



VISHOKA MEDITATION®

Teacher Training Curriculum

If you're passionate about changing the world, and are a yoga teacher or advanced yoga practitioner interested in sharing meditation with your students and community, this meditation certification program is perfect for you.

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.

What You'll Learn

The Wisdom Tradition of Vishoka Meditation

Learn about the yogic masters and source texts and their relationship to Vishoka Meditation.

Comprehensive Teaching Techniques

Comprehensive coverage of the main body of Vishoka Meditation and all its supporting practices.

Yogic Lifestyle

Learn key principles of yogic lifestyle and holistic wellness that underpin Vishoka Meditation.

Tools to grow your business

Vishoka Meditation brand guidelines and best practices to be an effective Vishoka Meditation ambassador.





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(Subject to minor changes)

- **Comprehensive coverage** of the main body of Vishoka Meditation and 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 is 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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Key Benefits of Vishoka Meditation Teacher Certification

- Inclusion in the Himalayan Institute's online Find-a-Teacher network of Certified Vishoka Meditation Teachers.
- The ability to market yourself as a Certified Vishoka Meditation Teacher, recognized as the gold standard in certification.
- Class outlines and curriculum materials for all Vishoka Meditation educational offerings this certification covers. You'll be fully empowered to teach the Vishoka Meditation Course and guided practices to your students.
- Ability to bundle the Vishoka Meditation Digital Companion Course with your offerings of the Vishoka Meditation Course at no additional cost.
- Wholesale discounts for any Vishoka Meditation products which you purchase in bulk for resale.
- Priority registration invitation for all future Vishoka Meditation teacher training continuing education offerings.
- Access to the Vishoka Meditation teacher's online community and Vishoka Meditation teachers-only community events.
- Opportunities to receive ongoing personal guidance from the Vishoka Teachers Training faculty.
- Ongoing access to all training videos and other training materials for as long as you retain your Certified Vishoka Meditation Teacher credentials.

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