



## **Vishoka Meditation Teacher Training Online Program Summary**

---

### **Our Vision**

Imagine a life free from pain and sorrow, and infused with joy and tranquility. The ancient yogis called this state vishoka, and insisted that we all can reach it. Vishoka Meditation is a comprehensive system of meditation designed to help us reach this experience.

The heart of Vishoka Meditation is a technique that is spiritually-grounded, yet highly systematic and experiential. But Vishoka Meditation is more than technique—it is a living practice supported by a rich body of wisdom, refined over countless generations.

The Vishoka Meditation Teacher Training certification program was created to share the practice of Vishoka Meditation by certifying teachers to teach Vishoka Meditation and the Vishoka Meditation Course far and wide. We believe meditation is a powerful force for positive change.

If you're passionate about changing the world, and are a yoga teacher or advanced yoga practitioner interested in sharing meditation with your students and community, this meditation certification program is perfect for you.

### **About the Tradition of Vishoka Meditation**

Vishoka Meditation is grounded in the authentic wisdom of an ancient, yet living, tradition embodied by luminaries including Buddha, Patanjali, and a long line of Siddha masters. Drawing upon both yoga and tantra, Vishoka Meditation shares the essence of ancient source texts including the Yoga Sutra, Lotus Sutra and Shiva Sutra.

Passed down for thousands of years, the practice of Vishoka Meditation was distilled for the 21st century practitioner by Pandit Rajmani Tigunait, PhD, a modern-day master, spiritual head of the Himalayan Institute, and successor to Swami Rama of the Himalayas.

Vishoka Meditation is the culmination of decades of work by the Himalayan Institute to bring the Himalayan Tradition's deeper teachings of meditation to the West. This system of meditation is fully grounded in the eight limbs of yoga, and further enriched by essential teachings of tantra and yoga lifestyle.

## **Vishoka Meditation Teacher Training Online Program Summary**

---

### **About the Training**

The Vishoka Meditation Teacher Training (VMTT) provides you the opportunity to advance your own understanding and practice of Vishoka Meditation, and to become a Certified Vishoka Meditation Teacher (CVMT)—a growing community of Vishoka Meditation teachers around the world certified to:

- Teach Vishoka Meditation practices as part of public or private yoga and meditation classes
- Teach the full 15-hour Vishoka Meditation Course

**The VMTT is a six-week (70 contact hours) online teacher training certification program beginning on November 8th and concluding on December 19th, 2025.**

Training sessions are a combination of on-demand home study (approximately two-thirds of the content hours) along with two to three weekly live touchpoints that include integration and assimilation sessions with Himalayan Institute Vishoka Meditation Faculty as well as peer-proctored sessions to practice and refine your Vishoka Meditation teaching. Read more about the VMTT format below.

### **Training Curriculum:**

- Comprehensive coverage of the main body of Vishoka Meditation as well as all of its supporting and preparatory practices, as noted in the Vishoka Meditation book
- A focus on understanding and gaining experiential proficiency in a precise set of meditative techniques designed to unite mind and breath, and turn them inward
- Thorough review of how diaphragmatic breath training and sitting posture are the foundation for Vishoka Meditation
- Understanding the role of prana, pranic-awareness, pranically-oriented asana and systematic relaxation in Vishoka Meditation, including both theory and practice
- Key principles of yogic lifestyle and holistic wellness that underpin Vishoka Meditation
- The methodology for sequencing and prioritizing the various practices, particularly the preparatory and supporting practices, which fall within the system of Vishoka Meditation
- Understanding how the practice of Vishoka Meditation can be expressed to meet your student's unique needs
- Key teaching techniques which are required to effectively teach Vishoka Meditation and its supporting practices
- Exploring the relationship between Vishoka Meditation and other styles and traditions of yoga and meditation
- Exploring the wisdom tradition which is the source of Vishoka Meditation, including key masters and source texts in this tradition and their relationship to Vishoka Meditation
- Comprehensive training in the family of Vishoka Meditation educational products that the Vishoka Meditation Teacher Training certification qualifies you to teach, including reviewing class outlines and other curriculum materials which you can use to teach Vishoka Meditation

## Vishoka Meditation Teacher Training

### Online Program Summary

---

- Vishoka Meditation brand guidelines and best practices to be an effective Vishoka Meditation ambassador

#### Program Format:

- 6-week online format with a total of 11-12 hours per week, organized thematically
- On-demand sessions drop once per week (7-8 hours), with 2-3 live sessions per week (4-4.5 hours) that reinforce the content, practices and teaching techniques covered in the on-demand sessions
- Sessions are a blend of lecture and practicum to create an experiential learning environment
- Guided practice sessions give you a direct experience of how Vishoka Meditation can be integrated into a yoga class or be the anchor element for a guided meditation class
- Small group breakout sessions to discuss and assimilate key concepts with both HI Faculty proctored and peer-proctored sessions
- Peer-proctored practice teaching sessions
- Opportunity for additional informal sessions—such as a virtual chai party, and more!

#### Online Training Specifics:

- Weekly multiple choice quiz with answer key given after submission to help assimilate key concepts and practices each week, and to help prepare for post-training at-home proficiency assessment (see **Becoming a Certified Vishoka Meditation Teacher (CVMT)** section below)
- Live participation in weekly live online lectures and practice sessions is strongly encouraged to ensure the highest level of learning experience
- Live participation in peer proctored practice teaching sessions is strongly encouraged
- Students must submit a brief summary of 3-5 bullet points of the main ideas for each live session not attended live
- Students will need to coordinate with other students in order to participate in the independent group work assignments, therefore individual email addresses will be shared within the training group
- All sessions will be recorded and available to watch four hours after they air live
- All sessions will be available to view for twelve months after the end date of the program



## Vishoka Meditation Teacher Training Online Program Summary

---

### **Prerequisites:**

- Completion of the Vishoka Meditation Course and Vishoka Meditation 40-Day At-Home Practice
- Required reading: [\*Vishoka Meditation: The Yoga of Inner Radiance\*](#) by Pandit Rajmani Tigunait, PhD
- A 200-hour yoga teacher training certification from a Yoga Alliance recognized yoga school OR comparable proficiency in yoga.

### **Recommended Background:**

- 500-hour yoga teacher training certification from a Yoga Alliance recognized yoga school
- Prior participation in trainings with Pandit Rajmani Tigunait and other HI Faculty
- 3+ years of experience teaching yoga

### **Pre-Training Assignments**

- Vishoka Meditation Book Study Assignment
- Pre-training 40-day Vishoka Meditation at-home practice and written assignment

## Vishoka Meditation Teacher Training Online Program Summary

---

### BECOMING A CERTIFIED VISHOKA MEDITATION TEACHER (CVMT)

- **Post-Training Assignments and Certification Process**
  - Successfully complete the Vishoka Meditation Teacher Training course
  - Complete the following three post-training assignments:
    - Knowledge Assessment. This is an at-home proficiency assessment on the material covered in the Vishoka Meditation book and Vishoka Meditation Teacher Certification course.
    - Post-training 40-day Vishoka Meditation at-home practice and written assignment.
    - 30 hours of practice teaching of Vishoka Meditation and written assignment
  - Review and sign the **Certified Vishoka Meditation Teacher License Agreement**
    - The CVMT License Agreement exists to clearly delineate parameters around CVMT teaching opportunities and responsibilities so that the teachings, supporting lectures, slides, handouts, and marketing materials, all work together to preserve the richness, coherency, and integrity of Vishoka Meditation and thereby empower each CVMT to confidently and enthusiastically share the practice of Vishoka Meditation with others.
  - Annual certification dues of \$108 (first year included in the cost tuition)
- **Breakdown of Hours for Complete Certification Process:**
  - Vishoka Meditation Course: 18 hours
  - Vishoka Meditation Practice Immersion: 9 hours
  - Vishoka Meditation Teacher Training Program Intensive: 70 hours
  - Re-read Vishoka Meditation book & complete Pre-Training Book Study assignment: 8 hours
  - Pre-Training Vishoka Meditation At-Home 40-day Practice: 16 hours
    - 15 Minute Minimum 40-Day Practice: 10 hours 119
    - Pre-Training Vishoka Meditation At-home Practice Journal & Essay: 6 hours
  - Post-Training Hours
    - Vishoka Meditation Teacher Training Knowledge Assessment and Self-Preparation: 10 hours
    - Post-Training Vishoka Meditation At-Home 40-Day Practice: 16 hours
      - 15 Minute Minimum 40-Day Practice: 10 hours
      - Post-Training Vishoka Meditation At-Home Practice Journal: 6 hours
    - Vishoka Meditation Practice Teaching: 30 hours
      - Vishoka Meditation Teaching Journal/Log and Self-Evaluation Essay: 3 hours

**Total Hours: 150**

## Vishoka Meditation Teacher Training

### Online Program Summary

---

#### **Benefits of being a Certified Vishoka Meditation Teacher (CVMT):**

- Authorization and privilege to teach the Vishoka Meditation offerings covered in this certification:
  - Teach Vishoka Meditation practices as part of public or private yoga and meditation classes
  - Teach the full 15-hour Vishoka Meditation Course after submission and approval of your Vishoka Meditation Course Proposal
- Ability to use the Vishoka Meditation brand in relation to those offerings (subject to approved brand usage guidelines)
- Listing on the VishokaMeditation.org directory of Certified Vishoka Meditation Teachers
- Ability to officially reference your credential as a Certified Vishoka Meditation Teacher
- Receive class outlines and curriculum materials for all the Vishoka Meditation educational offerings this certification covers, so you can offer the Vishoka Meditation Course and guided practices to your students
- Ability to bundle the Vishoka Meditation Digital Companion Course with your offerings of the Vishoka Meditation course at no additional cost.
- The Himalayan Institute will issue a Certificate of Completion to all students who successfully complete your offering of the Vishoka Meditation Course.
- You will receive wholesale discounts for any Vishoka Meditation products which you purchase in bulk for resale (subject to wholesale terms and conditions)
- Only Certified Vishoka Meditation Teachers will be eligible to participate in advanced Vishoka Meditation teacher training offerings
- Access to exclusive online Vishoka Meditation Teacher events such as quarterly online satsangs with Vishoka Meditation Faculty
- Opportunities to receive ongoing personal guidance from the VMTT faculty
- This program qualifies for 70 Yoga Alliance CEUs
- Ongoing access to all VMTT training videos and other training materials for as long as you retain your Certified Vishoka Meditation Teacher credentials

## Vishoka Meditation Teacher Training

### Online Program Summary

---

#### Program Preparation

The techniques of advanced teaching we present in the Himalayan Institute's Vishoka Meditation Teacher Training program can be applied to any style or school of yoga. We do not require you to have completed your 200-hour or 500-hour certification with the Himalayan Institute. As long as program participants meet the above requirements and/or recommended background, we welcome anyone with a previous 200-hour/500-hour training from an accredited yoga school (or comparable experience) into the Vishoka Meditation Teacher Training program. Having a basic understanding and context for the framework of our tradition is helpful, and will speed up your ability to process the new information you will receive during the program. To better prepare for your experience here at the Himalayan Institute, we require that accepted VMTT applicants complete the following prior to the start date of the program:

1. Re-read [\*Vishoka Meditation: The Yoga of Inner Radiance\*](#) by Pandit Rajmani Tigunait, Ph.D.
2. Complete/Review Vishoka Meditation Master Course Digital Companion (located on the dashboard of your HI online portal).
3. Complete the Vishoka Meditation Pre-training Assignments:
  - a. **Pre-Training At-Home 40-day Practice of Vishoka Meditation**
  - b. **Pre-Training At-Home 40-day Practice Journal & Essay Assignment**
  - c. **Pre-Training Book Study Assignment**

#### Policy on Attendance and Professional Conduct

As a student of the Himalayan Institute's Vishoka Meditation Teacher Training program, the following expectations are in place:

- Please be in attendance and on time for all of the scheduled classes listed in your schedule
- Be prepared to participate fully in all practicums, lectures, and practice teaching segments
- Dress modestly and appropriately for practicing and teaching
- Respect cultural, physical, and faith based differences of fellow students and staff
- Maintain confidentiality of students and staff members' personal information that may be shared in the classroom
- Avoid inappropriate language/activity that might have a negative impact on students/staff
- Communicate directly with the Himalayan Institute Certification Programs Manager if there are any issues or concerns that arise during the training



HIMALAYAN  
INSTITUTE®

## **Vishoka Meditation Teacher Training Online Program Summary**

---

### **Certification Policy**

**Students of the training program must fulfill the requirements noted above as well as show teaching competency and proficiency in order to receive a certificate of certification from the Himalayan Institute.**

**The Himalayan Institute teaching staff reserves the right to not certify a participant if certain criteria is not met, however throughout the sessions all attempts will be progressively made to ensure the students' growth towards a practical understanding of the material presented. The teaching faculty will make every effort to guide all students through the challenges of teaching Vishoka Meditation.**

### **Completion**

Certification requirements are to be completed within one year of the end date of the Vishoka Meditation Teacher Training. If this timeframe is exceeded, you may be required to retake the entire program at full cost in order to receive certification.