

This has been such a wonderful opportunity! I truly appreciate the ability to learn how to teach meditation via an online course that works with my regular work schedule, and this particular course was very easy to follow and full of great material. Each week provided new material and meditations to practice. I was able to gain confidence as a meditation teacher, as well as learn all the information to add to my tool belt as a teacher. I look forward to taking my knowledge into my yoga classes and being able to create my own meditation series thanks to this wonderful course!

L.L., California

One of the most enjoyable adult educational experiences I've had, online or off. Well thought out, well organized, well executed. Clear instruction and evaluative tools.

Many thanks for this life-changing, high-quality opportunity to grow.

— K.B., New York

This course gave wonderful insight into how to teach a variety of students, and explained each topic in a way that was both intellectually rigorous and easy to understand. I feel confident that I have an abundance of material to use with practically any group of students, both those on a spiritual path and those who are more agnostic. The course also revolutionized my own meditation practice, helping me to go deeper into meditation and become more disciplined in my practice. As someone who has practiced Hong-Sau for a few years and taken Kriya initiation, I learned a tremendous amount about both Hong-Sau in particular and meditation in general. The teachers are also warm and welcoming, and the feedback they offered was insightful and useful. I would recommend this course to anyone who wants to teach meditation or to Hong-Sau or Kriya practitioners who are looking to deepen their meditations.

— M.O., California

The course is more than I could ever have imagined!!!! The course material is excellent, well prepared, and easy to follow!!

—A.S., California

My original intention was to introduce meditation to others in my circle of friends. But this course helped my meditation practice much more than I expected, and somewhere along mid-course I decided to actually teach classes.

I was a little 'iffy' about doing a meditation course online because I had learned meditation in a classroom setting. I asked myself, How effective will it be to learn to teach without being in front of a teacher? However, I made the right decision. Because the online course runs for far longer than the usual in-person classes, it gave a lot of extra time to really absorb the information. I could play back the videos any number of times, go over the study material, research on the internet, and take my time to perfect my assignments. The flexibility of being able to study anytime based on when I had time, or when I felt like studying, made me a more mentally "ready" student and I enjoyed it

more. The instructors Gyandev and Diksha were very helpful and prompt in answering any questions or concerns.

I feel confident about being able to do a good job with my students.

—S.M., California

I began the course with doubts, because English is not my native language. I worried that I might not be able to understand enough, or meet all the requirements. But I soon discovered in myself the willingness to do it, and I achieved a great personal goal.

I learned so much more about the meditation than I ever knew, and now I enjoy my practice much more, too. It also gave me all the tools I need for leading a class with beginning students who want to add meditation to their lives.

— I.B., Argentina

This has been a wonderful course—it's what I call "real Yoga," and not just exercises. It is a way to live, and when we choose to live that way, I believe that will be very good for our future. Study the course manual precisely and read the manual several times, so you can go true to the real essence of Yoga.

This course gives a lot more than just meditation. It has my full recommendation. Thanks to Diksha and Gyandev

— R.R. Switzerland

I would recommend this course because of the grounded lessons they offered. The support was constant and the class felt like a beautiful responsibility to myself. I feel like I learned and want to continue to learn.

—J.E., Hawaii

I gained a tremendous understanding of the meditation practice. It's amazing how much you learn when you have to teach it to others. My daily meditation practice improved because I was focused on doing it correctly. I feel that this course is worthwhile for anyone who wants to teach meditation or expand their own meditation practice.

—D.H., California

What an amazing course! Whether you want to teach others the joy of meditation or just deepen your own practice, this course will help guide you toward reaching a more meaningful meditation. The daily sadhanas and guided practices will help you learn techniques to lift your spirit and gain a better understanding of how meditation can have such a positive impact on one's life.

— A.E., California

The course is wonderful, user friendly, very well presented and through and informative. It really helped me to deepen my practice, aspire with more resources and ideas and also

to connect and expand with many wonderful, spiritual family and friends and community. Meeting and sharing with other like minded souls is also very helpful and inspiring.

The mentors, Gyandev and Diksha, are exceptional souls and their selfless love, service, and unconditional support blossoms your heart.

—S.D., California