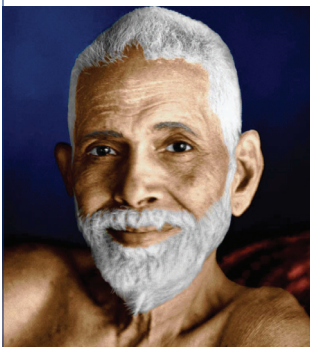


New! Hridaya Meditation TTC



A unique approach, Claudiu Trandafir's 500-hour Hridaya Meditation and Hatha Yoga Teacher Training Course (HTTC) – introduced due to popular request in 2011 – will deepen your understanding and practice of meditation and prepare you to start teaching the fundamentals of Hridaya Meditation and Hatha Yoga. This 12-week, intensive program will provide a solid theoretical and practical foundation in the history, methods, and physiology of meditation. Certified teachers will receive the full support of all teaching materials, including lesson plans and Hridaya advertising media.



Hridaya TTC

The syllabus will include:

- A systematic and comprehensive approach to meditation and its history
- Presentation and practical guidance in different forms of meditation: Dzogchen, Mahamudra, Isihast (Christian tradition) methods, etc.
- An extensive series on Advaita Vedanta theory and practice, together with insight into its prominent masters' lives
- Tutorials in Ramana Maharshi's teachings, including Self-Inquiry (atma vichara), resorption of the "I" thought at its source, witness consciousness, oneness, open attention, Spiritual Heart, etc.
- The study of brain waves as they relate to modified states of consciousness and meditation
- The study of asana, pranayama, mudra, bandha from a Hridaya perspective (Hridaya Hatha Yoga)
- Practicum training, plus individual evaluation and coaching from Claudiu Trandafir
- And much more ...

The 2011 Hridaya TTC will be held on 28 February–21 May 2011, at Agama Yoga, Koh Phangan, Thailand. The standards, requirements, and intensity to be expected in this course will equal the levels currently found in the Agama Yoga TTC.

This course is open to 24 participants only.

Fees: 2100 EUR, or 2000 EUR with prior full attendance of the Agama First Level Intensive. For this initial HTTC, current Agama Yoga teachers may take a 30% discount off the full course fees (630 EUR), for a total of 1470 EUR.

Yoga Alliance and IYF certifications are in process. Refer to our online website section for application, payment procedures, course expectations, etc.: www.agamayoga.com/ttc/hridaya.htm

Contact us at httc@agamayoga.com with further questions.

DON'T MISS THIS EXTRAORDINARY OPPORTUNITY!

"I had a very profound experience of unity lasting for half of a day. Also I had an experience of witness consciousness a few times during the retreat. My meditation certainly deepened." – Victor S., Russia

"I want to share the teachings with my loved ones – most of all, I want to keep going deeper in meditation! ... I feel such a deep devotion and Love for God, deeper than before." – Mira C., USA

"This retreat has opened my Heart to greater depths of Bhakti and Jnana, and has provided the tools for living from the Heart with knowledge and practical experience to mature and induce states in the future." – André L., Canada