



Meditation
NAFTA TRAINING

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1

Administrative

- Sign ins and Introductions
 - Picture ID
 - CPR/AED Certification
 - Waivers Signed
 - Renew every two years with 15 CEU's
 - Minimum one NAFTA Home Study

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2

2

Purpose/Objective

- NAFTA's Meditation Certification encompasses those skills vital to becoming a successful mind/body leader.
- It serves as an important first step into the field of teaching meditation and practical skill techniques.
- This Certification addresses:
 - Meditation history and roots
 - The importance of meditation
 - How it affects our minds and bodies
 - Terms important to understanding the Chakras, energy systems, and meditation practices
 - Technology used to identify how meditation affects our brain
 - Breathing techniques Practical steps to develop your own meditation practice

This Certification program was developed for new meditation leaders by fitness professionals who really understand what makes a successful instructor!


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3

3

Outline of the Course

- Module 1-Master Class with Aparna
- Module 2-What is Meditation
- Module 3-Tools Needed
- Module 4-Types of Meditation
- Module 5-Benefits of Meditation
- Module 6-Breath
- Module 7-10 Ways to Practice Meditation
- Module 8-Labyrinths
- Module 9-Types of Classes
- Module 10-Master Class with Jen



4

4

**MODULE 1:
MASTER CLASS**





5

5

Master Class Structure


- Aparna
- [Click Here For Aparna Meditation](#)
- Visual Picture Meditation
- <https://www.youtube.com/watch?v=ZtaicYchIOU>
- <https://www.youtube.com/watch?v=ZtaicYchIOU>



6

6

MODULE 2:
WHAT IS MEDITATION




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7

7

What is Meditation



- Meditation is an experience of relaxing the body, quieting the mind, and awakening the spirit.

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8

8

What is Meditation



Meditation encourages deepening of consciousness or awareness, and also facilitates a deeper understanding of self and others.

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9

9

Reasons Behind Meditation

- Stress Management and Pain Relief
- Anger Management
- Simple way to relax and clear the mind
- Control over Anxiety
- Improved awareness, and concentration (creates stillness)
- Improve our cognition (ability to think) and helps us to see things more clearly
- Develops our sense of self and our spirituality

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10

Meditation.....

Meditation is now a mainstream Practice. Worldwide millions of people are practicing on a regular basis.

Meditation is the absence of thinking and it is the process of concentrating the mind.

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11

We meditate every day without knowing it!

- Day Dreaming
- Sports/physical activity
- Close Reading
- Listening or playing music
- Studying

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12



History of Meditation.....

There are thousands of meditation techniques that have been developed and practiced for over 5,000 years. Each has specific techniques and skills that can be learned.


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13

13

MODULE 3:

TOOLS



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14

14

Tools Needed for Meditation


- Quiet Space
- Images/symbols
- Music
- Diary/Journal
- Candle
- Straight Backed Chair or Mat

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15

15


MODULE 4:
TYPES OF MEDITATION



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16

16



Concentration

- Assist with focusing the mind.
- This is done by focusing on the breath, image, object or sound during the meditation
- This process allows the mind to achieve clarity and awareness

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17

17


Types of Meditation

- Receptive
- Reflective
- Generative

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18

18



Receptive

- Assists with becoming more fully present in the moment.
- This is done by being mindful and attentive to feelings, sensation, thoughts, images, smells and experiences without thinking or reacting to the experience or judging it. (we don't ask why????)
- This helps to gain a calmer, clearer and more non-reactive state of mind and being.

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19

19

RAIN

- RAIN is a simple but effective practice to help you use mindfulness to gain a little distance from how things might be affecting you
- **R** Recognize. Just recognize that you have the emotion or feeling
- **A** Allow. Allow the emotion to be present, accept that it's there. No need to get into a fight with yourself over it. Don't think around it or why it is there
- **I** Investigate. Notice how the emotion manifests itself physically, emotionally and in your thoughts. (bodily sensations, thinking)
- **N** Non-identity. Notice that there is more to you than these thoughts, feelings or physical experiences. You might say, for instance, "This is not all of me."
- This exercise doesn't get rid of your experiences
- It changes your relationship with them. That's how receptive meditation helps with many of life's experiences - It changes how you relate to them so that they no longer have the same power to sweep you away.

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20

20




Reflective

- Assists with investigating an idea in a systematic way.
- Uses disciplined thinking and analysis to reflect upon a compelling question, challenge, idea or project.
- Reflects on a verse, a phrase or inspiring idea.
- Brings wisdom and insight into all aspects of our lives.

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21

21



Generative

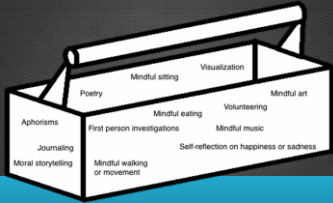
- Assists in consciously cultivating and strengthening specific qualities such as:
 - Patience
 - Love
 - Appreciation
 - Compassion
 - Humility
 - Gratitude
 - Courage
- This form of meditation invites us to actively nurture these strengths of character by thinking, speaking and acting as though the quality is already fully present and alive within us.

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22

22

Mindfulness Practices




Visualization
Mindful sitting
Poetry
Mindful art
Mindful eating
Volunteering
Aphorisms
First person investigations
Mindful music
Journaling
Self-reflection on happiness or sadness
Moral storytelling
Mindful walking or movement

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23

MODULE 5:
Benefits



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24



Benefits

- The physical, emotional, psychological, and spiritual benefits of meditation might include:
 - higher levels of energy, creativity, and spontaneity
 - lower blood pressure
 - increased exercise tolerance
 - better concentration
 - decreased stress, depression and anxiety
 - fewer cravings for alcohol and cigarettes
 - increased job satisfaction
 - better relationships with others

25

25



Benefits-Psychological

- Reduced rumination
- Stress reduction
- Boosts working memory
- Increased focus
- Less emotional reactivity
- More cognitive flexibility

26

26



Benefits-Health

- Increased immune function
- Decreased pain

27

27




Meditation & Conventional Health

- There is no research that indicates meditation is harmful or has negative effects whether used alone or in conjunction with conventional medicine but people have found it helpful with the management of stress and pain.

28

28




Cognitive and Academic Performance

- Mindfulness meditation may improve ability to maintain preparedness and orient attention
- Mindfulness meditation may improve ability to process information quickly and accurately

29

29



Development of the Whole Person


- Meditation can support development of creativity
- Meditation supports and enhances the development of skills needed for interpersonal relationships
- Empathic responses are increased with meditation and mindfulness practices
- Meditation may help cultivate self-compassion

30

30

Cognitive and Achievement Performance

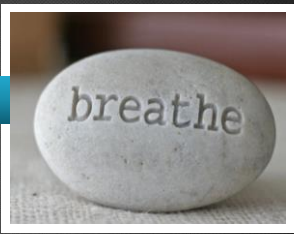

- Concentration-based meditation, practiced over a long-term, may have a positive impact on academic achievement



31

31

**MODULE 6:
BREATH**

32

32


Importance of Breath

- For most meditative practices the breath is very important because it is connected to both the mind and the body.
- If we are anxious, frightened or upset our breath tends to be shallow, irregular and quick.
- If we are relaxed, settled or calm, our breath tends to be more slow, deep and regular.




33

33



Importance of Breath


- Focusing the mind on the continuous rhythm of inhalation and exhalation provides a natural object of meditation.
- As you focus your awareness on the breath, your mind becomes absorbed in the rhythm of inhalation and exhalation.
- As a result, your breathing will become slower and deeper, and the mind becomes more tranquil and aware.

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34

34


MODULE 7: 10 WAYS TO PRACTICE



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35




Practice 1

As you awaken in the morning, bring your attention to your breathing. Instead of letting your mind spin off into yesterday or today, take mindful breaths. Focus on your breathing, and sense the effects of breathing throughout your body.

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36

36




Practice 2

- Instead of hurrying to your usual routine, slow down and enjoy something special about the morning: a flower that bloomed, the sound of birds, or the wind in the trees.

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37

37



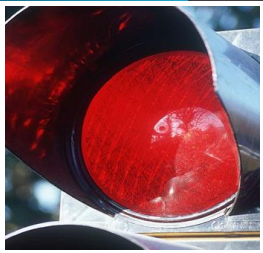
Practice 3

On your way to work or school, pay attention to how you walk or drive or ride the transit. Take some deep breaths, relaxing throughout your body.

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38

38



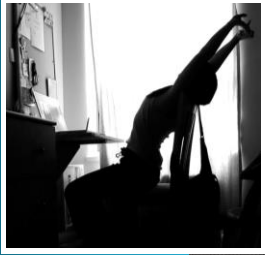
Practice 4

- When stopped at a red light, pay attention to your breathing and enjoy the landscape around you.

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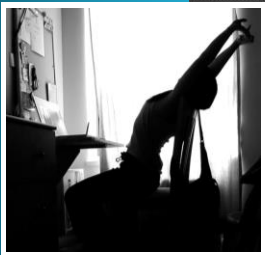
39



Practice 5

- When you arrive at your new destination (work, school, etc.) take a few moments to orient yourself; breathe consciously and calmly, relax your body, then begin.

40



Practice 6

- When sitting at your desk or keyboard, become aware of the subtle signs of physical tension and take a break to stretch or walk around.


41



Practice 7

- Use the repetitive events of the day - the ringing telephone, a knock on the door, walking down the hall - as cues for a mini-relaxation.

42




Practice 8

- Walk mindfully to your car or bus. Can you see and appreciate something new in the environment? Can you enjoy walking without rushing?

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43

43



Practice 9

- As you return home, consciously make the transition into your home environment. If possible, after greeting your family or housemates, give yourself a few minutes alone to ease the transition.

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44

44



Practice 10

- As you go to sleep let go of today and tomorrow and take some slow mindful breaths

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45

**MODULE 8:
LABYRINTHS**



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46

46

Labrynth is...



A labrynth is...

- An ancient symbol that has been rediscovered and adapted for use today.
- Found in ancient cultures, traditions and countries (China, Ireland, India, England, Scandinavia, France, Crete and others).
- A symbol of wholeness, healing, and inclusion.
- To do: Give each student a drawing of a labyrinth, begin with some basic breathing exercise, put on some music and have them reflect on their own journey through the labyrinth by walking their steps with a pencil. You can play some rock music.

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47

47

Labrynth as Walking Meditation

Used for walking meditation that assists in:

- finding peace and clarity
- managing stress
- decision making
- self-exploration and reflection


Walking a labyrinth provides the opportunity to:

- examine personal goals
- assess talents and abilities
- make decisions
- evaluate your life's progress - personally and professionally

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48

48



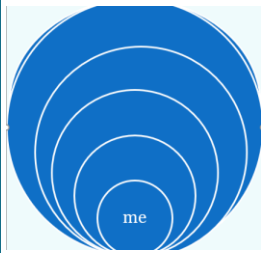
Circles & Mandalas

Circles are believed to be very powerful in mandalas:

- Circles appear in cultures throughout world history
 - Nature - flowers, snowflakes, trees, sun, moon, etc.
 - Architecture
- The circle is a symbol of wholeness, continuity, connection, unity, harmony and the cycle of life.
- Unlike other shapes, the circle flows and has no hard edges or angles.
- Circles are believed to help individuals focus inward.

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49



Circles Meditation on Connections...

- Place the people who are closest into the me circle and work outward. (play some music to help with this exercise)
- Begin with a basic breathing exercise
- Give students a sheet with the circles and ask them to list at least 5 people involved in their life (be specific)
- Then ask them to use the circles to categorize people according to who is closest

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50

50




Coloring Mandalas

- If you choose to draw or color a mandala it will tap into your creativity without any need for artistic expertise.
- The process of drawing or coloring can sooth and nourish you.
- Coloring mandalas is a great way to start using mandalas in your everyday life.

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51

51

MODULE 9:
TYPES OF CLASSES



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52

52

Nine Popular Types of Meditation Practices.....

- Mindfulness Meditation
- Spiritual Meditation
- Focused Meditation
- Movement Meditation
- Mantra Meditation
- Transcendental Meditation
- Progressive Relaxation
- Loving-Kindness Meditation
- Visualization Meditation

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53

53

Mindfulness

- Mindfulness meditation originates from Buddhist teachings and is the most popular meditation technique in the West.
- In **mindfulness meditation**, you pay attention to your thoughts as they pass through your mind. You don't judge the thoughts or become involved with them. You simply observe and take note of any patterns.
- This practice combines concentration with awareness. You may find it helpful to focus on an object or your breath while you observe any bodily sensations, thoughts, or feelings.
- This type of meditation is good for people who don't have a teacher to guide them, as it can be easily practiced alone.


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54

54

Spiritual


- Spiritual meditation is used in Eastern religions, such as Hinduism and Daoism, and in Christian faith.
- It's similar to prayer in that you reflect on the silence around you and seek a deeper connection with your God or Universe.
- Essential oils are commonly used to heighten the spiritual experience. Popular options include:
 - frankincense
 - myrrh
 - sage
 - cedar
 - sandalwood
 - palo santo
- Spiritual meditation can be practiced at home or in a place of worship. This practice is beneficial for those who thrive in silence and seek spiritual growth.

 55

55

Focused


- Focused meditation involves concentration using any of the five senses.
- For example, you can focus on something internal, like your breath, or you can bring in external influences to help focus your attention.
- Try counting mala beads, listening to a gong, or staring at a candle flame.
- This practice may be simple in theory, but it can be difficult for beginners to hold their focus for longer than a few minutes at first.
- If your mind does wander, it's important to come back to the practice and refocus.
- As the name suggests, this practice is ideal for anyone who requires additional focus in their life.

 56

56

Movement

- Although most people think of yoga when they hear movement meditation, this practice may include walking through the woods, gardening, qigong, and other gentle forms of motion.
- It's an active form of meditation where the movement guides you.
- Movement meditation is good for people who find peace in action and prefer to let their minds wander.

 57

57

Mantra

- Mantra meditation is prominent in many teachings, including Hindu and Buddhist traditions. This type of meditation uses a repetitive sound to clear the mind. It can be a word, phrase, or sound, such as the popular "Om."
- It doesn't matter if your mantra is spoken loudly or quietly. After chanting the mantra for some time, you'll be more alert and in tune with your environment. This allows you to experience deeper levels of awareness.
- Some people enjoy mantra meditation because they find it easier to focus on a word than on their breath. This is also a good practice for people who don't like silence and enjoy repetition.



58

Transcendental

- Transcendental Meditation is a popular type of meditation. This practice has been the subject of numerous studies in the scientific community.
- It is more customizable than mantra meditation, using a mantra or series of words that are specific to each practitioner.
- This practice is for those who like structure and are serious about maintaining a meditation practice.



59

Progressive Relaxation


- Also known as body scan meditation, progressive relaxation is a practice aimed at reducing tension in the body and promoting relaxation.
- Oftentimes, this form of meditation involves slowly tightening and relaxing one muscle group at a time throughout the body.
- In some cases, it may also encourage you to imagine a gentle wave flowing through your body to help release any tension.
- This form of meditation is often used to relieve stress and unwind before bedtime.



60

Loving Kindness


- Loving-kindness meditation is used to strengthen feelings of compassion, kindness, and acceptance toward oneself and others.
- It typically involves opening the mind to receive love from others and then sending a series of well wishes to loved ones, friends, acquaintances, and all living beings.
- Because this type of meditation is intended to promote compassion and kindness, it may be ideal for those holding feelings of anger or resentment.

 61

61

Visualization

- Visualization meditation is a technique focused on enhancing feelings of relaxation, peace, and calmness by visualizing positive scenes or images.
- With this practice, it's important to imagine the scene vividly and use all five senses to add as much detail as possible.
- Another form of visualization meditation involves imagining yourself succeeding at specific goals, which is intended to increase focus and motivation.
- Many people use visualization meditation to boost their mood, reduce stress levels, and promote inner peace.

 62

62

Master Class

- Jen
- [Click Here for Jen's Meditation](#)
- Visual Meditation
- https://www.youtube.com/watch?v=YE_P1ZzYqA
- https://www.youtube.com/watch?v=yy3a1_LeFo

 63

63

Now What?

• Written Exam

- After you complete the course, you will be ready to take the exam.
- Please follow these simple instructions:
 1. You will receive a notification from the Academy that your exam has been loaded into your account.
 2. To take your exam, the log into your account and click on the exam link.
 3. Complete your exam.
 4. There is a time limit for the exam - you cannot stop the exam and resume later.
 5. The exam will be available for 30 days after the date of your purchase.
 6. You must obtain a score of 70% or greater to pass.
 7. You have two attempts to pass the exam.
 8. Once you pass your exam, you will receive an email from the Academy with a copy of your certificate attached and you can also access your account to retrieve it.

• Practical Video Submission

- You are required to submit a 20 minute practical video teaching a Meditation class. Note this can be done virtually.
- Instructions to submit your video will be provided in an email after you complete the course.