

## **New Beginners Learn How to Meditate Program Now Open**

*Mastery of Meditation and Yoga releases their newest meditation program geared specifically for beginner's to learn how to practice and benefit from meditation.*

June 8, 2010 (FPRC) -- Mastery of Meditation and Yoga announces the release of a new Learn How to Meditate course to complement the already existing Meditation Teacher's Training and Certification program that they offer. The Meditation Certification Program is for advanced practitioners who are ready to become teachers, while the new program is geared towards those new to meditation and looking for a beginner's meditation course to get started.

The program follows in the format of the previous programs offered by Anmol Mehta, where the students use a multi-media approach to study and learn. The Learn How to Meditate course comes with an e-manual and 14 online videos to facilitate this learning.

"The combination of detailed step-by-step written instruction along with video demonstrations ensures the students learn the techniques correctly and precisely. This mode of teaching has proven to be very successful with the Certification Program and we feel the Learn How to Meditate Course will similarly benefit from this approach," said Anmol Mehta, the director of the training programs offered at Mastery of Meditation and Yoga.

The Learn How to Meditation Course is a 4 week home study program which includes meditation techniques, along with basic yoga and yogic breathing exercises as well. Some of the techniques taught are Zen Meditation, Mantra Meditation, Guided Chakra Meditation and Visualization Meditation. "Giving the students a wide range of meditations maximizes the chance of them finding one which suits their personality", explained Anmol.

The yoga and pranayama that accompanies the training is designed to complement the meditation practice by helping the student better prepare their body and mind for meditation.

The main objective of the program is to teach meditation to as many people as possible and help them live healthy and happy lives. "The mission of the Mastery of Meditation website has been to help others reach their highest potential and this program is consistent with that mission" said Anmol.

"The benefits of meditation are unique," explained Anmol, "they span the material world in the form of joy, health, peace and compassion, and meditation also awakens you to your divine nature which lies beyond time, space and self. For this reason there is no other activity quite like it. It is the key to discovering the true purpose of life and of unleashing your full potential."

Enrollment into the Learn How to Meditate program has already been strong and Anmol expects the program to be as successful, if not more, than the ongoing Meditation Certification Program.

### **Contact Information**

For more information contact Anmol Mehta of Free Online Guided Meditation and Yoga Techniques (<http://anmolmehta.com>)

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**Keywords**

[How to Meditate](#)

[Meditation Certification Program](#)

[Guided Chakra Meditation](#)

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