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**PAK207 is a new training and certification course.  
It can be ordered after its release date of February 1, 2024**

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## **PAK207 – MINDFULNESS & MEDITATION GUIDE BEHAVIORAL OBJECTIVES**

The training objectives are divided into four sections: the basics, mindfulness history, the body's relationship to mindfulness, and mindfulizes. Upon completion of this course the instructor will be able to:

- Define Mindfulness
- Discuss the History of Mindfulness
- Compare Mindfulness from both a western scientific and eastern philosophical perspective
- Discuss at least ten benefits of Mindfulness Practice: Physical & Physiological
- Discuss how Mindful exercises relate to physical activity
- Discuss the concept of “Journey and Destination”
- Discuss how being mindful can reduce anxiety and create greater success in life
- Explain the three main aspects of a human being
- Explain the difference between the body, the mind, and the spirit
- Compare the correlation of Eastern Philosophy & West Science in explaining: vibration& energy; chakras & the endocrine system; aura & body energy; blocked energy & disease, quantum physics, creation of matter, and thoughts as things
- Summarize at least one research study about the benefits of Mindfulness
- Describe thought and theories regarding two sources of thoughts
- Discuss the Power of Positive thinking
- Describe the four step process to change your thinking, change your life:
- Discuss the five senses and their role in developing a mindful practice
- Discuss the power and meaning of true Listening (not just hearing)
- Describe the meaning of self-awareness and how mindfulness applies
- Discuss the role of playfulness, laughter, and imagination
- Define meditation

- Discuss the role of meditation in mindful exercises
- Describe at least four types of meditation
- Define the mantra
- Discuss the benefits of a mantra
- Explain the Still Meditation
- List & explain three types of Active Meditation
- Discuss the fundamental elements of a guided relaxation, a guided meditation, a guided visualization
- Discuss at least two general methods to incorporate Mindfulness & Mindfulness Exercises into a fitness program
- Describe five potential applications of Mindful exercises in fitness sessions
- Plan three places in a group class to incorporate mindfulness exercises.
- Discuss methods to incorporate mindfulness in a Personal Training session
- Describe the “sit & be” exercise
- Explain proper breathing and 4 mindful breathing techniques
- Create a group mantra
- Design a script for a guided relaxation, a guided meditation, and a guided visualization
- Discuss how to explain & guide a person to create their own personal mantra
- Demonstrate 3 simple Yoga postures that can be used to incorporate mindfulness
- Describe Moving Meditation and three basic exercises
- Explain In-Class Walking Meditation
- Explain at least one method to incorporate each of the five senses into a fitness class
- Discuss five qualities of a Leader and SAFE Exercise Leader
- Discuss five qualities of a Mindful Fitness Leader
- Explain how teaching Mindfulness exercises relates to a fitness leader’s self discovery, development, and learning
- Explain how teaching mindfulness exercises can help both the individual and society’s growth
- Discuss at least two techniques to incorporate Mindfulness exercises into a fitness class in a non-intimidating way