



VISHOKA MEDITATION®

Course Curriculum

Imagine a life free from pain, sorrow, and negativity
and infused with joy and tranquility.

The ancient yogis called this state Vishoka and insisted that we all can achieve it. The key is a precise set of meditative techniques designed to unite mind and breath and turn them inward, allowing us to nourish and rejuvenate ourselves on every level of our being.

Grounded in the authentic wisdom of a living tradition, the simple—yet profound—practice of Vishoka Meditation is the perfect complement to your existing yoga practice, as well as a powerful standalone meditation practice.

What You'll Learn

The Entire System of Vishoka Meditation

Step-by-step training with in-depth lectures and practice sessions.

All About Prana

Discover the role of prana and pranic sensitivity in Vishoka Meditation, including both theory and practice.

Yogic Lifestyle

Essential teachings of the yogic lifestyle that is the foundation of Vishoka Meditation.

The Wisdom Tradition

Learn about the spiritual origins of Vishoka Meditation and its wisdom tradition.





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(Subject to minor changes)

Session 1: The Scope of Vishoka Meditation

Session 2: Cultivating Healthy Breathing

Session 3: Refining Breath Awareness Into Pranic Sensitivity

Session 4: Purifying the Energy Channels and Eliminating the Pause:

Nadi Shodhana and So Hum Pranayama

Session 5: Discovering Our Inner Space Through Systematic Relaxation

Session 6: Adopting a Yogic Lifestyle

Session 7: Finding Your Seat: A Stable and Comfortable Meditation Posture

Session 8: Bringing the Mind Back to Its Home Base: Aharana Pranayama

Session 9: Cultivating Inner Balance: Samikarana Pranayama

Session 10: Vishoka Meditation: 4 Points of Experience

Session 11: The Complete Practice of Vishoka Meditation

Session 12: Refining our Practice of Vishoka Meditation

Your Journey Starts Here

Sign up for the Vishoka Meditation Course and discover your full potential.

[Start Your Journey Today](#)