

"Meditation for Racing Minds": Self-Care for Massage Therapists
4 CEUs NCBTMB Approved : Provider # 1528
Wednesday June 12, 2019
12:00-4:00 pm

Location: Elemental Healing
5041 Arco Street
Cary, NC 27519

Instructor: Bernadette Kozlowski
Certification: RYT-200, Yoga Alliance, ID 20638

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SYLLABUS

Registration 11:45-12:00

Session # 1 12:00-12:50pm
What is Meditation?
Benefits of Meditation
*Meditation: Permission to Rest
Myths of Meditation: Monk's Way vs Modern Way
*Meditation: Body Scan

Session # 2 1:00-1:50 pm
Rhythms of Meditation
Lorin Roche Approach
Relaxation Response vs Stress Response
Using your Senses as Doorways into Meditation
* Salute to the Senses Meditation
* Outdoor walking meditation

Session # 3 2:00-2:50 pm
The New Language of Meditation
Skills of Meditation
Styles of Attention
*Breathing Meditation
Mantra/Doorway/Tool
Immensity of Sky and Earth

Session # 4 3:00-3:50
FAQs
* Memory Meditation
* Bringing Movement to Your Meditation
The Concept of Syzygy
* Gratitude Meditation

Wrap up and Evaluations 3:50-4:00

Course descriptions

In this live, self-care course for massage therapists, participants will learn how instinctive meditation can help you deal with racing thoughts, stay rested and rejuvenate, prevent burnout, and be more present in your own life, and with your clients. Meditation is a natural process that we all know how to do and crave. When you learn to give massages, you learn smaller skills before giving a full massage. Why not do the same thing with your meditation practice? Reduce frustration by using tricks gleaned from Dr. Lorin Roche's decades of research with regular, healthy meditators from a variety of traditions. We'll talk about what meditation is and obstacles that might be preventing you from being a healthy meditator. You'll learn and practice skills that successful meditators use. Then you'll use those skills during guided meditations and self-guided meditative explorations. You'll have the tools to begin meditating on your own after the workshop.

Learning outcomes for Course

At the conclusion of this course, participants will

- a) explain the philosophy behind instinctive meditation which teaches how to deal with racing thoughts effectively
- b) identify the language-based skills that are the foundation of a healthy meditation practice for Westerners.
- c) perform 7 meditation techniques
- d) Begin to develop an individualized meditation practice for self-care.

Learning Objectives 1st Hour

Student will

1. Define instinctive meditation.
2. List 22 of the physical, mental, emotional, and spiritual benefits of meditation.
3. Gain insight into how cultural mindsets/language barriers around meditation prevent the triggering of the relaxation response.
4. Recognize that the skills of meditation are based around the language used.
5. Practice the skill of giving oneself permission to rest.
5. Practice the skill of welcoming thoughts during meditation.
6. Illustrate the risks of meditating like a monk
7. Perform a guided meditation: Body Scan

Learning Objectives 2nd Hour

Student will

1. Recognize the 8 natural rhythms of what happens during meditation
2. Examine the history behind the Lorin Roche approach to meditation
3. Identify 10 ways the body responds with the relaxation response is triggered.
4. Name at least 10 senses that can be used to trigger the relaxation response.
5. Perform a guided meditation: Salute to the Senses
6. Explore an individualized walking meditation.

Learning Objectives 3rd Hour

Student will

1. Compare the new language to the old language of meditation.
2. Identify 5 skills that will help ease them into a meditation.
3. Describe 3 styles of attention that may enhance the meditative experience.
4. Give 5 examples of mantras that can be used as meditative tools
5. Explore a meditation on breathing.

Learning Objectives 4th Hour

Student will

1. Describe the concept of syzygy as it applies to meditation.
2. Explore a guided meditation on mudras(movement).
3. Perform a guided meditation on a memory.
4. Explore a meditation on gratitude.
5. Establish guidelines for a meditation practice around when, where, how long, and in what position.
6. Describe what will happen during a meditation and what are the challenges of meditating.
7. Identify which technique is best for them.
8. Learn how to identify if a meditation practice is effective.
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