



## Om-Line Meditation Teacher Training

### Student Information Sheet



#### Benefits:

- Very interactive. This online meditation teacher-training program is like no other. There are live classes, online discussions, videos, and group work. You get lots of feedback on your own practice and your teaching.
- In-depth learning. You have the time to explore the concepts you are interested in, or find difficult, in more depth and without comparing yourself to other students.
- Flexibility. You are able to do your work on the course when it fits best in your schedule. The only requirement is that you attend the live 2 hour sessions once a week (they are recorded if you need to miss one). The rest of the course is done on your own time.
- Small class sizes. Allows for more one on one interaction and feedback from the instructor.

#### What you learn:

- Various meditation and breathing practices
- Techniques for teaching
- Benefits and challenges of meditation
- Ethics of teaching meditation
- Science and background of mindful practices

#### Expectations:

- **You will need approximately 8 hours per week for the course. This includes:**
  - 2 hrs live class per week (online with instructor and the other students) – usually on Sunday
  - 30 minutes of individual meditation practice each day
  - 1-2 hrs online and personal study – readings, online discussions, teaching practice

- Within the course, deadlines are negotiable, though you will not want to get too behind. All coursework is due on the end date for the course. If any extension is required following the end date, it will require a monthly fee.

**Time frame:**

- 8 weeks
  - Various times of the year

**Cost:**

Tuition for the course: One payment of \$500

\$100 is required as a down payment at the time of registration

**To register:**

Click here for the [registration form](#).

Following registration, you will receive an email acceptance and payment information