

Meditation Course Content

Section	Lectures	Video	Transcription	Other content		
1. introduction and first class	Welcome, please start here	1.1 M. course welcome				
		1.4 M course create a practice				
	Getting comfortable, how to sit or lie down	1.2 M course sitting				
	Recommended resources	1.3 M course resources				
	Six Breaths	1.5 M Course 6 Breaths				
	Awareness of Breathing instruction	1.6 M Course AoB instruction				
	Awareness of Breathing 6 minute meditation	1.7 M Course AoB meditation 6 min				
	Awareness of Breathing 10 minute meditation	1.8 M course AoB meditation 10 min			10 minutes AOB mp3	
	intro and Awareness of Breathing class zoom recording	Meditation first class zoom footage			Meditation Course Plan.pdf,	
		Audio files for meditations			10 minutes AOB mp3, 6 minutes AOB.mp3, 10 minutes AOB with drum.mp3	
2. Body Scan Meditation	Body Scan meditation instruction	2.1 Body scan instruction				
	Body Scan 6 minutes meditation instruction	2.2 Body scan 6 min			Body scan 6 minute audio	
	Body Scan 10 minutes meditation instruction	2.3 Body Scan 10 min			Body scan 10 minute audio	
	Body Scan live class zoom recording	Meditation 2 class zoom			Body scan 11 minute audio mp3, body scan 5 minute audio mp3	
3. Consolidation	Consolidation and Revision	M Class 3				
	Revision of AoB and Body Scan	M Class 3 Zoom			15 min body scan audio mp3, 12 min AoB audio mp3	
4. Mantras	Using Mantras	M Class 4 mantras				
	Using Mantras live class zoom recording	04 meditation zoom				
5. Moving Meditation	Moving Meditation	M 5 moving				
	Moving Meditation live class zoom recording	05 meditation zoom				

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6. Putting it all together	Final Class: putting it all together	M 6 revision				
	Revision and Consolidation: live class zoom recording	06 meditation zoom				