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We can't control what goes on the outside. But we can always control what goes on the inside. Yoga is not about being good at something. It is about being good at yourself.

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## MEDITATION TEACHER TRAINING COURSE

**(25 HOURS)**

### Contact Us

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### Our Courses

- 200 Hour Yoga TTC
- 50 Hour Aerial Yoga TTC
- 25 Hour Pranayama TTC
- 25 Hour Meditation TTC

## Why Join This TTC

- Internationally recognized certification
- Small batch learning
- Hands-on teaching experience
- Teaching manual and practice resources
- Suitable for practitioners and teachers
- Online and in-person options

## What You Will Learn

- Foundations of Meditation
- Preparing for Meditation
- Meditation Techniques
- Trataka Meditation
- Guided Meditation Skills
- Teaching Methodology
- Journaling & Self-Reflection
- Practice Teaching
- Assessment & Certification

## Techniques Covered

### Meditation Techniques

- Breath-Based Meditation
- Mindfulness Meditation
- Mantra Meditation
- Guided Meditation
- Concentration Meditation (Dharana)
- Trataka Meditation

### Supporting Practices

- Breath Awareness
- Centering Techniques
- Relaxation Practices
- Meditation Journaling
- Silent Observation
- Reflection Practice

## Who Can Join?

- Yoga practitioners
- Yoga teachers
- Wellness professionals
- Meditation practitioners
- Individuals looking to deepen their personal practice

## About the Course

Meditation is the practice of cultivating awareness, focus, and inner stillness. This training provides a strong foundation in meditation techniques, teaching methodology, and practical application for personal practice and instruction. Students will explore a variety of meditation approaches, develop a consistent personal practice, and gain the confidence to guide meditation sessions safely and effectively.

## Benefits of Pranayama

- Improves focus and concentration
- Reduces stress and anxiety
- Enhances emotional well-being
- Promotes self-awareness
- Supports mental clarity
- Cultivates inner calm

