

THE STILL POINT.

Meditation & Breathwork *Teacher Training*



An Online Journey Into
the *depth* of PRACTICE
and the HEART of *Teaching*.



ELEVATE YOUR PRACTICE with
timeless *techniques*



LEARN TO TEACH the *science & spirit* of
meditation and breathwork



REGULATE your nervous system and
CULTIVATE emotional & energetic *balance*



BRIDGE ancient wisdom & modern tools
to support real-world *integration*



GROW *spiritually* while gaining *confidence*
to guide others

GUIDED BY

VAJRA LUZ

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Your Transformational Journey *Begins* HERE & NOW

100-HR ONLINE CURRICULUM

- VIDEO LESSONS VIA ONLINE CLASSROOM
- LIVE Q&A SESSIONS WEEKLY
- LIVE GUIDED PRACTICE WEEKLY
- SUPPORTIVE LEARNING COMMUNITY

***SELF-PACED, INTERACTIVE, LIFETIME ACCESS,
YOGA-ALLIANCE CERTIFIED TEACHER TRAINING**

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Meditation & Breathwork *Teacher Training* CURRICULUM



MODULE I. FOUNDATIONS

Class 1: The Meaning of Dhyana & Pranayama
(aka Meditation & Breathwork)

Class 2: Core Principles & Techniques
of Meditation

Class 3: Core Principles & Techniques
of Breathwork



MODULE II. SPIRIT & SCIENCE: THE TECHNOLOGY OF AWAKENING

*Class 4: The Spiritual Dimension of
Meditation and Breathwork*

Class 5: The Science of Meditation & Breathwork

*Class 6: Where Science & Spirituality
Meet in Practice*

MODULE III. EMBODIED TEACHING AND APPLIED INTEGRATION








*Class 7: Internal Foundations,
External Applications*

*Class 8: Authentic Offerings &
the Business Spirit*

Become *Certified* to TEACH with *Integrity* through your *Committment* to PRACTICE

CERTIFICATION REQUIREMENTS

YOGA ALLIANCE ELIGIBLE: 100 HOUR CE CREDITS

-  40-DAY MEDITATION SADHANA
-  40-DAY BREATHWORK SADHANA
-  FOUNDATIONS EXAM — BASIC TEST COVERING
ANATOMY, PHYSIOLOGY, NEUROSCIENCE
-  TEACHING PRACTICUM — MINIMUM OF 20
DOCUMENTED TEACHING HOURS
-  1:1 CERTIFICATION SESSION WITH VAJRA
-  PEER FEEDBACK EXCHANGE — GIVE AND RECEIVE
CONSTRUCTIVE FEEDBACK ON AT LEAST 5
FELLOW STUDENT TEACHING SESSIONS
-  SCRIPT CREATION — SUBMIT TWO ORIGINAL
SCRIPTS: ONE GUIDED MEDITATION AND ONE
BREATHWORK SESSION

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