



Frequently asked questions

What is the work and time commitment of the program?

Each student will have their own working style, so the amount of time spent on the program will vary from person to person. Each month there will be associated readings and written or self exploration assignments. You will also have a monthly mentorship session either in person or live online with Aparna.

The program is designed to give you the depth and experience needed to grow and evolve in all areas of your life while also working within your busy schedule. As with any program of this nature, you will get out of it what you put into it. Based on input from previous students, we can estimate up to 3 hours per week plus your monthly mentorship.

How can I prepare for the program?

We share in your excitement for the start of the program and appreciate your desire to be prepared.. If you have a meditation practice continue with your daily practice. If you don't, consider joining our weekly meditation classes or intensives to get you started on a practice. Once your application is accepted and deposit paid we will send you a required text list and suggested reading list. You can start to read these texts to get a sense of the program and the training.

Specifically what topics are included in the curriculum of the program?

- Mindfulness techniques, including: body scans, mindful movement, concentration, inquiry, open awareness, heart meditations
- Awareness as it relates to our body, feelings, emotions, and states of mind
- The effects of meditation (research and statistics)
- Skills and confidence in effectively managing your negative emotions, patterns and habits
- Origins of emotional suffering from a perspective of evolutionary psychology and teachings on understanding how to find deep healing, happiness, and freedom in our lives
- Meditations to cultivate forgiveness, compassion, lovingkindness, joy, and peace
- How to apply meditation to address physical pain, emotional challenges, trauma, relational difficulties, and interpersonal conflict
- Bringing awareness to movement and engaging with a somatic experience of meditation
- Allowing mindfulness and compassion to transform consciousness, leading us to actively engage with healing our earth's environment as well as social injustice, racism, violence, and other expressions of suffering in our world
- Identify and release the belief systems that are positioning your self communication as well as communication with others

What can I expect from the mentoring sessions and how do they take place?

The mentorship program consists of a monthly 60 min in person or live online session with Aparna to collectively discuss your personal questions on the program material, practice exercises together as well as put emphasis on your personal growth through addressing your particular life challenges as well as provide you caring feedback to help foster your understanding and growth.. It is a critical part of your training to provide you with support and community as you move through the program.

Mentoring sessions are scheduled every month based on your and Aparna's schedule allowing everyone flexibility to attend as convenient. These sessions are mandatory.

Why are there personal questions relating to relationships and psychology in the application?

Handling life skillfully requires self-awareness, emotional intelligence, and interpersonal skills. This does not mean that struggles with difficult emotions, addictions, or relationships are considered a "problem." Life challenges can actually serve our maturing, understanding, and compassion for ourselves & others. Since people often come to meditation for help with their suffering and struggles, the questions are aimed at gaining a sense of how aware and equipped each candidate is in the current moment in responding to the difficulties that arise in their own lives thus providing a starting point to grow from.

What is Inner Alchemy?

The Inner Alchemy school of meditation trainings is an off-shoot or sub-school of Yogasaar (Aparna's school of yoga) that Aparna's started specifically to offer meditation trainings, immersions and intensives. Her meditation cd's also carry the same name.