

ASUNYA

Asunya Institute (UK)
Prospectus 2008/2009

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Welcome to the Asunya Institute. We provide certified professional training in meditation for medical, healthcare and exercise professionals. We also provide teacher training, professional qualifications and, where appropriate, employment as Asunya Meditation Consultants for experienced practitioners of meditation.

We offer a flexible, part-time modular training programme, which offers foundation, practitioner and diploma level training in Asunya Meditation. Additional module specialities, including pain management, sports performance and occupational health can be taken upon successful completion of the foundation course. All Asunya Meditation training programmes have been developed to meet the syllabus and units of competence criteria as defined by National Occupational Standards in the UK.

Asunya Meditation is a well-established system of secular meditation training which has been developed and pioneered for widespread use. At the clinical level it is used to address a wide range of physical, psychological and emotional health issues. Its sporting application meanwhile is primarily concerned with enhanced performance and effective rest and recovery. Within the corporate sector, Asunya Meditation is fast becoming a key element of occupational health strategy for employee assistance programmes.

If you hold a nationally recognised qualification in medicine, complementary healthcare, or exercise and are looking to complement your professional skills with these effective techniques - whilst making a significant commitment to your own personal development - then Asunya Meditation certification will be of genuine interest to you.

This prospectus offers an overview of the complete range of Asunya Institute training programmes. It also gives guidance on application procedures, entry requirements and methods of assessment. If you'd like further information, please contact us at info@asunya.org, or call us on +44 (0)20 7100 1280.

Our Mission

We are dedicated to providing specialist teacher-training in authentic meditation techniques, for the purpose of professional and personal development.

We are committed to offering traditional meditation and mind training in a format which is accessible, practical and relevant to the modern world.

Our aim is to provide professionals in the medical, health, exercise and education sectors with a unique system of training to complement and enhance their current skills.

In addition to providing professional training and a nationally recognised qualification, we aim to provide students with the necessary information, guidance and support to deepen their personal practice and understanding.

“I am thoroughly enjoying the training with Asunya. It has lowered my blood pressure, helped me to sleep better, and I have even learned to enjoy relaxing in my own company”

Training Objectives

The Asunya Institute facilitates the development of highly-skilled teachers and experienced practitioners of Asunya Meditation techniques. Students of all levels will be required to develop and demonstrate the following attributes:

- A professional and committed approach to the course of study, with a genuine willingness to benefit others
- An enthusiastic attitude and healthy respect towards the content and methods of training
- A skilful and empathetic communication style, towards fellow peers, teaching faculty, and future clients/patients/students
- A high standard of professionalism and ethical conduct towards fellow peers, teaching faculty and clients/patients/students
- A comprehensive, theoretical understanding of Asunya Meditation techniques and the underlying principles which support the practice
- Competency in applying Asunya Meditation theoretical understanding to the practical application of Asunya Meditation techniques
- Firsthand, experiential understanding of Asunya Meditation techniques and the underlying principles which support the practice
- Proficiency and sensitivity in the implementation of Asunya Meditation into the professional context in which it is to be integrated
- The ability to recognise serious physical or mental health symptoms and, where appropriate, to refer those individuals for specialist medical care

“For me, Asunya Meditation has meant a more balanced, happy, and fulfilled life in every respect... I simply can't recommend it enough!”

Asunya Meditation Training Programmes

Each programme has been specifically designed, both in content and duration, to meet the required standards of the Asunya Institute and associated examining body.

The modular structure of the course allows students to have a flexible approach to the training, choosing only those modules which are most relevant. However, the Asunya Meditation Foundation Certificate is a pre-requisite for all other institute training programmes.

Please note: It is necessary to have completed the Asunya Meditation Foundation Certificate before beginning the process of integrating Asunya Meditation techniques into your specific modality or workplace discipline.

For those students who wish to deepen their personal and professional understanding of Asunya Meditation techniques, there is the option of further study beyond the established programme modules. The Asunya Meditation Diploma requires the undertaking of an extensive research project, the nature of which will be agreed upon in association with the Asunya Institute. Successful completion of the research module will lead to the title of 'Asunya Clinical Meditation Consultant', eligible for private practice employment in medical facilities accredited by the UK Healthcare Commission.

All students of the Asunya Institute are required to register with the Asunya Meditation Practitioners Register (AMPR) and hold a valid licence for practice. These details will be available to the general public. It is a requirement for all students to commit to continued personal development to maintain a valid licence and place on the register.

For information on the complete range of Asunya Meditation training programmes, module credit scores and module duration times, please refer to the chart below.

“This practice has enabled a much greater sense of clarity and focus within my own mind, together with a real sense of spaciousness, for both my personal and professional life”

Asunya Meditation Training Programmes

Award Title	Module Credit Pre-requisite	Method of Study	Method of Assessment	Module Credits Awarded	Module Duration
Asunya Meditation Foundation Certificate	N/A	Institute-based group training and self-study/practical coursework	Written examination, coursework credits and observational assessment	60 (CPD Award)	6 months
Asunya Meditation Practitioner Certificate	60	Institute-based group training, one-to-one mentoring, self-study/practical coursework and residential retreat	Written and oral examination, coursework credits and observational assessment	60	6 months
Asunya Meditation for Pain Management	60	Institute-based group training and self-study/practical coursework	Written examination, coursework credits and observational assessment	30 (CPD Award)	3 months
Asunya Meditation for Sports Performance	60	Institute-based group training and self-study/practical coursework	Written examination, coursework credits and observational assessment	30 (CPD Award)	3 months
Asunya Meditation for Occupational Health	60	Institute-based group training and self-study/practical coursework	Written examination, coursework credits and observational assessment	30 (CPD Award)	3 months
Asunya Meditation Diploma	180	Institute-based group seminars, self-study research project and one-to-one mentoring	Research dissertation; ongoing observational and oral assessment	120	18 months

Asunya Meditation Course Overview

Asunya Meditation Foundation Certificate

This course is a prerequisite for all other Asunya Institute training programmes. It includes a total of 45 hours of institute-based tuition, in addition to home-study.

The syllabus covers the theoretical understanding and the practical application of the core techniques of Asunya Meditation; as well as the fundamental principles which support those techniques. A full syllabus will be provided with course materials upon successful application and registration.

The award for successful completion of this training course is the Asunya Meditation Foundation Certificate. This award is CPD approved and provides CPD credits where applicable. Please check with your regulatory or governing body to ensure they are valid credits for your particular area of expertise.

Asunya Meditation Practitioner Certificate

Successful completion of the Asunya Meditation Foundation Certificate, with a total of 60 module credits, is a prerequisite for this training course. The course includes a total of 45 hours of institute-based tuition, in addition to home-study, on-going mentoring, and a 3 day residential retreat.

The syllabus builds upon the core techniques introduced in the foundation certificate and examines the more subtle aspects of meditation required for clinical application. A thorough understanding of specific techniques for the treatment of a wide range of physical and psychological health issues is central to practitioner certification. A full syllabus will be provided with course materials upon successful application and registration.

The award for successful completion of this training course is the Asunya Meditation Practitioner Certificate, with the title of 'Asunya Meditation Consultant'. This title is bound by the terms and conditions of the Asunya Meditation Practitioners Register and associated licence.

Asunya Meditation for Pain Management

Successful completion of the Asunya Meditation Foundation Certificate, with a total of 60 module credits, is a prerequisite for this training course. The course includes a total 27 hours of institute-based tuition, in addition to home-study and workplace assignments.

The syllabus builds upon the techniques studied in the foundation certificate and examines the application of specific mindful awareness techniques for the treatment of acute and chronic physical pain. A full syllabus will be provided with course materials upon successful application and registration.

The award for successful completion of this training course is certification in Asunya Meditation for Pain Management. This award is CPD approved and provides CPD credits where applicable. Please check with your regulatory or governing body to ensure they are valid credits for your particular area of expertise.

Asunya Meditation for Sports Performance

Successful completion of the Asunya Meditation Foundation Certificate, with a total of 60 module credits, is a prerequisite for this training course. The course includes a total 27 hours of institute-based tuition, in addition to home-study and workplace assignments.

The syllabus builds upon the techniques studied in the foundation certificate and examines the dynamics of passive and active meditation for the practical application of sports performance, sports recovery and injury rehabilitation. A full syllabus will be provided with course materials upon successful application and registration.

The award for successful completion of this training course is certification in Asunya Meditation for Sports Performance. This award is CPD approved and provides CPD credits where applicable. Please check with your regulatory or governing body to ensure they are valid credits for your particular area of expertise.

Asunya Meditation for Occupational Health

Successful completion of the Asunya Meditation Foundation Certificate, with a total of 60 module credits, is a prerequisite for this training course. The course includes a total 27 hours of institute-based tuition, in addition to home-study and workplace assignments.

The syllabus builds upon the techniques studied in the foundation certificate and examines the role of meditation in tackling issues of absenteeism, staff retention, productivity, work-based performance levels, communication and staff morale. A full syllabus will be provided with course materials upon successful application and registration.

The award for successful completion of this training course is certification in Asunya Meditation for Occupational Health. This award is CPD approved and provides CPD credits where applicable. Please check with your regulatory or governing body to ensure they are valid credits for your particular area of expertise.

Asunya Meditation Diploma

Successful completion of the Asunya Meditation Foundation Certificate and, either the Asunya Meditation Practitioners Certificate or, a minimum of two short-course modules, are a prerequisite for the diploma. A total of 120 module credits are required. The diploma involves an on-going relationship with the Asunya Institute, which involves both institute-based seminars and remote consultations.

For successful completion of the Asunya Meditation Diploma, students will need to provide a piece of original research in the practical application of Asunya Meditation. The research topic will be agreed upon in association with the Asunya Institute, but is expected to advance and expand upon the current scientific research into the practical application of meditation. Full project details and research criteria will be provided in the interview and application process.

The award for successful completion of this training course is the Asunya Meditation Diploma, with the title of 'Asunya Clinical Meditation Consultant'. This title is bound by the terms and conditions of the Asunya Meditation Practitioners Register and associated licence.

Continued Personal Development (CPD)

CPD is considered an essential and integral part of all Asunya Meditation training programmes. Meditation is, by its very nature, an evolving process of discovery. It is important to recognise that the process of developing the techniques, both in a professional and personal capacity, is ongoing and a life-long journey.

It is necessary to work with awareness, openness and a genuine spirit of enquiry to gain further understanding of the techniques – no matter what level of certification has already been obtained.

This link between personal practice and professional application is vital to the effectiveness of Asunya Meditation. These techniques cannot be fully understood on a purely intellectual level and therefore continued personal practice is a prerequisite for further development.

“I feel tremendously grateful. It has been like a gigantic door opening in front of me, enabling me to see old things in a fresh and new way. It is a part of my relationship with others, an integral part of my life”

Entry Requirements

All applicants are expected to have a professional and committed approach to the course of study, with a genuine willingness to benefit others.

For those applicants from the medical, health and exercise professions, who wish to learn Asunya Meditation techniques to integrate into their own professional modality, no previous experience of meditation is necessary.

However, all applicants are required to provide evidence of their professional training and certified status in the speciality and context within which they intend to integrate Asunya Meditation techniques. Whilst all applications will be considered on their own merit, applicants are generally expected to have at least 3 years professional experience in their own field of expertise.

For those applicants who wish to be employed by Asunya as an 'Asunya Meditation Consultant' or, post-diploma, as an 'Asunya Clinical Meditation Consultant', a very minimum of 5 years daily meditation practice is required, preferably with retreat experience.

Applicants for Asunya employment will preferably come from a background of traditional or complementary healthcare. However, all applications are considered on their own merit.

All students are required to undertake regular, daily practice, in the specific techniques prescribed by the Asunya Meditation certification being undertaken. The commitment to undertake this practice is considered an essential prerequisite for all applicants to the Asunya Institute.

“The training has really changed my attitude to situations... just being calmer, looking at life from a more compassionate perspective is really helping me with all the different relationships in my life”

Location

Asunya Meditation courses combine institute-based group training and mentoring, home-study, remote mentoring, workplace application, residential retreat and, in the case of the diploma, a location-specific research project.

The location for all institute-based training courses is the Kite Clinic, a licensed provider of Asunya Meditation. The Kite Clinic is on New Bond Street, in central London, just a short walk from Oxford Circus and Bond Street tube stations.

Residential retreats take place at a dedicated retreat centre in the countryside. The retreat centre can be reached by car or public transport and is approximately 2 hours from central London.

Full details of the training venue and retreat facilities will be provided upon successful application and registration.

Please note: Some of the institute-based training programmes are also available at Asunya satellite centres outside of London. Please contact us at info@asunya.org, or call us on +44 (0)20 7100 1280.

Courses Fees and Payment Options

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- All prices inclusive of VAT
 - Deposit payable in advance to secure place on course
 - Payment Option 1: one-off payment with **inclusive 5% discount**
 - Payment Option 2: monthly instalments for duration of course

Award Title	Total Course Cost	Deposit	Payment Option 1	Payment Option 2
Asunya Meditation Foundation Certificate	£995	£250	£695.25	6 x £124.17
Asunya Meditation Practitioner Certificate	£1350	£300	£982.50	6 x £175.00
Asunya Meditation for Pain Management	£495	£125	£345.25	3 x £123.34
Asunya Meditation for Sports Performance	£495	£125	£345.25	3 x £123.34
Asunya Meditation for Occupational Health	£495	£125	£345.25	3 x £123.34
Asunya Meditation Diploma	£2875	£450	£2281.25	18 x £134.72

Financial Aid

We recognise that some students may require financial assistance in undertaking Asunya Meditation certification. You may be eligible for a discretionary local authority grant. It may also be possible to find a charitable trust willing to contribute towards your studies. Another option to consider is the government funded Career Development Loan, details of which can be found at: www.direct.gov.uk/en/EducationAndLearning/AdultLearning/CareerDevelopmentLoans

Course Dates and Applications

Course Dates

Please contact the Asunya Institute by e-mail at info@asunya.org or alternatively, by phone on +44 (0)20 7100 1280, to find out the next course dates for your required module.

How to Apply

All applicants are required to submit a completed application form, together with photocopied documents of professional qualifications. You can download an application form from our website, or request a postal application by contacting us at info@asunya.org or by phone on +44 (0)20 7100 1280.

Due to the specialised nature of the training, numbers are strictly limited to 15 students per course, so early application is strongly advised.

ASUNYA

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