

Ananda Meditation Teacher Training Online

Course Syllabus

Pre-Course Assignments

- Watch 2 short videos: “Tour of the course” and “How to get the most from this course.”
- Read the Course syllabus as well as the “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

Each unit 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 6 “live” webinars during the course. Each is on a Saturday morning, beginning at 10:00 AM (Pacific time). The first one is on the first Saturday of the course; the other webinars follow at two-week intervals. The webinars are recorded for those who are unable to participate.

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 time. 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. The instructors will pair you with classmates, and together you will choose 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,” but during COVID-19, there will be a Zoom alternative.
- **Units 8 and 9:** You will participate in two more EOTOs. 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 COVID-19 necessitates that). 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 7 basic types:

1. **Video Presentations**—Study 3–5 several video presentations (most are 8–12 minutes long), posted on the course site.
2. **Reading**—in the course manual (usually 10–15 pages), plus one or more linked articles

3. **Self-Quiz**—to check your understanding of certain important points. It is a learning experience rather than a testing experience. It needs to be done repeatedly until your answers are 100% correct. No matter how many times you have to re-do the quiz in order to get 100%, it won't affect your chances for certification. We just want to be sure you know the material by the end of the quiz.
4. **Special Assignment(s)**—See below.
5. **Discussion Forums**— In most forums, you will be part of a team that develops answers to discussion forum questions. In a few forums, you will post your own response, then reply substantively to another student's post in a way that demonstrates your understanding *and* stimulates meaningful discussion.
6. **Sadhanas**—Four guided practice sessions (three audio, one video) are posted in units 1–5 and 7–9. You need to follow each of them at least once during the unit, and ideally meditate every day. In units 6 and 10, you will design your own sadhanas.
7. **Journaling**—Respond to questions about your experience with various aspects of meditation, often 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.

All assignments are required unless they are specifically marked “Optional.”

Following are the reading assignments 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 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—Deepening 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—Keys to Sharing 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 classes.

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

Unit 6—More Techniques, More Practice Teaching

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.

Special Assignment 2: Complete two 20-Minute EOTOs (one as teacher, one as student), and post videos of those classes.

Unit 7—Deeper into 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—Engaging the Heart

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

Special Assignment: You become part of a project team, members of which will help each other plan and revise each member’s final video, which will be made during Unit 10. Together, you schedule and complete at least 2 EOTOs with teammates (one as teacher and one as student) and post videos of those classes. These can be completed anytime during Units 8 and 9, and videos of those EOTOs are posted in the team's discussion forum; teammates are to comment on those videos. Extra EOTOs are encouraged but not required.

Unit 9—Sharpening Your Teaching Skills

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

Special Assignment: Complete your EOTOs with teammates, and give feedback on the videos of teammates' EOTOs.

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.