



BEHF - BREATH ENERGY HEALTH FOUNDATION  
Presents

TEACHER TRAINING PROGRAM 2026



An initiative by  
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International Spiritual Science Teacher  
&  
BEHF Founder

## Program Overview

The Teacher Training Program (TTP) is a structured learning journey centered on inner growth and self-transformation, helping individuals understand meditation and mindfulness scientifically and apply them meaningfully in daily life.

Those who feel an inner call to guide others will also receive the necessary guidance and develop the skills to teach with clarity and confidence.



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# TTP Course Levels & Topics Overview

## Module 1: Basics of Meditation & Mindfulness

- Meditation – understanding the science of meditation, correct practice, different stages, and benefits

- Mindfulness – understanding, daily practice, and benefits

- Right way of living / righteous living (dharma)

- Handling emotions, thoughts & behavior (ego awareness)

- Holistic health – physical, emotional, mental, and social well-being

## Module 2: Application in Daily Life

- Applying meditation and mindfulness in everyday situations

- Energy science - understanding stress & stress management techniques

- Happiness science

- Emotional well-being & balance

- Core values for inner well-being – self-love, non-interference, acceptance, forgiveness, gratitude, detachment

- Law of cause and effect (karma): Understanding how our actions shape life experiences, relationships, and challenges.

- Energy centers of the body (chakra science)

- Stages of inner growth (soul evolution)

- Universal laws that govern life and growth

- Learning how to teach through live guidance & hands-on practice

- Teaching practice and book presentations to build confidence, communication skills, & readiness to guide others.

## Module 3: Advanced Understanding & Experiential Learning

- Understanding the concepts of:

- Attachment & detachment
- Purpose of life
- Higher perspective - micro and macro view
- Concept of duality
- Paradoxes
- Truth and illusion
- Witness consciousness

- Experiential and project-based learning

- Practical tasks and field work

- Teaching practice and guided facilitation

- Community engagement and outreach

- Teaching meditation and mindfulness in schools, colleges, universities, corporates, communities etc.

- Offline: 10-Days Self Realization Signature Retreat focusing on intense experiential learning and inner exploration.