditation brand guidelines and best practices to be an effective Vishoka Meditation ambassador.



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Benefits of being a Certified Vishoka Meditation Teacher:

- Listing on the Himalayan Institute website's directory of certified Vishoka Meditation teachers
- Ability to officially reference your credential as a certified Vishoka Meditation teacher
- Receive class outlines and curriculum materials for all the Vishoka Meditation educational offerings this certification covers, so you can offer the Vishoka Meditation course and guided practices to your students
- Only certified Vishoka Meditation teachers will be authorized to teach the Vishoka Meditation offerings covered in this certification, and to use the Vishoka Meditation brand in relation to those offerings (subject to approved brand usage guidelines)
- Ability to bundle the Vishoka Meditation Digital Companion Course with your offerings of the Vishoka Meditation course at no additional cost.
- Himalayan Institute will issue a Practitioner's Certificate to all students who successfully complete your offering of the Vishoka Meditation course.
- You will receive wholesale discounts for any Vishoka Meditation products which you purchase in bulk for resale (subject to wholesale terms and conditions)
- Only certified Vishoka Meditation teachers will be eligible to participate in Vishoka Meditation Level 2 teacher training offerings.
- Priority registration invitation for all future Vishoka Meditation teacher training continuing education offerings.
- Access to the Vishoka Meditation teacher's online community (initially a Facebook private group), as well as Vishoka Meditation teachers-only community events.
- Opportunities to receive ongoing personal guidance from the Vishoka Teachers Training faculty.
- This program qualifies for 70 Yoga Alliance CEUs
- Ongoing access to all VMTT training videos and other training materials for as long as you retain your Certified Vishoka Meditation Teacher credentials



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Prerequisites:

- Completion of the Vishoka Meditation Course and Vishoka Meditation At-Home Practice Immersion
- Required reading: [Vishoka Meditation](#)
- A 200-hour yoga teacher training certification from a Yoga Alliance recognized yoga school OR comparable proficiency in yoga.

Recommended Background:

- 500-hour yoga teacher training certification from a Yoga Alliance recognized yoga school
- Prior participation in trainings with Pandit Rajmani Tigunait and other HI faculty
- 3+ years of experience teaching yoga

Requirements for Vishoka Meditation Teacher Certification:

Pre-Training Assignments

- Complete the Vishoka Meditation Book Study assignment
- Self-reflection essay / practice journal after completing a pre-training 40-day Vishoka Meditation at-home practice.

Post-Training Assignments and Certification Process

- Complete the Vishoka Meditation Teacher Training course
- Successfully complete the Vishoka Meditation Teacher Certification knowledge assessment. This is an at-home proficiency assessment on the material covered in the Vishoka Meditation book and Vishoka Meditation Teacher Training course.
- Self-reflection essay / practice journal after completing a post-training 40-day Vishoka Meditation at-home practice.
- Self-reflection essay / teaching journal after having completed 30 hours of practice teaching of Vishoka Meditation.
- Annual certification dues of \$108 (first year dues are included in the tuition)

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Breakdown of Hours for Complete Certification Process:

- Vishoka Meditation Course: 18 hours
- Vishoka Meditation Practice Immersion: 9 hours
- Vishoka Meditation Teacher Training Program Intensive: 70 hours
- Re-read Vishoka Meditation book & complete Pre-Training Book Study assignment: 8 hours
- Pre-Training Vishoka Meditation At-Home 40-day Practice: **16** hours (total)
 - 15 Minute Minimum 40-Day Practice: 10 hours
 - Pre-Training Vishoka Meditation At-home Practice Journal & Essay: **6** hours
- Post-Training Hours
 - Vishoka Meditation Teacher Training Knowledge Assessment and Self-Preparation: 10 hours
 - Post-Training Vishoka Meditation At-Home 40-Day Practice: 16 hours (total)
 - 15 Minute Minimum 40-Day Practice: **10** hours
 - Post-Training Vishoka Meditation At-Home Practice Journal: **6** hours
 - Vishoka Meditation Practice Teaching: 30 hours
 - Vishoka Meditation Teaching Journal/Log and Self-Evaluation Essay: **3** hours

Total Hours: 180

Required Reading List:

[*Vishoka Meditation: The Yoga of Inner Radiance*](#) by Pandit Rajmani Tigunait, Ph.D.

Program Costs

- Tuition: Includes a non-refundable \$108 application fee
- Annual certification: First year dues of \$108 included in the tuition
- Teacher Training Manual
- Handouts and other course materials
- Curriculum materials for offering Vishoka Meditation practices and course to your students



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Program Preparation

The techniques of advanced teaching we present in the Himalayan Institute's Vishoka Meditation Teacher Training program can be applied to any style or school of yoga. We do not require you to have completed your 200-hour or 500-hour certification with the Himalayan Institute. As long as program participants meet the above requirements and/or recommended background, we welcome anyone with a previous 200-hour/500-hour training from an accredited yoga school (or comparable experience) into the Vishoka Meditation Teacher Training program. Having a basic understanding and context for the framework of our tradition is helpful, and will speed up your ability to process the new information you will receive during the program. To better prepare for your experience here at the Himalayan Institute, we require that accepted VMTT applicants complete the following prior to the start date of the program:

1. Re-read *Vishoka Meditation: The Yoga of Inner Radiance* by Pandit Rajmani Tigunait, Ph.D.
2. Complete/Review Vishoka Meditation Master Course Digital Companion (located on the dashboard of your HI online portal).
3. Complete the Vishoka Meditation Pre-training Assignments:
 - a. **Pre-Training At-Home 40-day Practice of Vishoka Meditation**
 - b. **Pre-Training At-Home 40-day Practice Journal & Essay Assignment**
 - c. **Pre-Training Book Study Assignment**

Policy on Attendance and Professional Conduct

As a student of the Himalayan Institute's Vishoka Meditation Teacher Training program, the following expectations are in place:

- Please be in attendance and on time for all of the scheduled classes listed in your schedule
- Be prepared to participate fully in all practicums, lectures, and practice teaching segments
- Dress modestly and appropriately for practicing and teaching
- Respect cultural, physical, and faith based differences of fellow students and staff
- Maintain confidentiality of students and staff members' personal information that may be shared in the classroom
- Avoid inappropriate language/activity that might have a negative impact on students/staff
- Communicate directly with the Himalayan Institute Certification Programs Manager (Judy Moulton) if there are any issues or concerns that arise during the training



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Certification Policy

Students of the training program must fulfill the hours for attendance, as well as show teaching competency and proficiency in order to receive a certificate of certification from the Himalayan Institute.

The Himalayan Institute teaching staff reserves the right to not certify a participant if certain criteria is not met, however throughout the sessions all attempts will be progressively made to ensure the students' growth towards a practical understanding of the material presented. The teaching faculty will make every effort to guide all students through the challenges of teaching Vishoka Meditation.

Completion

Certification requirements are to be completed within one year of the end date of the Vishoka Meditation Teacher Training. If this timeframe is exceeded, you may be required to retake the entire program at full cost in order to receive certification.