

Ananda Meditation Teacher Training

Course Syllabus

For those in the certification track, all assignments are required unless they are marked “optional” on the course website. For those in the non-certification track, all assignments are optional. The small-team discussions and practice teaching assignments are only for those in the certification track.

Pre-Course Assignments

- Watch the video “Tour of the course.”
- Read the Course syllabus, “Participation guidelines,” and “Certification criteria.”
- Work through the Practice Resources in the Resources section.
- Post a self-introduction.
- Complete the Pre-Course Review.

Course Units

The course has 10 units, each of which is 7 days long, from Wednesday at noon, Pacific time, to the following Wednesday at noon, by which time all assignments for that unit must be submitted.

“Live” Activities

There are 10 “live” webinars, one on almost every weekend of the course. They take place in the morning, Pacific time, usually on Saturday. The first webinar is on the first Saturday of the course. All webinars are recorded for those who are unable to attend.

Certain course activities call for “live” interaction with a classmate (via Zoom) or with a non-classmate who lives near you; they are scheduled at mutually convenient times. Here is the timing of these activities within the overall course schedule:

- **Units 4–6:** In each of these three units, you will take part in two “Each One Teach One” sessions (EOTOs), “live” via the Zoom online video service. You will be the teacher in one EOTO, and the student in the other. The instructors will pair you with classmates, and together you will choose mutually convenient session times.
- **Unit 7:** You will make a 20-to-25-minute video of yourself teaching someone who is not a student in this course. Ideally, this mini-class will be taught “in person.” However, due to the pandemic, there will be a Zoom alternative.
- **Unit 9:** You will participate in two more EOTOs, one as the teacher and one as the student. Optionally, you can—and are encouraged to—do more than two.
- **Unit 10:** You will make a 20-to-25-minute video of yourself teaching someone “in person” (or via Zoom if necessary). The video will be different from the Unit 7 video. You can teach the same person whom you taught in Unit 7’s video, or someone else, as you prefer.

Unit Assignments

In each of the 10 units of this course, your assignments will be of 8 basic types. For those in the certification track, these assignments are required unless marked “Optional.”

1. **Video Presentations**—Study 3–5 video presentations (most are 8–12 minutes long), posted on the course website.
2. **Reading**—in the course manual (usually 10–15 pages), plus one or more linked articles
3. **Self-Quiz**—The purpose is to help you check your understanding of certain important points. It is a learning experience, not a test, because you can do it repeatedly until your answers are 100% correct. Having to re-do the quiz in order to get 100% won’t affect your chances for certification. We just want to be sure you know the material by the time you finish the quiz.
4. **Special Assignment(s)**—See below.
5. **Discussion Forums**—In most units, you will be part of a small team that answers a discussion question. Some units also (or instead) have a discussion in which all trainees are part of one large team.
6. **Sadhanas**—Four guided practice sessions (3 audio, 1 video) are posted in units 1–6 and 8–9. You need to follow each of them at least once during the unit, and ideally meditate every day. In units 7 and 10, you will design your own sadhanas in accordance with certain criteria.
7. **Journaling**—Respond to questions about your experience with various aspects of meditation, usually involving the practice of a specific activity throughout the unit. Only you and the instructors can view your journal. Some units have no journal assignment.
8. **Webinar**—Every Saturday 10:00–11:30 AM Pacific time. Those who cannot participate “live” can watch the recording.

Following are the reading and special assignments for each of the 10 units:

Unit 1—What Meditation Is and Is Not

Reading: Sections 1–3 of the course manual, plus linked article(s)

Special Assignment: Make and post a 2-to-3-minute “Why I Meditate” video.

Unit 2—More on the Hong-Sau Technique

Reading: Section 4 of the course manual, plus linked article(s)

Special Assignment: Submit for review two photos—one of yourself in meditation posture, and one of a non-meditator whom you have taught to sit properly for meditation.

Unit 3—Deepen Your Practice

Reading: Section 5–6 of the course manual, plus linked article(s)

Special Assignment 1: Make and post a 5-minute “How to Watch the Breath” video.

Special Assignment 2: Schedule two 10-Minute EOTOs (one as teacher, one as student) that you will complete via Zoom sessions with classmates during Unit 4.

Unit 4—How to Share Hong-Sau

Reading: Section 7 of the course manual, plus linked article(s)

Special Assignment 1: Complete two 10-Minute EOTOs (one as teacher, one as student), and post videos of those classes.

Special Assignment 2: Schedule two 20-Minute EOTOs (one as teacher, one as student) that you will complete during Unit 5.

Unit 5—Practice Your Teaching

Reading: Sections 8–10 of the course manual, plus linked article(s)

Special Assignment 1: Complete two 20-Minute EOTOs (one as teacher, one as student), and post videos of those EOTOs.

Special Assignment 2: Schedule two 20-Minute EOTOs (one as teacher, one as student) that you will complete during Unit 6.

Unit 6—More Tools for Meditators

Reading: Sections 11–14 of the course manual, plus linked article(s)

Special Assignment 1: Take a day (or half day) of seclusion, as explained in your manual, and make a journal entry about it. If your schedule won't allow this during Unit 6, you can postpone it until Unit 7 or 8.

Special Assignment 2: Write a review of a classmate's Unit 5 EOTO teaching.

Special Assignment 3: Complete two 20-Minute EOTOs (one as teacher, one as student), and post videos of those EOTOs.

Unit 7—Expand Your Teaching

Reading: Section 15 of the course manual, plus linked article(s)

Special Assignment: Create and post a 20-to-25-minute “How to Meditate” teaching video with a non-meditator as your student (in person if possible; via Zoom if not).

Unit 8—Engage the Heart

Reading: Sections 16–17 of the course manual, plus linked article(s)

Special Assignment: You become part of a project team. You will post an outline of your proposed final video, and give feedback on teammates' outlines while receiving their feedback on yours. You will also schedule at least 2 EOTOs with teammates (one as teacher and one as student) to take place during Unit 9.

Unit 9—Refine Your Teaching

Reading: Section 18 of the course manual, plus linked article(s)

Special Assignment: Complete 2 or more EOTOs with teammates, post the EOTO video(s), and give feedback on teammates' EOTO videos. Extra EOTOs are encouraged but not required

Unit 10—Logistics of Teaching

Reading: Sections 19–21 of the course manual, plus linked article(s)

Special Assignment: Create and post your final, personal 20-to-25-minute video of teaching someone (in person if possible; via Zoom if not), incorporating teammates' feedback as you think best. This teaching assignment is different from what you will have done in Unit 7.