

The dāśa Mahāvidyās year immersion with Khadine Morcom

This is a course for anyone interested in tantrik yoga and Indian tantrik philosophy and meditation, not just for yoga teachers! Although this will have a special interest for teachers and will be certificated.

A journey of exploration of the 10 Mahāvidyās (wisdom goddesses) over one year in order to develop an intimate relationship with each of these powerful deities. The course includes a detailed exploration of the mythology, qualities and energies of each goddess with specific practices to awaken some of these qualities in ourselves and become intimate with shakti (the power of consciousness) through the archetype of the deity. Each deity is an anthropomorphic representation of various aspects of consciousness. The course will allow you to use these representations to access deeper wisdoms and reflections in your own life. The course is filled with meditation practices, reflections, mantras, discussion and handouts for you to take away. The course is based on a 2 hour session together each month to introduce the goddess and the mantras and a practice or two and then there are further practices given throughout the month via an on-line forum and a minimum of 2 dial-in zoom led-meditation sessions so you can really immerse yourself in each goddess throughout the following month. This is shared via documents, pre-recorded MP3s and videos and some live guided meditation sessions (which are also recorded). This course and the information are not just an intellectual property of acquiring knowledge but a deep inner knowing of a personal relationship with practice, bhakti, contemplation and surrender. For anyone interested who does not live locally to Brighton there is an option to join the course live via zoom. All meet ups are also audio and video recorded so you can watch again or catch up if you miss a session.

Dates for 2023 on Sunday evenings 6.30pm-8.30pm (UK time)

8th January
19th February
26th March
30th April
4th June
9th July
3rd September
1st October
5th November
3rd December

The course costs are as follows:

In person attendance

- £280 in one payment up front (£100 to secure place and remainder is due 1 week before course commences); or
- 3 payments of £108 over the year to be paid in instalments as follows; before the start of the course as a deposit, May 2023 and September 2023.

Zoom only attendance

- £200 in one payment up front (£100 to secure place and remainder 1 week before course commences); or
- 3 payments of £80 over the year (total £240) to be paid in instalments as follows; before the start of the course as a deposit, May 2023 and September 2023.

Returners (previous participants of the course)

- £120 in-person attendance (dependent on space – priority given to new participants)
- £60 zoom-only attendance.

The course uses google classroom as a platform for sharing practices and information so you will be required to access this (usually a Gmail account is needed but you may be able to access without a google account). It is recommended that you download the app for your phone so you get instant notifications when something has been shared. On average there are one to two extra shared practices a week beyond what we practice in the meet up session. Practices are usually around 20 minutes and vary between meditation, mantra, reflection and other active practices. To gain the most from the course the online shared information should be practiced. There is no assessment of the course so of course you are free to engage with the practices as you wish. However, those who engage the most get the most from the course. Google classroom will also allow you to engage with your fellow classmates as you wish. On booking you will be sent an hour-long introductory video link to watch before the course commences.

If you are interested in reading testimonials for the course then please let me know and I will be happy to share the positive feedback I have received.

To book please contact Khadine at:

Khadineyoga@gmail.com

07505112064

Payments for booking can be made to:

Khadine Morcom

Account number 72089101

Sort code: 089300

Cooperative Bank.

Please reference: mahavidya

Disclaimer:

If you have any mental health condition/difficulties then please contact me to discuss before you commence the course. The course involves powerful practices that delve deeply into our consciousness so it is important that you feel supported through this process. Any practices that may have potential triggering of past trauma will be explicitly stated, however there is always a possibility in any forms of meditation (even seemingly benign secular mindfulness-based meditation) to expose elements of the psyche which may be either hidden or under some form of management. I am happy to discuss any concerns you may have but I recommend professional support with a counsellor throughout the course if you feel this is necessary. As the practices are short and you will be self-governing on the frequency and intensity of the practices, you are of course able to control the practices that may feel uncomfortably powerful for you. Please note that everyone who has completed the course so far has had no negative mental side effects (only very positive ones!) so this is a precaution as I am not a mental health professional. However please do contact me during the course if any difficulties arise for you.