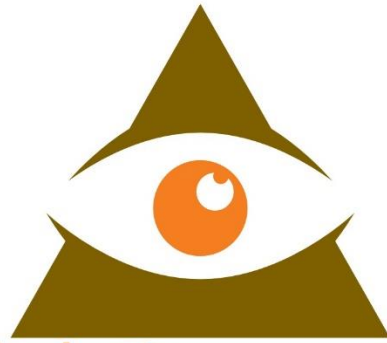




High Dimension

Groups, Workshops, Courses, Events & Retreats

www.traceecullen.com

Meditation Teacher Training

7 day Intensive Course - 20th June 2020



Held online with live tuition & 1 years access

High Dimension® Portal

- An online sacred teaching space.

Hosted by: www.traceecullen.com

Delivered by: Tracee Cullen - IPHM

– 200 hour Meditation Teacher & Mentor

Meditation Teacher Training Course

Course Content	Page 1
Introduction	Page 2
Foundation Meditation Practice – Essentials	Page 3
What is meditation	Page 4
Preparation for meditation	Page 5
Meditation Postures	Page 6
Steps to Meditation	Page 7
Diaphragmatic Breathing	Page 8
Makarasana & Shavasana	Page 9
Meditation, Mind & Mantra	Page 10
Breath (Pranayama)	Page 11, 12 & 13
Shatkarma	Page 14
Doshas	Page 15
Mudra	Page 16 & 17
Meditation..	Page 18
Other Meditation Methods	Page 19 & 20
Nadis	Page 21
Chakras	Page 22, 23 & 24
The Five Koshas	Page 25
Teaching, Guidance & Business	Page 26, 27 & 28
Continued Development	Page 29 & 30
Gayatri Mantra	Page 31 & 32
- <i>Glossary of Sanskrit terms</i> - <i>Joints & Glands Manual</i> - <i>Preparatory Class outline for meditation and Japa</i>	