

DESIGN A BEGINNING MEDITATION CLASS

Finish flushing out the details for your 4 week *Beginning Meditation* or 4 week *Beginning Meditation to Ease Stress* class.

Include:

- Length of class (anywhere from 60 - 90 minutes),
- Number of participants (choose 4, 5, or 6),
- Demographic,
- Zoom or in person,
- Whether primarily: Lecture or Experiential
- Goal for participants to know or experience at end of 4 works.
- The main techniques you will teach each week.
- The main point(s)/concept(s) you will share each week.
- Stories to go with your techniques, points and/or concepts.

Don't make this complicated.

Less is More

Teach what you know

Give each class a Beginning, Middle, and End.

Share what is most meaningful/useful/helpful to you and why.

Keep it simple.

See next page for sample.

Beginning Meditation to Reduce Stress — 50 minutes. Class size: 4. Teens On Zoom. Experiential

Goal: Learn how to use meditation to recognize signs of stress in body and reduce stress

Techniques: 3 part breath, Counting Breath, Body Scan, Using Senses to Become Present, Noticing and Labeling thoughts: Past Future, True Not True, Follow breath in/out. Loving Kindness Blessing, Mantra: Future Thought

Main Points: Being aware of body, stress is in me not in the situation, Anchor in present using sensation, sound, breath. Be kind to self.

Stories: Snake and the Rope, Nat and the heartbeat, Orange Juice Analogy, Ah So!

	Week 1	Week 2	Week 3	Week 4
OPEN	May all beings have happiness...	May all beings have happiness...	May all beings have happiness...	May all beings have happiness...
MAIN TOPIC	Identify Stress Signs in Body	Thoughts cause stress. Bring thoughts back to present	You aren't your thoughts.	In present moment all is fine — if not run!
MAIN POINT	Body knows before mind knows.	Stress is in me not in the situation	Nature of mind. Nature of thoughts.	3 things always in present:
	What are your physical signs of stress?	Thoughts have power.	I am not my thoughts	Sound, sensation, breath.
STORY	Personal: Nat and the heartbeat	Orange Juice Analogy	Snake and the Rope	Ah so!
1ST MEDITATION	How to sit for meditation	3 part breath, counting breath	Use senses to become present. 3 part breath, counting breath	Use sound, sensation, breath to stay present.
	Three part breath	Notice thoughts: past present future	Notice thoughts: True / Not true	3 part breath, counting breath
	Soften Body	Soften Body	Soften Body	Soften Body
2ND MEDITATION	Body Scan	Body scan	Body scan	Body scan / follow breath
	When mind wanders gently come back to body	Notice thoughts: past present future. LABEL AND COME BACK TO BODY	Notice thoughts: True / Not true LABEL AND COME BACK TO BODY	Notice thoughts: LABEL AND COME BACK TO BODY, SOUND, BREATH.
CLOSING	Loving Kindness Blessing	Loving Kindness Blessing	Loving Kindness Blessing	Loving Kindness Blessing
	For loved one, all beings, self.	For loved one, all beings, self.	For loved one, all beings, self.	For loved one, all beings, self.