

## 1. What is the Teacher Training Program (TTP)?

Ans: The Teacher Training Program (TTP) is a structured spiritual learning journey designed to deepen one's understanding of Meditation, Mindfulness and the Science of Spirituality, and to prepare participants to share these teachings responsibly with others.

## 2. Who will be taking the class?

Ans: Master Pradeep Vijay

## 3. Is this course only for those who want to teach?

Ans: No. While the course prepares participants to guide others, many join purely for personal spiritual growth, clarity, and deeper understanding of life.

## 4. Is this course religious?

Ans: No. TTP is based on universal principles of awareness, consciousness, and inner transformation, and is open to people from all backgrounds.

## 5. Is prior experience in spirituality or meditation required?

Ans: No prior experience is required. However, participants should have a sincere interest in meditation, self-inquiry, and inner growth. A regular meditation practice is strongly recommended.

## 6. Do I need a degree or any specific qualification to join this course?

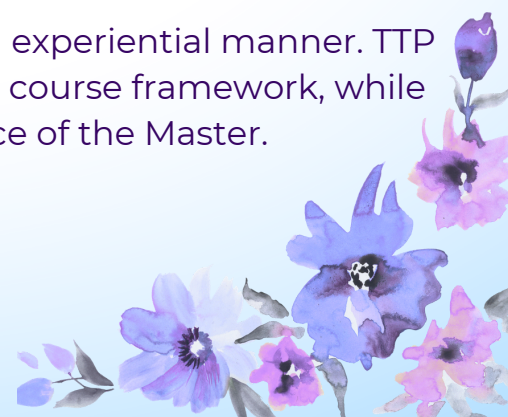
Ans: A basic degree is recommended, but it is not mandatory. The key requirement is that participants should have a good understanding of English and be able to read and write comfortably, since the course will be conducted in English.

## 7. How do I know if this course is right for me?

Ans: If you feel called to deepen your inner journey, live more consciously, and possibly support others on their path, this course may be right for you. We encourage joining with open mind.

## 8. How is TTP different from the earlier TOT course?

Ans: The earlier TOT course was conducted in a dynamic and experiential manner. TTP builds on that foundation by offering a structured, level-wise course framework, while still preserving the depth, flexibility, and experiential guidance of the Master.





### **9. What language will the course be conducted in?**

Ans: The course will be conducted in English.

### **10. Will this course certify me as a teacher?**

Ans: Yes. As per BEHF guidelines, certification will be granted upon successful completion of the program and fulfillment of all course requirements, including attendance, assignment submissions, satisfactory evaluation results, and participation in 10-Days Self Realization Signature Retreat.

### **11. What is the duration and structure of the TTP course?**

Ans: TTP is a 6-month structured program comprising:

- Theoretical learning (online)
- Practical learning (Offline: 10-Days Self Realization Signature Retreat)

Both are integral parts of the course and mandatory.

### **12. What does the theoretical part of the course include?**

Ans: The theoretical part of the course is divided into three progressive modules:

- Module 1: Science of Meditation, Mindfulness, and Silence
- Module 2: Applied Spirituality and Conscious Living
- Module 3: Advanced Spiritual Wisdom, Project-Based Learning

Each level builds naturally on the previous one. These sessions help participants develop discipline, integrate practical spirituality into daily life and build the clarity and confidence to guide others.

### **13. What does the practical part of the course include?**

Ans: The practical part of the course includes a 10-Days Self Realization Signature Retreat, which is a residential program and an integral part of the TTP course.

Participants will be provided:

- Single-occupancy accommodation (one room per participant)
- A space conducive for silence, mindfulness and inner reflection
- A carefully planned detox diet

As the retreat involves a residential stay and a dedicated environment for deeper practice, it has a separate fee. The exact fee will depend on the venue, location, and facilities available. Detailed information will be shared with participants at least 3 months in advance.





#### **14. What is the fee for the TTP course?**

Ans: A one-time registration fee of ₹10,000 is applicable at the time of enrollment towards administrative expenses and books. However, this amount will be adjusted as a discount when enrolling for the 10-Days Self Realization Signature Retreat.

#### **15. Is it mandatory to attend both online sessions and the retreat?**

Ans: Yes. Online sessions build theoretical understanding and the retreat provides practical experience to deepen these learnings. Hence, both are required for TTP certification.

#### **16. Can I attend only the online sessions and skip the retreat?**

Ans: Yes, participants may choose to attend only the online sessions. However, the retreat is an essential part of the program and not attending it will make the participant ineligible for TTP certification. Also, the registration fee is non-refundable.

#### **17. Can I discontinue online sessions, but still attend the retreat?**

Ans: Yes, participants may attend the retreat even if they discontinue the online sessions. However, they will not be eligible for TTP certification.

#### **18. If I discontinue the course, will the fee be refunded?**

Ans: No. The registration fee is non-refundable. However, if participant enrolls for the retreat, the registration fee will be adjusted as a discount towards the retreat fee.

#### **19. Will there be multiple batches for the 10-Days Self Realisation Signature Retreat?**

Ans: Yes, multiple retreats will be organized in India.

#### **20. In case of emergency if one must skip retreat, can he/she be accommodated in next retreat?**

Ans: Yes, in case of a genuine emergency, the participant may attend the retreat in the next available batch. The certificate will be issued only after completing the retreat.

#### **21. Is a laptop required, or can I attend classes via a mobile phone?**

Ans: Participants may attend the online classes using a laptop or a mobile phone. However, a laptop is recommended for better learning experience, especially for completing assignments, preparing PPT presentations etc.





## **22. Will the sessions be interactive during online classes?**

Ans: Yes. The online classes are highly interactive, with opportunities for questions, discussions, experience sharing, and guided activities to ensure active participation and deeper understanding.

## **23. What are the days and timings for the online classes?**

Ans: Online classes will be held on Saturdays and Sundays from 7:00 PM to 8:30 PM (IST).

## **24. What is the attendance criteria?**

Ans: A minimum of 75% attendance is mandatory to successfully complete the course.

## **25. If someone misses the online class, will the recording be shared later?**

Ans: Recordings will be shared only in case of genuine emergencies.

## **26. What topics are covered in the course?**

Ans: The course covers topics such as:

- Science of Meditation and Energy Science
- Mindfulness and Emotional Awareness
- Law of cause and effect (karma)
- Practical Spirituality in daily life
- Energy centers of the body (Chakra Science)
- Role and responsibility of a spiritual teacher

(Please refer to the TTP Brochure for module-wise topics.)

## **27. Is there any assessment or evaluation?**

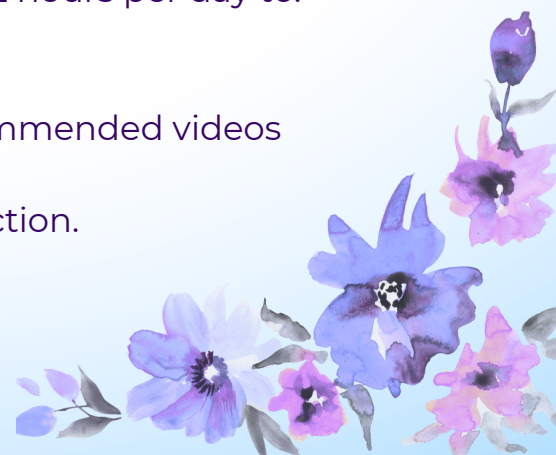
Ans: Yes, assignments will be given each week, along with clear guidelines on how submissions should be done. These submissions will be evaluated, and feedback/results will be shared with participants.

## **28. What is the daily or weekly commitment expected?**

Ans: Participants are expected to commit approximately 2 hours per day to:

- Maintain a regular meditation practice
- Complete weekly reflections or assignments
- Follow recommended book readings and watch recommended videos
- Attend scheduled online sessions on weekends

Consistency and sincerity are more important than perfection.





### **29. What is expected from participants ethically?**

Ans: Participants are expected to:

- Practice honesty and integrity
- Respect confidentiality of shared experiences
- Follow non-interference and non-judgment
- Remain open-minded and receptive to learning
- Approach teaching as service, not authority

### **30. Is the course intense?**

Ans: The course requires a high level of dedication, commitment, and passion. While it is deeply enriching, participants are encouraged to be consistent and sincerely engaged to gain the maximum benefit from the course.

### **31. Will this course help me teach in different places or only in educational institutions?**

Ans: Yes, participants will learn how to customize what to speak based on the audience (colleges, public events, old-age homes, orphanages, corporates) and can apply this learning both offline and online.

### **32. Will the course be offered in Tamil, Telugu, Hindi in the future?**

Ans: Yes, possible.

### **33. Will there be similar courses again or is this a one-time opportunity?**

Ans: Yes. One Teachers Training Program (TTP) will be conducted every year.

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