

## Art Rocks & Healing Yoga

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audreyomarra.com



## Meditation Returning to the roots of Self

Meditation literally means centering yourself which can be done anywhere, anytime of the day. It is the subtraction of doing from our life which is required, without making it too hard to try rather living it 24x7. In today's time due to the complexity of human mind, we have lost the innocence and receptivity of how to enjoy life. Our subconscious mind has the capacity to absorb all unresolved feelings, trauma, thoughts, emotions. We create barriers in our life which blocks us away to experience life as it is. Meditation helps us to tap into any unresolved issues, imprints lying deep inside our subconscious mind, allowing us to release it all and hence helping us to live in harmony with universal consciousness.

Yoga and Meditation is becoming increasingly popular in the modern setting. It is crucial to understand that Meditation not only addresses or heals mental and health issues, but it serves a much higher purpose in life 'to know the self'. This 20-hour meditation course is uniquely designed by Audrey and Joshita with an intention to learn Meditation not only theoretically but also build a strong foundation for your everyday home practice. It comprises of cathartic and seated practices both from ancient and contemporary traditions to unleash your energy source which is usually trapped inside us and finally allowing it to return to the self.

This course is intended for students to deepen their own personal practice as well as for people working in teaching or healing environment, also therapists, coaches, facilitators looking to further expand their understanding of ancient practices of Meditation. If you have ever struggled to express to your friend's or people around you that why Meditation practice is helpful and you are looking for a grounded, practical understanding then this course will be an excellent guide. You do not have to have any experience with Meditation, or any type of Yoga to start on this life-changing journey, all are welcome to join. Whether you're a yoga teacher or curious practitioner, we welcome you to this Meditation training program so you can experience for yourself how Meditation can help your body, mind, and heart flourish and thrive.

It will give you the foundational skills to work with the general public and a comprehensive and well-rooted practice from which to further develop specialized skills such as working with trauma and recovery

populations. This more than ever is needed; we fill our cups so we can help others fill theirs.

The online training is laid over 8 weekend (16 classes/ 75 minute) format that guide students through live online videos, manual PDF of Meditation which will be emailed to the students as the course progresses. Students are encouraged to take their time to connect with the curriculum and deepen their practice. You will receive dedicated support from Joshita and Audrey, who are available throughout training to answer questions and motivation to deepen your practice.

The course is 20hrs registered with Canadian Yoga Alliance and a completion certificate is given to all students who fully complete the training. It's open to all, whether you're a registered yoga teacher or simply a practitioner wanting to deepen your understanding of this practice!

What to expect:

- Experience 16 classes in home immersion on what Meditation is, both its philosophy and practices in its effortless state.
- Learn to conduct and teach authentic Meditation (philosophy/ theory + practice) classes on your own.
- Examine in detail the practices and philosophy from different traditions such as Yoga Nidra, Chakra clearance practice, trauma healing, Zen meditation, Cathartic practices to unburden your subconscious, energy based practices, Mindfulness, visualization and so on.
- Learn about the mechanism of the mind and how Meditation helps us awaken our subconscious barriers such as self-limiting thoughts, unhelpful habits, long-held fears, and negative emotions. You will learn mindfulness practices that you can apply during the day, after you leave the mat.
- Explore the role of Autonomous nervous system as to how to stabilize your nervous system and how stress and tension affect every level of our being, and the application of Meditation in daily life can be transformed.
- Discuss the related science behind techniques used in the practice and how the ancient roots intersect with the Western understanding of the mind.
- Cultivate an understanding of how to teach and deliver safe, effective, and compassionate Meditation sessions for yourself and others, in personal or studio.
- Receive guidance on how to create and maintain your own home Meditation practice.

What you will receive:

- Live online lectures of Meditation philosophy and practices.
- Completion of 20 hour Meditation course with Art Rocks Healing Yoga School, a Registered Gold School with The Canadian Yoga Alliance Continuous Education Program Certificate.

-Meditation manual of the practices in the form of pdf.

-Access to A virtual page with recorded meditations for you easy access

Your teachers



Joshita Arora

Originally an Interior Designer, Joshita started to practice Yoga and Meditation at an incredibly young age under the guidance of her mother. Joshita has been practicing Hatha Yoga, Yoga Nidra and Meditation for several years on a regular basis. She has conducted Yoga Nidra, Meditation classes and workshops in various teacher training courses and retreats for more than 6 years in Rishikesh, India and Thailand.

Joshita is a certified Yoga Nidra Facilitator. Her curiosity to explore different aspects of Yoga led her to Rishikesh, India and Asian Countries where she studied and continues to learn by intensively participating in different forms of Yoga, workshops, and courses from various traditions.

She began to learn in depth knowledge of ancient teachings of yoga at The Sivananda Yoga Vedanta Centre in Kerala, India. After finding its profound benefits with the daily practices of Hatha Yoga, Pranayama, Meditation and Karma Yoga, it completely changed her perspective of the body, mind, energy, and spirituality. The call for sharing this knowledge was so deep in her that she started to teach Hatha Yoga, Pranayama and Meditation at Sivananda Yoga Centre. She loves to bring dynamism and enthusiasm in her classes



Audrey O'Marra

Audrey Started her journey on the Path of Yoga in 2007 and immediately felt the benefits. This journey has become her passion to bring those benefits to the General Public.

Her intention is to provide a space for all who need healing and she uses a gentle approach to allow everyone the opportunity to be still and create their own sacred space within.

Audrey's training as a Yoga teacher began with a two-year intensive Meditation Facilitator Training Course with Tony Murdock from Towards Stillness. She continues to build upon her skills with continued Education & training, workshops, and daily practice.

Audrey believes we are all students and should never stop learning, learning is a lifetime journey as is the practice of Yoga. Among some of her training was a month-long intensive training in India learning the Traditional style of Yoga at the Nada Yoga School in Rishikesh..."it is a humbling experience to acknowledge that the more we learn the less we know, it is an ongoing process."

Audrey has been teaching Yoga for the past 8 years in the Style of Hatha Yoga, various styles of Meditation, pranayama, and various other energy work. Audrey is also a Reiki Master and has found that the field of Yoga and Meditation work very well together with practices such as Reiki.

As well she runs a small Yoga School in Dunnville Ontario where she is in her fifth Year of offering Yoga Teacher Training.

# Registration

## Dates

January 9<sup>th</sup> & 10<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>, 23<sup>rd</sup> & 24<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>

February 6<sup>th</sup> & 7<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup>, 27<sup>th</sup> & 28<sup>th</sup>

Times to be determined closer to the start date

Cost of the program which 200 US + HST

First Name Last Name:

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Phone Number Cell Phone Number

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Email address:

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Address:

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Payment can be made by PayPal, CC , etransfer

