



REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

SELF-PACED · ON DEMAND · THREE LEVELS

MEDITATION TEACHER TRAINING

a progressive pathway · certification levels I–III

MEDITATION AS A WAY OF LIVING

Meditation is not simply the act of sitting quietly. It is the practice of developing awareness.

A progressive on-demand pathway into meditation, mindfulness, breathwork, awareness practices, philosophy, nervous system regulation, and conscious teaching.

Across yogic and contemplative traditions, meditation has been used to cultivate clarity, focus, nervous system regulation, emotional balance, self-awareness, presence, inner stillness, and spiritual inquiry.

The training blends traditional yogic teachings, meditation philosophy, breathwork, mindfulness practices, nervous system understanding, and practical teaching skills into **an accessible and deeply experiential learning environment.**



The quality of our attention shapes the quality of our lives.

FORMAT

ON DEMAND • SELF-PACED

LEVEL I

~20 HOURS • \$197

LEVEL III

~50 HOURS • \$297

STRUCTURE

THREE LEVELS • I, II, III

LEVEL II

~30 HOURS • \$247

CONTINUING ED

YOGA ALLIANCE CE FOR RYT5

THREE LEVELS OF AWARENESS

Begin with foundations. Deepen through energetics. Become a teacher. Each level stands alone, and builds toward the next.

Level I

MEDITATION FOUNDATIONS

*building the foundations of
practice*

- Introduction to meditation philosophy
- Breath awareness
- Posture and concentration
- Nervous system understanding
- Basic mantra practices
- Establishing personal practice
- Mindfulness foundations
- Journaling and self-study

~20 HOURS • SELF-PACED
REFLECTIVE JOURNALING
FINAL WRITTEN EVAL

\$197

Online • Self-Paced

Level II

ADVANCED MEDITATION

*deepening awareness + energetic
understanding*

- Advanced pranayama
- Energy work
- Advanced mantra
- Stages of consciousness
- Brainwave states
- Energetic grounding
- Intention setting
- Integration into daily life
- Subtle body exploration

~30 HOURS • SELF-PACED
MEDITATION JOURNALING
PRACTICAL DEMONSTRATIONS

\$247

Online • Self-Paced

Level III

MEDITATION TEACHER TRAINING

learning to guide others

- Teaching methodology
- Meditation class structuring
- Holding safe space
- Communication skills
- Meditation sequencing
- Philosophical foundations
- Ethics and responsibility
- Practicum teaching experience
- Mentorship and feedback

~50 HOURS • SELF-PACED
TEACHING PRACTICE •
MENTORSHIP
FINAL EVAL

\$297

Online • Self-Paced

Levels can be taken sequentially or independently based on your interests. Most students progress L1 → L2 → L3, but you're welcome to enroll in any level that calls to you.

WHO IS THIS TRAINING FOR

No prior meditation teaching experience is required to begin Level I.

i.

YOGA TEACHERS

Teachers wanting to integrate meditation and mindfulness more deeply into classes and offerings.

ii.

WELLNESS PROFESSIONALS

Therapists, coaches, healers, educators, and wellness practitioners seeking nervous system and mindfulness tools.

iii.

DEDICATED PRACTITIONERS

Students wanting to deepen personal meditation practice and self-understanding.

iv.

FUTURE MEDITATION TEACHERS

Individuals interested in guiding meditation professionally in yoga, wellness, corporate, educational, or healing settings.

v.

SEEKERS + LIFELONG LEARNERS

Those drawn toward contemplative practice, philosophy, mindfulness, and inner inquiry.

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BEYOND STRESS REDUCTION

Meditation is often marketed simply as a productivity tool or stress-management technique. While meditation may help support relaxation and nervous system regulation, this training approaches it as something deeper: a lifelong relationship with awareness itself.

This program draws inspiration from traditional yogic and Himalayan meditation teachings while presenting them in ways that are grounded and accessible for modern life.

The emphasis is not on "clearing the mind" or achieving perfection. It is on developing greater awareness, compassion, steadiness, and relationship with the inner world.

AWARENESS

COMPASSION

STEADINESS

**INNER
RELATIONSHIP**

LINEAGE ROOTED

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

All levels are offered on demand, so you can move through the material gradually, revisit practices over time, and integrate meditation into daily life while developing a sustainable long-term practice.



RECORDED LECTURES

each module at your pace

GUIDED MEDITATIONS

practices you can take yourself

BREATHWORK PRACTICES

pranayama techniques + sequences

PHILOSOPHY DISCUSSIONS

lineage-rooted teachings

JOURNALING PROMPTS

for reflection + integration

DOWNLOADABLES

manuals, scripts, references

SELF-STUDY

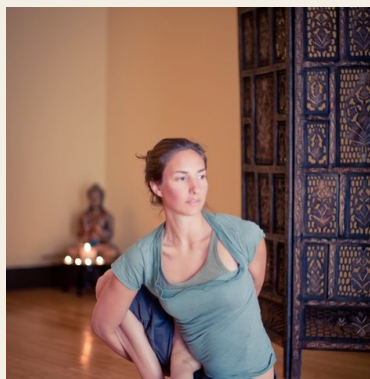
build your daily rhythm

TEACHING DEMOS

Level III · see real classes

TEACHERS WHO LIVE IT

Revolution Yoga's teacher trainings are guided by founder and director Amanda DiGiovanna, lead teacher trainer at Revolution Yoga, whose own study spans yoga, philosophy, and Ayurveda.



LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- Yoga Sutra Studies with Edwin Bryant
- Bhagavad Gita Studies with Joshua Greene
- Yogic Lifestyle and the Hatha Yoga Pradipika with Yogi Amit
- Ayurveda Studies with Vasant Lad (2022–Present)
- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappel)

HOW IT WORKS + CERTIFICATION

01

ENROLL ONLINE • ANY LEVEL

Level I \$197 • Level II \$247 • Level III \$297. Enroll at shop.revolutionyogaspace.com/products/meditation-teacher-training-online.

02

ACCESS ARRIVES BY EMAIL

Self-paced in Google Classroom. Access details arrive by email right after purchase.

03

CONTINUING EDUCATION

Current RYT's receive Yoga Alliance continuing education credits upon completion of any level.

04

TEACH MEDITATION

Level III certifies you as a meditation teacher. Level III is required only for those who want to teach meditation professionally.

COMMON QUESTIONS

DO I NEED MEDITATION EXPERIENCE?

For Level I, no, it's the foundation course. Levels II and III assume some meditation practice (whether through Level I or your own established practice). If you're unsure where to start, email us and we'll have a conversation about your situation.

IS THIS TRAINING ONLINE ONLY?

Yes, fully on demand, self-paced. Self-paced learning supports the kind of integration meditation actually asks for.

CAN I JOIN FOR PERSONAL GROWTH ONLY?

Absolutely. Many students complete Levels I and II purely for personal practice and never take Level III. The work is yours regardless of whether you ever teach.

DO I NEED TO COMPLETE ALL THREE LEVELS?

No. Each level stands alone. Many students stop at Level I or II. Level III is required only for those who want to teach meditation professionally.

IS THIS YOGA ALLIANCE ELIGIBLE?

Yes. Current RYT's receive Yoga Alliance continuing education credits upon completion of any level.

HOW MUCH DAILY PRACTICE IS EXPECTED?

Level I encourages building a daily practice of 10 to 20 minutes. Level II expects 20 to 30 minutes daily. Level III assumes a consistent daily practice. The training itself helps you build this rhythm.

CAN I TEACH MEDITATION PROFESSIONALLY AFTER COMPLETION?

Yes. Level III certifies you as a meditation teacher. Many graduates go on to teach in yoga studios, wellness centers, corporate settings, schools, healing practices, and through their own offerings.

07 • ENROLL + CONTACT

BEGIN THE PATHWAY

Whether you're seeking personal transformation, deeper understanding, or the path toward teaching meditation, this training offers a grounded and meaningful exploration of awareness, presence, breath, and conscious living.

CHOOSE YOUR LEVEL • ENROLL ONLINE

LEVEL I \$197 • II \$247
LEVEL III \$297

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EMAIL

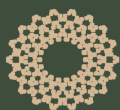
revolutionyoga@gmail.com

CALL

516.619.6421

HOW ACCESS WORKS

Self-paced in Google Classroom. Access details arrive by email right after purchase.



Revolution Yoga Institute for Yoga Studies • Rockville Centre, NY