

Learn To Be A Teacher of Presence - Foundations

A 12-Month Immersion in Presence, Clarity and Direct Experience



Yellow Rock Sanctuary

6 Tapny Road,
Lislea, Co. Armagh,
Ireland, BT3 59FB

Teacher of Presence – Foundations

There are many kinds of learning. Some help us improve our performance, deepen our knowledge, or build new skills. This program belongs to a very different category. It is not centered on accumulation, mastery, or becoming more. It is centered on recognition.

Teacher of Presence – Foundations is an invitation into a quieter and more direct way of understanding life. Rather than offering another system to follow or another identity to develop, it opens a space in which what is already present may begin to be recognised more clearly. It is a one-year immersion for those who sense that the ordinary movement of thought, striving, and self-improvement cannot fully resolve the deeper question of who they are.

Held at Yellow Rock Sanctuary, this program brings together direct inquiry, silence, relational presence, natural surroundings, and a carefully held rhythm of learning. It is designed not simply to inform, but to support a change in how life is experienced.

What This Program Is Rooted In

- Direct Experience Rather Than Theory
- Recognition Rather Than Achievement
- Presence Rather Than Performance
- Simplicity Rather Than Complexity
- Honest Inquiry Rather Than Spiritual Identity

Non-Dual Insight

What Is True Is Already Here
Nothing Needs To Be Added



Why This Program Exists

At a certain point, many people begin to recognise a quiet but profound limitation in the usual approaches to personal growth. Therapy, coaching, healing modalities, mindset work, and self-development can all play a useful role. They may bring stability, support, insight, or greater functionality. They may help us understand our patterns, improve our behavior, and navigate the challenges of ordinary life with more skill.

Yet even after all of this, something often remains unresolved. A deeper unease persists. The sense of being separate, incomplete, or somehow not yet fully at rest continues in subtle forms. This is because most approaches, however helpful, are still working within the same basic field: the world of thought, emotion, identity, and personal narrative. They help us work with the content of experience. They rarely question the one who believes themselves to be at the center of that experience.

This program exists for those who are beginning to sense that what they are seeking cannot be found by endlessly refining the mind. It exists for those who feel the need for a more direct approach, not to better manage the self... but to the recognition of what is aware of the self.

This is not a rejection of supportive disciplines. It is a clarification of their place. They can help us navigate the human experience. They do not, in themselves, reveal our true nature.



What Often Brings People Here

- A Weariness With Constant Self-Improvement
- A Sense That Something More Fundamental Is Being Missed
- A Deepening Curiosity About Awareness Itself
- A Desire For Simplicity, Truth, And Direct Experience
- A Recognition That The Mind Cannot Solve The Problem It Creates

Non-Dual Insight

The Mind Describes Experience
It Does Not Know What Is Aware of It



What This Program Is Actually Doing



Teacher of Presence – Foundations is not trying to make you into a more spiritual, more successful, or more evolved version of yourself. It is not designed to improve the person as much as to place the person in its proper context. That distinction matters.

The program is concerned with a fundamental shift in orientation. Normally, we live as if we are a separate self, looking out at life, trying to manage, interpret, protect, improve, or survive it. Thoughts, emotions, and circumstances then appear to define the quality of our experience. Here, we begin from a different question: what is it that knows these thoughts, emotions, and circumstances in the first place?

The work of the year is to return again and again to direct experience. Not to the idea of awareness, but to the felt fact of it. Through silence, inquiry, conversation, contemplation, and relational presence, participants are gradually invited out of habitual identification with thought and into a more immediate recognition of the awareness in which thought appears.

This does not happen through force. It is not achieved by concentration or positive thinking. It becomes more available through honest observation and repeated recognition. In that sense, the program is not manufacturing something new. It is supporting the removal of confusion.

What You Will Be Engaging In

- Direct Observation of Thought And Reaction
- Inquiry Into The Nature of Experience
- Silence As A Means of Clarification
- Relational Presence Without Fixing or Performing
- A More Honest Relationship With Mind, Emotion, And Identity
- Repeated Return To What Is Here Before Interpretation

Non-Dual Insight

You Are Not Becoming Aware
You Are Awareness



The Nature of The Program

This work is simple, but it is not casual. It asks for sincerity, patience, and a willingness to stay close to experience without immediately trying to change it. This is unfamiliar for many people. The mind is conditioned to move quickly, to interpret, to compare, to decide, and to seek resolution. When that momentum begins to slow, there can be discomfort. There can also be relief.

What makes this work powerful is not complexity, but repetition and honesty. Again and again, the invitation is to pause, to notice, and to remain. To notice the movement of thought without being carried by it. To feel emotion without turning it immediately into a story. To become familiar with the difference between the changing content of experience and the unchanging presence in which it appears.

Many people entering a program like this imagine that progress will come through dramatic insights or unusual experiences. It is often much quieter than that. A thought loses some of its authority. A reaction softens more quickly. A silence becomes less threatening. A conversation becomes simpler. A problem feels less personal. These shifts may seem subtle, but they are significant. They reflect a change not so much in life itself, but in the way life is held.

The purpose of the work is not passivity. It is clarity. Presence does not mean withdrawal from life. It means seeing life without so much distortion.

What This Work Requires



Openness To Slowing Down



Willingness To Stay With Experience



Less Dependence on Immediate Answers



Curiosity About What Is Here Before Thought



A Genuine Interest In Truth Over Self-Image

Non-Dual Insight

Clarity Is Here Before Effort Begins
It Is Revealed When Effort Settles.

Understanding the Mind Without Being Trapped by It

One of the strengths of this program is that it does not ignore the human experience. Thoughts, emotions, conditioning, relational patterns, and psychological tendencies are real features of lived life. They shape how we function, how we interpret, and how we relate. If we do not understand them at all, confusion remains. But if we give them ultimate status, confusion remains in another form.

The program makes an important distinction: the mind is not dismissed, but neither is it treated as the seat of truth. It is approached as part of experience, not as the source of what we are. This allows participants to understand the movements of the human self without becoming overly identified with them.

In practical terms, this means that psychological themes may be touched on during the year. For example, identity structures, patterns of avoidance, emotional reactivity, learned strategies of self-protection, and the relational habits people bring into group life. But they are always placed in context. Their role is to help participants understand what appears in awareness, not to define awareness.

This distinction is one of the most important in the entire program. It protects against two common mistakes: first, reducing awakening to psychological work; and second, using non-duality to bypass unresolved patterns. Here, both levels are honored, but kept clear.

What Becomes Clear Over Time

- Thoughts Are Not The Same As Truth
- Emotions Are Not The Same As Identity
- Patterns Can Be Seen Without Being Personalised
- The Human Experience Matters, But It Is Not Ultimate
- Awareness Remains Constant Through All Change

Non-Dual Insight

The Mind Is Known
What You Are Is What Knows It



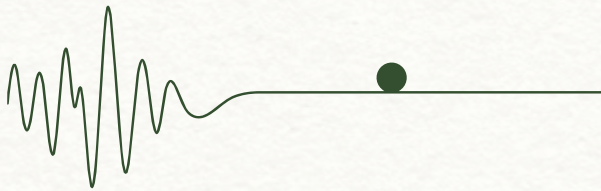
The Development of Presence in Daily Life

The value of a program like this is not measured by what happens during the weekends alone. What matters is whether what is seen begins to make itself known in the ordinary movement of daily life: in work, in relationship, in uncertainty, in stress, in the simple moments that normally pass unnoticed.

Presence is not a state to hold onto. It is not something created by effort or maintained by discipline. It is what remains available when attention is no longer completely absorbed in mental movement. Over time, with repeated recognition, participants may notice that this becomes more accessible in situations that previously felt contracting or confusing. This might show itself in very ordinary ways. A difficult conversation is met with less defensiveness. An anxious thought is recognised earlier and believed less completely. The compulsion to control softens. Silence feels less empty and more natural. There is more space between stimulus and response. The need to know immediately gives way to the ability to remain with not knowing.

This is not a dramatic transformation. It is often much quieter and more grounded than people expect. But it changes the quality of life profoundly.

What Participants Often Notice



- Greater Ease In Difficult Moments
- Less Immediate Reactivity
- More Honest And Simple Relationships
- A Softer Dependence on Mental Control
- A More Stable Sense of Inner Space
- Increased Capacity To Pause Before Acting

Non-Dual Insight

Presence Is Not Created
It Is What Remains When Attention Is Still



Being With Others: The Beginning of Practice

One of the most practical and beautiful expressions of this work is how it changes the way we are with other people. Most human interaction is shaped by subtle agendas: to fix, advise, reassure, explain, impress, protect, or control. Even when our intentions are good, presence is often replaced by strategy.

This program explores a different possibility: being with another person in a way that does not seek to manipulate their experience. This does not mean passivity or indifference. It means learning how to listen, speak, and remain available without needing to occupy the role of helper, rescuer, or expert.

Over the year, participants are introduced to relational presence in a grounded, practical way. They are not trained to “become teachers” in the grand sense. But they do begin to recognise how clarity can naturally support others when it is not mixed with self-importance or control. This is where the language of Practitioner of Presence becomes relevant. By the end of Year one, participants may be able to be with others more quietly, more honestly, and with less need to interfere. Year two is not compulsory, as year one is stand alone.

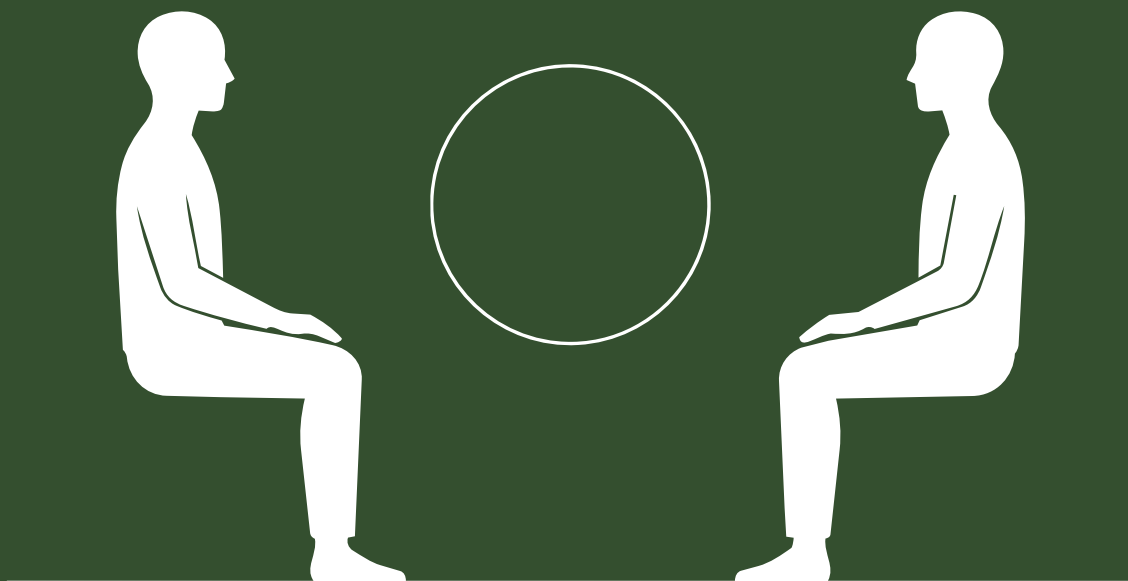
However, for those who would like to continue deepening their understanding and ability to remain present with others in a more refined and consistent way, Year Two offers a natural continuation. Year two is only a consideration for those who would like to guide others more formally.

What This Begins To Look Like

- Listening Without Preparing A Response
- Not Turning Every Difficulty Into A Problem To Solve
- Allowing Space In Conversation
- Being Less Reactive And More Available
- Speaking More Simply And More Truthfully
- Sitting With Another Without Needing To Fix Them

Non-Dual Insight

Nothing Real Needs To Be Forced
Clarity Is Present When Nothing Is Added



Yellow Rock Sanctuary: Why the Place Matters

'Teacher of Presence - Foundations', could not be offered in the same way in just any setting. Yellow Rock Sanctuary is not incidental to this program. It is part of the teaching. The environment itself plays a significant role in supporting the slowing down, softening, and simplification that this work requires.

Situated in the landscape of Slieve Gullion in South Armagh, the sanctuary offers an atmosphere very different from the speed and pressure of ordinary life. The woodlands, gardens, open land, farm animals, polytunnels, meditation room, library, and shared spaces all contribute to a rhythm that is grounded, natural, and unforced. Meals are prepared with care, often from food grown on the land itself. The setting encourages a return to what is basic and immediate.

There is also congruence here. The sanctuary is not merely a retreat venue talking about presence. Silence is valued in the day-to-day life of the place. Simplicity is lived. The environment does not compete with the teaching; it expresses it. This matters more than many people realise. When the place itself reflects the understanding, trust deepens and the nervous system begins to settle in ways that make recognition easier.

Accommodation, for those who choose to stay during the weekends, is offered in either private pods or shared sanctuary rooms. The intention is comfort, ease, and support, not luxury as display, but thoughtful care that allows participants to relax more fully into the program.



What the Sanctuary Offers

- Expansive Woodlands And Natural Walking Space
- Gardens, Polytunnels, And Farm Life
- Organic Meals Prepared With Care
- A Dedicated Meditation Room
- A Quiet Library For Reflection And Study
- Private Pods Or Shared Accommodation

Non-Dual Insight

What Is Here Does Not Come And Go
Distraction Does



The Felt Experience of the Year

A program of this depth requires more than good content. It requires good holding. People need to know not only what they will learn, but how they will be supported as they move through the year.

This program is held with care. Participants are not expected to navigate the whole process alone. There is space for honest reflection, direct conversation, integration between modules, and a stable relational environment. If difficulty arises, whether emotional, practical, or existential, it is not treated as failure. It is met as part of the unfolding of the work.

Just as importantly, the year is not structured as a pressure-based training. It is not trying to produce performance, nor to push participants into premature conclusions. The rhythm is deliberate. The online integration sessions between weekends allow insights to settle and questions to be brought into conversation. The structure as a whole is designed to support depth without overwhelm.

From the participant's point of view, what often matters most is not just "What will I learn?" but "What will it feel like to be there?" The answer is: grounded, spacious, honest, and at times confronting in a good way. There may be moments of deep quiet, resistance, relief, tenderness, confusion, and recognition. All of that can belong.

What Support Includes

- A Consistent Group Rhythm Across The Year
- Direct Access To Guidance Within The Program Structure
- Online Integration Sessions Between Weekends
- Space For Questions, Difficulty, And Clarification
- A Setting That Reduces Unnecessary Pressure
- A Pace Designed For Depth Rather Than Overload

Non-Dual Insight

What Arises Is Known
It Does Not Define What Knows It



Structure & Investment

'Teacher of Presence - Foundations', runs across twelve months and includes one in-person weekend each month, plus one online integration session between each gathering. Midway through the year, the program includes a full silent retreat weekend. This creates a rhythm of immersion, deepening, and integration rather than a series of disconnected workshops.

The year is complete in itself. A participant who completes Foundations is not left with "only the beginning" in a disappointing sense. Year one is a full and meaningful experience. By the end of it, participants may be able to sit with others more quietly, hold conversations with less interference, and live with a more direct relationship to presence. This is why Year one leads naturally into the designation Practitioner of Presence.

For those who feel called to continue, a second year is available. Year two is not simply "more of the same." It is oriented toward greater stability, precision, relational maturity, and the capacity to begin guiding others more consciously and responsibly. In simple terms: Year one is about learning to live from presence more clearly; Year two is about learning how that clarity may begin to be shared more formally.

Dates:

- September 12th & 13th 2026
- October 10th & 11th 2026
- November 14th & 15th 2026
- December 12th & 13th 2026
- January 16th & 17th 2027
- February 13th & 14th 2027
- March 13th & 14th 2027
- April 17th & 18th 2027
- May 15th & 16th 2027
- June 12th & 13th 2027
- July 10th & 11th 2027
- August 14th & 15th 2027

Investment:

Total Cost: £2,800
Early Bird: £2,380

Payment Options:

3 x instalments @ £960 each
6 x instalments @ £495 each
9 x instalments @ £340 each

Reading:

A Small Number of Essential Texts Are Suggested
Approximate Cost: £30-£70

Non-Dual Insight

Nothing Real Is Gained.
Something False Is Seen Through



Program Structure:

One In-Person Weekend Per Month
One Online Integration Session Between Each Weekend
One Full Silent Retreat Weekend
A Full Year of Immersion, Reflection, And Practice



Accommodation:

£50 Per Night, Full Board (Shared Accommodation)
£75 Per Night, full Board (Private Pod)
- This is a 60% Reduced Rate For Program Participants

The Silent Retreat

At the midpoint of the year, the program enters a dedicated silent retreat weekend. This is not an optional extra and not a decorative feature of the program. It is a central part of the architecture. By this stage, participants will have spent months becoming familiar with inquiry, presence, group rhythm, and the slowing down of the usual internal momentum. The retreat allows that deepening to happen more fully.

Silence has a unique role in work of this kind. In ordinary life, we are continuously engaged in exchange, stimulation, information, reaction, and commentary. Even when outward activity decreases, inward commentary often continues at full speed. Silence alters that. It does not force stillness, but it removes much of what sustains distraction. In that simplification, something more basic has room to show itself.

For many participants, this retreat becomes a turning point. Not because something extraordinary happens, but because what has been hinted at conceptually becomes more directly obvious. Presence is no longer approached as an idea to understand. It begins to be recognised as the fact of experience itself.

The retreat also strengthens the group. Shared silence creates a different kind of field, one not built on personality or interaction, but on a more fundamental sense of being together.

What Silence Supports

- A Reduction In Mental Noise
- A Deepening of Direct Experience
- Less Reliance on Social Identity
- A More Immediate Sense of Presence
- Recognition Without The Need For Explanation

Non-Dual Insight

Silence Does Not Add Anything
It Reveals What Is Already Here



About Marcus McKeown

Marcus McKeown is a Director and the Resident Teacher at Yellow Rock Sanctuary. His work points to non-duality and the direct experience of presence in everyday life. He brings to the program not only a depth of reflection, but a lived movement from a highly driven, goal-oriented mode of life into a much more direct and immediate recognition of being.

That movement matters. It means the program is not being led by someone merely repeating ideas, but by someone whose own life has been shaped by the collapse of old forms of identity and the discovery of something more fundamental beneath them. Marcus does not present himself as an authority with answers. His role is to create and hold spaces in which clarity may be recognised directly.

The program is led by Marcus alongside guest speakers and facilitators who support certain aspects of the learning environment during the year.

Frequently Asked Questions

Do I Need Prior Experience of Non-Duality Or Meditation?

No. Sincerity and openness are more important than prior knowledge.

Is This Therapy?

No. While psychological themes may arise, this is not a therapy training or a therapeutic treatment program.

What If I Miss A Weekend?

The year is designed as a coherent whole, so attendance matters. If something unavoidable happens, support for continuity will be offered where possible.

What If I Find It Difficult At Times?

Difficulty is not unusual. The program includes space, support, and integration for what arises.

Can I Speak To Someone Before Booking?

Yes. You are welcome to enquire and ask questions before applying.

Is This Suitable For Complete Beginners?

Yes. It is also suitable for those who have already explored meditation, self-inquiry, or related work and are looking for something deeper and more direct.

If something in this brochure feels quietly true, that may be enough for now. Not excitement, not spiritual ambition, not the promise of transformation — just a simple recognition that this speaks to something real in you.

That is often how this kind of work begins.



Next Steps

- Apply For A Place
- Arrange A Conversation Before Booking If Needed

Non-Dual Insight

What You Are Looking For
Is What Is Looking



📍 6 Tapny Road, Lislea, Co. Armagh,
Ireland, BT3 59FB

🌐 www.yellowrocksanctuary.life

☎ +44 7462 250904

✉ admin@yellowrocksanctuary.life

📘 @yellowrocksanctuary