



Train the Trainers Program 'Tuning into your Heart: Self-Development through Conscious Living'

What is Heartfulness?

Heartfulness is a simple and practical way to experience the heart's unlimited resources. The Heartfulness Institute offers workshops to help learn simple and effective relaxation, affirmations, and breathing techniques that help develop calmness from within leading to reduced stress and anxiety, improved focus, and overall wellness of being.

How does this help the school?

Participants : are more relaxed, positive and develop clarity in decision making | work more effectively and efficiently | notice improved teamwork and communication | train others in the school community

How do you learn this?

The Heartfulness program includes relaxation, affirmations and breathing techniques that are simple and practical exercises designed to nurture individual wellbeing and balanced living. This involves being seated comfortably in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions. It is available to students of all socioeconomic backgrounds from ages 6 onwards, regardless of academic ability, and is offered completely free of charge by Heartfulness trainers.

How to integrate this in the school?

The practice can be easily integrated into a daily routine without any disruption. It is open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics.

The Heartfulness program ranges from a single workshop to a series of workshops, providing a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers.

Heartfulness Institute offers this method in over a hundred countries throughout the world for schools, universities, corporates, communities and individuals. The programs are offered free of charge by Heartfulness trainers. There is no cost for the practice at any stage or any other commercial interest.

Heartfulness Relaxation Program

Heart-Centered Relaxation Program for 'Train the Trainers'

The section below provides the high level structure of the 8-module Heartfulness workshop. We offer the teacher training through in-person workshops to help the school self-sustain and integrate the program into their regular schedule.

Tuning into your Heart: Being my Brilliant Self

Class length: 45 min-1 hour

Week 1 Program

Introduction to Heartfulness Meditation Relaxation

What is meditation? | What is Heartfulness Meditation? | Why the HEART? | Why should I meditate? | How to practice relaxation and meditation? | How to integrate this into daily routine?

Week 2 Program

Reducing Stress

Recap and share your experience: Meditation and relaxation as a tool for wellbeing | Causes of Stress | Breathing with awareness of Purpose | Cultivating Balance | Guided Relaxation and Meditation

Week 3 Program

Enhancing Focus

Effortless Focus | Power of Thought | Deepening the experience of meditation | Guided Relaxation and Meditation

Week 4 Program

Building Joy

Between stimulus and response | Fostering positivity | Joy and Lightness | Guided Cleaning followed by self-observation of the effect of cleaning | Guided Relaxation followed by meditation

Week 5 Program

Instilling Poise

Becoming settled in your self | De-stress the stress | Heartful listening & communication | Taking daily moments to connect

How do we do self-observation?

Introduction to journal writing and the importance of using PEMS method: Physical, emotional, mental and self-development for self-observation. Practical tips on how to observe oneself. Write three things you are grateful for in the journal | Peer to Peer Guided relaxation

Week 6 Program

Heartful Living

Attitudes and values that lead to excellence | Heartfulness practice and attitudes | Heartful Affirmations | Heartfulness Relaxation conducted by a participant followed by meditation

Week 7 Program

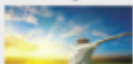





Natural Cycles

Importance of a good night's sleep | Be in tune with Natural Cycles | Natural Cycle Heartful Tips | Heartfulness Rejuvenation conducted by a participant followed by meditation

Week 8 Program

The Heartfulness Way

Inner inspiration and creativity | A vision for Humanity | Breathing with awareness of Purpose | Guided relaxation conducted by a participant followed by meditation and PEMS observation | Feedback and sharing of experiences

Session	Topics covered	Practical Exercise Techniques offered
Reducing Stress 	<ul style="list-style-type: none"> Self-observation Facing our emotions 	<ul style="list-style-type: none"> Guided Breathing & Relaxation Self-observation
Enhancing Focus 	<ul style="list-style-type: none"> Effortless Focus Power of Thought 	<ul style="list-style-type: none"> Guided Relaxation Guided Meditation
Building Joy 	<ul style="list-style-type: none"> Between stimulus and response Fostering Positivity 	<ul style="list-style-type: none"> Guided Relaxation, Meditation Guided Rejuvenation
Instilling Poise 	<ul style="list-style-type: none"> Becoming settled in your self Heartful Listening & Communication 	<ul style="list-style-type: none"> Taking daily moments to Connect
Heartful Living 	<ul style="list-style-type: none"> Attitudes and values that lead to excellence 	<ul style="list-style-type: none"> Practicing Heartfulness Heartful Affirmations
Natural Cycles 	<ul style="list-style-type: none"> Importance of a good night's sleep Healthy food Digital detox Physical well-being 	<ul style="list-style-type: none"> Creating Overall Well-being
Heartfulness Putting it all together	<ul style="list-style-type: none"> Inspiration A vision for humanity 	<ul style="list-style-type: none"> Combining the Components of the Practice