

The Dāśa Mahāvidyās year immersion with Khadine Morcom

This is a course for anyone interested in tantric yoga and Indian tantric philosophy and meditation, not just for yoga teachers! Although this will have a special interest for yoga 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 wisdom 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 online 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 intellectual property of acquiring knowledge but a deep inner knowing of a personal relationship with practice, bhakti, contemplation, and surrender. There is an option to join the course live via Zoom. All meet-ups are audio and video recorded so you may catch up if you miss a session.

Dates for 2024 on Sunday evenings 6.45pm-8.45pm (UK time)

7th January	14th July
18th February	1st September
24th March	6th October
5th May	17th November
9th June	15th December

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 it 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.

The course costs are as follows:

In person attendance

- £300 in one payment up front (£100 to secure place and remainder is due 1 week before course commences); or
- 3 payments of £120 over the year to be paid in instalments as follows; before the start of the course as a deposit, May 2024 and September 2024.

Zoom only attendance

- £220 in one payment up front (£100 to secure place and remainder 1 week before course commences); or
- 3 payments of £90 over the year (total £270) to be paid in instalments as follows; before the start of the course as a deposit, May 2024 and September 2024.

Returners (previous participants of the course)

- £180 in-person attendance (dependent on space – priority given to new participants. If the course is full you can attend at full price)
- £120 zoom-only attendance.

Deposits are non-refundable (although in exceptional cases, within the first month of the course, they may be transferable towards classes, workshops or retreats with Khadine. This is at Khadine's discretion).

Once the course has started, it is expected you will complete all payments (particularly if you are joining in-person as you will be taking a space that will not be able to be filled later, and in-person spaces are limited). If life happens (as it often does!) and you are not able to complete the course you may re-join in a future year.

If you have left an in-person place (which you are of course you're entitled to do), your payments made so far will continue to be valid towards a future Zoom attendance for up to 2 years from the current year, however, if you have left without full payment and you wish to attend in-person again there be a penalty of the full fees from the current year, as well as the new fee.

Leaving Zoom-only attendance. Your payments so far will be transferable for future Zoom attendance for up to 2 years after the current year.

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 24

Please note my bank often triggers a warning that the details are incorrect but you can override the warning and make the payment safe in the knowledge that these are the correct details!

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 form of meditation (even seemingly benign secular mindfulness-based meditation), to expose elements of the psyche that 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 regarding 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 (9 groups have gone through 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.

I hope you can join me on this wonderfully enriching journey with the goddesses.

Warmest wishes

Khadine

Śrī mātṛe namaḥ!