



# Teaching a standalone Introduction to Meditation

## Sample class outline

Although all 4 Primordial Sound Meditation classes offer immense value, it's important that you be prepared to introduce students to meditation in a more basic, general way. A modified Introduction to Meditation class may be taught as a standalone introduction to the practice. This class is appropriate for many purposes, such as:

- Speaking about meditation on a general level.
- Gauging or building interest in the full course.
- Sharing the practice with people who have never meditated before.
- Taking advantage of an impromptu teaching opportunity.
- Performing an act of service to benefit your community.

You might charge an hourly or per-session rate for this standalone class. You may occasionally choose to offer it free of charge, on a donation basis, or for a per-person fee—depending on the setting and audience. Decide how you would like these students to connect with you for more information on future offerings—ask for their contact information, have them follow your social media accounts, or invite them to sign up for a newsletter through your website.

Consult this outline as you plan to deliver this learning experience. Keep in mind that as with other classes, you may customize this lesson to suit your students' needs and interests. Plan for it to take 30-60 minutes.

### 01. Gathering materials

Make sure you have all the materials you need. Depending on how you'll be teaching, these may include:

- A sign-in sheet to collect student names and email addresses.
- Brochures or flyers for future classes.
- Business cards or other materials listing your website and social media details.
- Chairs.
- Tables, if needed.
- Visual aids, such as a whiteboard or flip chart.
- Writing aids, such as dry-erase markers or pens.
- Projection equipment.
- Audio equipment.
- A water station.

## 02. Teacher introduction

Greet your students and tell them about yourself. You might include information on:

- Your background and credentials.
- How long you've been meditating.
- What drew you to meditation.
- The benefits you've experienced from maintaining a regular meditation practice.
- Why you chose to become a Chopra-certified meditation instructor.
- How you're using your talents and special gifts to serve others.

## 03. Student introductions

Ask participants to introduce themselves and share:

- If they've meditated before.
- Why they are participating in today's class.
- What new knowledge or skills they hope to take home.
- These questions will help you gauge the group's experience, motivations, and enthusiasm. If the group is small, have every student share. If it's large, call on just a few people.
- Briefly discuss what your students have shared. Then, explain that while all meditation practices are beneficial, in this class, they'll practice the technique of silently repeating a mantra.

## 04. The antidote to stress

Explain what meditation is, then briefly discuss it as the antidote to stress. Keep your students engaged by asking questions. Be sure to address these topics:

- The fight-flight-freeze response
- The physiological effects of stress
- How stress impacts the brain
- How meditation creates restful awareness and reverses fight-flight-freeze
- How meditation works
- Thoughts and the Gap
- What a mantra is

## 05. The basics of meditation

Review the basics of meditation:

- How to be comfortable and effortless
- When, where, and for how long to meditate
- Ways to keep time

## 06. Group meditation

Explain that mantras exist in many cultures and traditions. Share that in meditation, it can serve as a tool to take us from activity into silence. Introduce the *So hum* mantra.

Next, lead a meditation using the *So hum* mantra or simply following the breath. This should last 10-15 minutes. After bringing your students out of their meditation, ask what they experienced.

## 07. Experiences in meditation

Discuss the experiences your students may have in meditation:

- Repeating the mantra
- Thinking thoughts
- Falling asleep
- Slipping into the Gap—the silent space between thoughts

Explain that we meditate for the benefits that arise in our day-to-day lives—not for the experiences we have while meditating. Then, briefly discuss how your students may integrate meditation into their daily routines. At this point, you may also discuss any other meditation wisdom that you wish to share. Make the instruction more personal by using your own experiences and examples.

## 08. Further Learning Opportunities

Tell your students they may use the *So hum* mantra to meditate at home. Explain that if they'd like to deepen their meditation knowledge and learn a personalized mantra, the full, four-part Primordial Sound Meditation course may be appropriate for them. Give a brief description of the 4 classes, and explain how interested students may sign up to study with you.

## 09. Class Recap & Conclusion

Briefly summarize the information you discussed in today's class, and answer any remaining student questions. Let the group know about any upcoming courses, free classes, workshops, and group meditations. If time allows, provide recommendations on books, websites, and apps that have helped you in your meditation journey. You might mention the works of Deepak Chopra, the articles available at [Chopra.com](http://Chopra.com), and the guided meditations offered in the Chopra App.

Thank your students for coming, and tell them they can contact you if they're interested in learning more. Provide your website, email address, social media handles, and any other contact information you wish to share. If you can, remain after class in case any students wish to ask questions in private. If you don't have time or don't know an answer right away, promise to contact the student via email or another means—and be sure to follow through.