



VISHOKA MEDITATION®

Teacher Training

with

Pandit Rajmani Tigunait, PhD

&

HI Faculty

April 12 - May 6, 2021

Webinar Sessions

Monday, April 12th

- 10:00 a.m.-11:15 a.m. **Guided Yoga Practice 1**
| Sandra Anderson
- 11:30 a.m.-12:30 p.m. **Course Orientation**
| Ishan Tigunait
- 7:00 p.m.-8:30 p.m. **The Wisdom Tradition of Vishoka Meditation - Part 1**
| Pandit Rajmani Tigunait, PhD

Wednesday, April 14th

- 10:00 a.m.-11:30 p.m. **The Scope of Vishoka Meditation**
| Ishan Tigunait
- 2:00 p.m.-4:00 p.m. **Cultivating Healthy Breathing**
| Judy Moulton
- 7:00 p.m.-8:30 p.m. **The Wisdom Tradition of Vishoka Meditation - Part 2**
| Pandit Rajmani Tigunait, PhD

Thursday, April 15th

- 10:00 a.m.–11:15 a.m. **Guided Yoga Practice 2**
| Judy Moulton
- 11:30 a.m.–1:00 p.m. **Group Session 1 (Peer Proctored)**
- 2:30 p.m.–4:00 p.m. **Refining Breath Awareness into Pranic Sensitivity**
| Judy Moulton

Saturday, April 17th

- 10:00 a.m.–12:00 p.m. **Cultivating Pranic Sensitivity Through Asana**
| Judy Moulton
- 7:00 p.m.–8:30 p.m. **Vishoka Meditation and the Yoga Sutra**
| Pandit Rajmani Tigunait, PhD

Sunday, April 18th

- 10:00 a.m.–11:15 a.m. **Guided Yoga Practice 3**
| Shari Friedrichsen
- 11:30 a.m.–12:30 p.m. **Group Session 2 (HI Proctored)**

Monday, April 19th

- 10:00 a.m.–11:30 a.m. **Experiencing Pranic Awareness Through Pranayama**
| Sandra Anderson
- 7:00 p.m.–8:30 p.m. **A Yogic Understanding of the Mind**
| Ishan Tigunait

Wednesday, April 21st

- 10:00 a.m.–12:00 p.m. **Purifying the Energy Channels: Nadi Shodhana**
| Sandra Anderson
- 2:00 p.m.–4:00 p.m. **Eliminating the Pause: So Hum Pranayama**
| Sandra Anderson

Thursday, April 22nd

- 10:00 a.m.–11:15 a.m. **Guided Yoga Practice 4**
| Sandra Anderson
- 11:30 a.m.–1:00 p.m. **Group Session 3 (Peer Proctored)**
- 2:30 p.m.–4:00 p.m. **Integration and Assimilation with Panditji - Part 1**
| Pandit Rajmani Tigunait, PhD & Ishan Tigunait

Saturday, April 24th

- 10:00 a.m.–12:00 p.m.:..... **Experiencing Pranic Awareness Through Systematic Relaxation**
| Shari Friedrichsen
- 2:00 p.m.–3:30 p.m. **Discovering Our Inner Space: The 75 Breaths Practice**
| Shari Friedrichsen

Sunday, April 25th

- 10:00 a.m.–11:15 a.m. **Guided Yoga Practice 5**
| Judy Moulton
- 11:30 a.m.–12:30 p.m. **Group Session 4 (HI Proctored)**
- 2:00 p.m.–4:00 p.m. **Finding Our Seat**
| Shari Friedrichsen

Monday, April 26th

- 10:00 a.m.–12:00 p.m. **Adopting a Yogic Lifestyle**
| Judy Moulton
- 2:00 p.m.–4:00 p.m. **Bringing the Mind Back to Home Base: Aharana Pranayama**
| Ishan Tigunait

Wednesday, April 28th

- 10:00 a.m.–11:15 a.m. **Guided Yoga Practice 6**
| Shari Friedrichsen
- 2:00 p.m.–4:00 p.m. **Cultivating Inner Balance: Samikarana Pranayama**
| Ishan Tigunait
- 7:00 p.m.–8:30 p.m. **Integration and Assimilation with Panditji - Part 2**
| Pandit Rajmani Tigunait, PhD & Ishan Tigunait

Thursday, April 29th

- 10:00 a.m.–12:30 p.m. **Vishoka Meditation: 4 Points of Experience**
| Ishan Tigunait

Saturday, May 1st

- 10:00 a.m.–12:30 p.m. **The Complete Practice of Vishoka Meditation**
| Ishan Tigunait
- 2:30 p.m.–4:30 p.m. **Refining our Practice of Vishoka Meditation**
| Ishan Tigunait

Sunday, May 2nd

- 10:00 a.m.–11:15 a.m. **Guided Yoga Practice 7**
| Ishan Tigunait
- 11:30 a.m.–1:00 p.m. **Group Session 5 (Peer Proctored)**
- 2:30 p.m.–4:00 p.m. **Integration and Assimilation with Panditji - Part 3**
| Pandit Rajmani Tigunait, PhD & Ishan Tigunait

Monday, May 3rd

- 10:00 a.m.–11:30 a.m. **Sequencing & Personalizing the Practices of Vishoka Meditation**
| Ishan Tigunait
- 2:00 p.m.–3:30 p.m. **Curriculum Training in the Vishoka Meditation Master Course**
| Ishan Tigunait
- 7:00 p.m.–8:30 p.m. **Curriculum Training in Vishoka Meditation Guided Practices**
| Greg Capitolo

Wednesday, May 5th

10:00 a.m.-11:15 a.m. **Guided Yoga Practice 8**
| Shari Friedrichsen

11:30 a.m.-12:30 p.m. **Group Session 6 (HI Proctored)**
| Faculty

7:00 p.m.-8:30 p.m. **Being a Certified Vishoka Meditation Teacher:
Stewardship and Branding**
| Faculty

Thursday, May 6th

10:00 a.m.-11:00 a.m. **The Vishoka Meditation Community: Nurturing
Collective Consciousness**
| Ishan Tigunait

11:15 a.m.-12:30 p.m. **Closing Session**
| Pandit Rajmani Tigunait, PhD & Ishan Tigunait