



HIMALAYAN
INSTITUTE®

Vishoka Meditation Teacher Training

with **Himalayan Institute Faculty**

Program Schedule

November 8th - December 19th, 2025

Live Sessions are Eastern Time

Week 1

Saturday, November 8th

On-Demand Sessions for Week 1

- **Course Orientation**
- **Guided Vishoka Meditation Practice** | Judy Moulton
- **The Wisdom Tradition of Vishoka Meditation** | Pandit Rajmani Tigunait and Ishan Tigunait
- **The Scope of Vishoka Meditation** | Ishan Tigunait
- **Healthy Breathing and Breath Training** | Judy Moulton
- **Cultivating Breath Awareness** | Judy Moulton

Sunday, November 9th

10:00 - 10:30 a.m.

Live Session

Course Welcome and Orientation | Greg Capitolo

Friday, November 14th

10:00 a.m. - 12:00 p.m.

Live Session

Live Session 1 | Shari Friedrichsen

Saturday, November 15th

10:00 a.m. - 11:30 a.m.

Live Session

Peer-proctored Practice Teaching Session #1

90-minute small group breakout session

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Week 2

Saturday, November 15th

On-Demand Sessions for Week 2

- **Guided Vishoka Meditation Practice** | Shari Friedrichsen
- **Asana, Breath Awareness & Pranic Sensitivity**
| Shari Friedrichsen
- **Refining Breath Awareness into Pranic Sensitivity**
| Shari Friedrichsen
- **Vishoka Meditation & The Yoga Sutra** | Ishan Tigunait
- **Revealing Inner Stillness through Systematic Relaxation**
| Judy Moulton
- **A Yogic Understanding of the Mind** | Ishan Tigunait

Wednesday, November 19th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 1 | Shari Friedrichsen

Friday, November 21st

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 2 | Shari Friedrichsen

Saturday, November 22nd

10:00 a.m. - 11:30 a.m.

Live Session

Peer-proctored Practice Teaching Session #2

90-minute small group breakout session



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Week 3

Saturday, November 22nd

On-Demand Sessions for Week 3

- **Guided Vishoka Meditation Practice** | Sandy Anderson
- **Experiencing Pranic Awareness through Pranayama** | Sandy Anderson
- **Discovering Our Inner Space: Pranic Awareness Practices in Shavasana** | Judy Moulton
- **Purifying the Energy Channels - Nadi Shodhana** | Sandy Anderson
- **Eliminating the Pause - So Hum Pranayama** | Sandy Anderson
- **Finding our Seat** | Sandy Anderson

Tuesday, November 25th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 1 | Sandra Anderson

Wednesday, November 26th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 2 | Sandra Anderson

Saturday, November 29th,

No Session

Thanksgiving Weekend



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Week 4

Saturday, November 29th

On-Demand Sessions for Week 4

- **Guided Vishoka Meditation Practice** | Shari Friedrichsen
- **Integration and Assimilation Part 1**
| Pandit Rajmani Tigunait and Ishan Tigunait
- **Adopting a Yogic Lifestyle** | Judy Moulton
- **Bringing the Mind Back to Home Base: Aharana Pranayama** | Ishan Tigunait
- **Cultivating Inner Balance: Samikarana Pranayama**
| Ishan Tigunait

Monday, December 1st

10:00 a.m. - 11:30 a.m.

Live Session

Peer-proctored Practice Teaching Session #3

90-minute small group breakout session

Wednesday, December 3rd

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 1 | Shari Friedrichsen

Friday, December 5th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 2 | Shari Friedrichsen

Saturday, December 6th

10:00 a.m. - 11:30 a.m.

Live Session

Peer-proctored Practice Teaching Session #4

90-minute small group breakout session

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Week 5

Saturday, December 6th

On-Demand Sessions for Week 5

- **Guided Vishoka Meditation Practice** | Sandy Anderson
- **The Main Body of Vishoka Meditation** | Ishan Tigunait
- **The Complete Practice of Vishoka Meditation**
| Ishan Tigunait
- **Refining our Practice of Vishoka Meditation**
| Ishan Tigunait

Wednesday, December 10th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 1 | Sandra Anderson

Friday, December 12th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 2 | Sandra Anderson

Saturday, December 13th

10:00 a.m. - 11:30 a.m.

Live Session

Peer-proctored Practice Teaching Session #5

90-minute small group breakout session



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Week 6

Saturday, December 13th

On-Demand Sessions for Week 6

- **Guided Vishoka Meditation Practice** | Ishan Tigunait
- **Integration and Assimilation Part 2**
| Pandit Rajmani Tigunait and Ishan Tigunait
- **Sequencing & Personalizing the Practices of Vishoka Meditation** | Ishan Tigunait
- **Curriculum Training in the Vishoka Meditation Course**
| Ishan Tigunait
- **Being a Certified Vishoka Meditation Teacher: Stewardship, Branding, Ethics** | Judy Moulton and Greg Capitolo
- **Curriculum Training in Vishoka Meditation Guided Practices** | Panel - VMTT Faculty
- **The Vishoka Meditation Community: Nurturing Collective Consciousness** | Ishan Tigunait

Monday, December 15th

10:00 a.m. - 11:30 a.m.

Live Session

Peer-proctored Practice Teaching Session #6

90-minute small group breakout session

Wednesday, December 17th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 1 | Shari Friedrichsen

Thursday, December 18th

10:00 a.m. - 11:30 a.m.

Live Session

Live Session 2 | Shari Friedrichsen

Friday, December 19th

10:00 a.m. - 11:00 a.m.

Live Session

Closing Session | Shari Friedrichsen