

Dakini Meditative

MEDITATION TEACHER TRAINING

SEPTEMBER 2016 - JUNE 2017

WITH KELLY LINDSEY, MA

The Dakini Meditative Meditation Teacher Training is a 300-hour program that offers a comprehensive training in the practice of meditation, drawing from Tibetan Buddhist teachings as well as modern evidence-based research on meditation. Students will learn to deepen their own understanding and practice and learn to teach the practice of meditation to others in both one on one and group settings. The primary purpose of this training is to prepare students of meditation to become teachers of meditation.

The program includes one three hour training workshop per month, weekly classes, two weekend retreats, one personal meditation retreat, a student teaching practicum, and two individual consultation sessions with Kelly. Certificates will be issued to graduates.



DAKINI
MEDITATIVE

SCHEDULE

The program includes one three hour training workshop one Monday each month, 9am - 12pm, September - June; weekly classes (either Wednesday or Friday mornings, or both, your choice); two weekend retreats in January and June at the Margaret Austin Center; one personal meditation retreat, a student teaching practicum, and two individual consultation sessions with Kelly scheduled at your convenience.

Workshop Dates:

(Mondays 9am-12pm)
September 19th
October 17th
November 14th
December 12th
January 9th
February 6th
March 6th
April 3rd
May 1st
June 5th

Retreat Dates:

January 13-16
June 9-12

BREAKDOWN of 300 HOURS

Teacher Training Workshops: 30 hours
Weekend Retreats: 40 hours
Individual Mentorship Sessions: 3 hours
Daily Meditation Practice: 120 hours
Weekly Group Practice: 50 hours
Student Teaching Practicum: 40 hours
Personal Retreat: 20 hours

CURRICULUM OVERVIEW

History of Meditation
Science of Meditation
Applied Meditation
Psychology of Mindfulness
Mindfulness-based Therapeutic Applications
Types of Meditation
Giving Meditation Instruction
Developing Class Structure and Content
Teaching Skills
Leading Contemplations
Dialogues and Discussion Groups
Preparing the Body for Meditation
Cultivating a Daily Meditation Practice
Uniting Wisdom and Compassion
Planning Solitary and Group Retreats

PRE-REQUISITES

Students must have a foundation of two years of meditation practice and must have attended at least one meditation retreat. Students must also have the intention to teach meditation to others.

CERTIFICATION

A Certificate of Completion of the Meditation Teacher Training will be offered to students upon completion of all the requirements of the program.

PROGRAM PRICE \$3000

Students can pay up front or make payments throughout the training. Reduced tuition rates available on an as-needed basis. Please inquire for an application.

BREAKDOWN of PRICING

Teacher Training Workshops \$1000
Two Weekend Retreats \$1000
Weekly Classes \$500
Mentorship Sessions \$300
Manual + Materials \$200

For more information or to request an application, contact Kelly:
kelly@dakinimeditative.com
or 512.708.0108

KELLY LINDSEY

Kelly's deep love for meditation began 20 years ago and her practice has been guided by many remarkable spiritual teachers. She feels passionate about helping to facilitate a meditative journey for others and to share the practice of meditation in an informed and inspired way. Kelly's warm, open-hearted presence invites students to travel more deeply along their own path of awakening.

