



Nature Care College

Relaxation & Meditation

DESCRIPTION	Meditation (Dhyana), the seventh limb of yoga, is a primary tool for establishing a calm, steady and clear state of mind. This module will train students in the principles, purposes, processes and techniques of meditation and apply them towards positive outcomes of yoga practice. Students will also learn specific preparatory practices and deep relaxation techniques that have long been regarded as a foundation of yoga practice for reducing stress and tension, and promote overall wellbeing.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this module, students should be able to: <ol style="list-style-type: none"> 1. Explain tension and relaxation responses 2. Teach specific relaxation techniques 3. Explain principles & purposes of meditation 4. Teach specific meditation techniques 	
TEACHING METHOD	Knowledge and content lectures Individual practice and observations Group discussions and exercises	
ASSESSMENT	Practical demonstration	50%
	Written Assignment	50%
	<p>Pass/Fail only. No higher grades available.</p> <p>NOTE: Students are required to take photocopies before submitting assignments to the Lecturer. Marked assignments are available for collection either directly from your Lecturer in class or from the Library a few weeks after the end of Term. Due to the high volume of assignments we are only able to keep them for one Term before they are recycled.</p>	
ATTENDANCE	90% minimum.	
PRE-REQUISITES	Yogic Philosophies, Yogic Physiology, Yogic Ethics and Lifestyle Practices, Pranayama, Asana 1&2	
CO-REQUISITES		
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.	

TEXTBOOKS

Compulsory:
Nil.

Recommended Reading / References:

Swami Saraswati, Satyananda “*Yoga Nidra*” Bihar School of Yoga, Bihar
Miller, Richard, “*Yoga Nidra: The Meditative Heart of Yoga*”, Sounds True, USA
Kornfield, Jack, “*Meditation for Beginners*”, Bantam Books, New York.
Ricard, Matthieu, “*The Art of Meditation*”, Atlantic Books, London
Swami Saraswati, Satyananda, “*Meditations from the Tantras*”, Bihar School of Yoga
Zinn, Jon-Kabat, “*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*” Hyperion.

SESSION-BY-SESSION OUTLINE

SESSION 1	Physiology of Stress and the ‘Fight or Flight’ Syndrome Tranquility Pose
SESSION 2	The ‘Relaxation Response’ and Techniques of Relaxation PMR and Body Scan
SESSION 3	More Techniques of Relaxation - Body Steadiness and Yoga Nidra
SESSION 4	Yogic principles, purposes, processes and techniques of meditation Preparatory practices for body, breath and mind
SESSION 5	Yogic Meditation Techniques (with objects)
SESSION 6	Yogic Meditation Techniques (without objects)
SESSION 7	Sanskrit Mantras and Chanting Sounds and Chakras
SESSION 8	Buddhist Meditation Principles and Practices
SESSION 9	Teaching meditation to beginners Progressing meditation in yoga classes Choosing a suitable practice for yourself
SESSION 10-12	Assessments of Teaching Demonstrations

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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