

MEDITATION SPECIALIST™ CERTIFICATION TRAINING

Presented by Dr. Susan Taylor

Clinic 1: Build Your Foundation – 2008

Schedule and Course Content

Total Classroom hours: 22.0

Day 1			
4:00-6:00 PM	2.0	Philosophy/Ethics/Lifestyle	Foundation for Healing/Center Axis
7:30-9:00 PM	1.5	Practicum	Guided Relaxation
Day 2			
6:30-8:00 AM	1.5	Practicum	Asana, Meditation
9:30-10:00 AM	0.5	Medical Update	Meditation and Immunity
10:00-11:30 PM	1.5	Anatomy & Physiology	ANS/Seated Posture
11:45-12:15 PM	0.5	Practicum	Guided Relaxation & Meditation
2:30-4:00 PM	1.5	Practicum	Sitting Posture, Alignment & Breath
4:00-5:30 PM	1.5	Teaching Method	Developing Your Seat
7:00-8:00 PM	1.0	Philosophy/Ethics/Lifestyle	Bringing Meditation into Health Care
8:00-9:00 PM	1.0	Practicum	Asana, Meditation
Day 3			
6:30-8:00 AM	1.5	Practicum	Asana, Meditation
9:30-12:00 PM	2.5	Review & Discussion Lifestyle/Nourishment	Basics of Nutrients for Brain Nourishment
2:00-5:30 PM	3.5	Practicum	Breathing, meditation & seated pose
7:00-7:30 PM	0.5	Review and Discussion	Starting A Meditation Practice
7:30-8:30 PM	1.0	Philosophy/Ethics/Lifestyle	Staying Connected
8:30-9:00 PM	0.5	Adjournment	Q & A, Closing