



High Dimension

Groups, Workshops, Courses, Events & Retreats

www.traceecullen.com

100 Hours Meditation Teacher Training

6 day Intensive Course

Saturday 23rd - Thursday 28th May 2020 Inclusive

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 & 3
Notes for Students	(Online)
Your Journey so far?	(Online)
A brief History of Yoga Philosophy	Page 4, 5 & 6
Hridaya - Heart Mudra	Page 7
Jnana & Chin Mudra	Page 8
Yoni Mudra (attitude of the womb or source)	Page 9
Bhairava Mudra (fierce or terrifying attitude)	Page 10
Mudras - advanced meditation practice	Page 11
Mudras & Prana	Page 12
Mudras into practice	Page 13 & 14
Kaya (Postural Mudras) & Bandha (Lock)	Page 15
Yamas and Niyamas	Page 16
More on the Ethics and Teachings of a Teacher	Page 17
The Eight Limbs of Yoga	Page 18 & 19
The Elements of Nature	Page 20
Ayurveda	Page 22
The Vayus	Page 23, 24, 25 & 26
Mantra & Chanting	Page 27 & 28
Wellbeing & Lifestyle	Page 29 & 30
Professional Teaching & Continued Development	Page 31