



# CERTIFICATE

IN GUIDING &  
TEACHING MEDITATION

 Melbourne  
**MEDITATIONCENTRE**  
*Retrain your brain*

# COURSE OVERVIEW

It's not difficult for a competent meditator to teach the basics of meditation to a willing person or group.

It is even easier to guide someone through a meditation without necessarily teaching them how to do it. However it is extremely rare to find any formal training in how to teach meditation and difficult to know how best to teach. This course addresses these issues.

## NUTS & BOLTS TOOLS & TECHNIQUES

The course is concerned with the nuts and bolts of **teaching** meditation. It's pragmatic and experiential. You will be introduced to key ideas and theory, but our primary focus will be with hands-on, real-world case-studies, scenarios and teaching.

## PROFESSIONAL & IN-PERSON

On course, we assume that you're aiming to run your own meditation business. Even if this isn't the case, this focus helps to ensure that you teach in a carefully considered and professional manner and that you really know what you're doing as a meditation teacher. You will also be learning in a real class, with like-minded peers and immediate access to your teacher.

## CUSTOMISED & NON-PRESCRIPTIVE

You can learn to teach meditation and mindfulness from a manual, or according to the prescriptions of a single teacher or technique. By contrast, this course aims to teach you how to teach whatever form(s) of meditation you want to. You'll be encouraged to develop a teaching style of your own, based on the needs of you and your students.

## CLEAR & ACCESSIBLE

Meditation is a simple skill, but it's often presented in quite arcane, esoteric or flaky terms, so it can be surprisingly hard to get a handle on it, and even harder to explain it clearly. This course equips you with the ability to communicate the essential concepts using clear, jargon-free language.

**The purpose of this course will be to make it easier for you to start teaching.**

Upon graduation you'll have the knowledge and skills necessary to teach meditation in a skillful, student-centered manner.



# COURSE OUTLINE

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On course, expect practical exercises, case studies, group discussion, and opportunities to guide the class in meditation.

Note that while there is a comprehensive curriculum and a resource-filled teacher training website, each course is unique in that it is tailored, to the degree possible, to the needs and interests of the participants.

## The course is broken down into the following six, two-week modules:

1. Introduction to Teaching Meditation
2. Guiding Meditation Skillfully
3. Understanding What to Teach: Meditation Types & Processes
4. Talking about Meditation: Communicating with Students
5. Course Preparation, Outlines and Plans
6. Business & Marketing Essentials

## The course covers:

- how to present meditation in easily digestible and understandable terms
- how to lead/guide a meditation skillfully
- how to establish an appropriate setting for a meditation class
- meditation types and processes
- developing a course curriculum
- common misconceptions and difficulties and how to overcome them
- how to answer challenging questions
- the role(s) of a meditation teacher
- marketing and promotion for meditation teachers

## COURSE REQUIREMENTS

You are required to complete one essay and two assignments over the duration of the course. You are also encouraged to develop and present a guided meditation to the class.

Most of the course material is covered during contact hours, although there is plenty of extra-curricular material available should you want to explore things further. The workload is light enough to complete whilst engaged in other formal studies, or you can do extra work to meet the more stringent requirements for membership with Meditation Australia.

# COURSE PREREQUISITES

The course is open to anyone with an interest in guiding or teaching meditation; however, ideally, students will be expected to have two or more years meditation experience.

Students enrolling in the Meditation Teacher Training course must have completed the Melbourne Meditation Centre's Meditation & Mindfulness for Beginners Course. Please note that there are **no exceptions** for this requirement, regardless of your previous experience. By completing the Beginners Course you are introduced to essential principles and practices that we refer to during the Teacher Training course. Past students, many with decades of experience, have agreed that the Beginners Course provides a crucial platform for the Teacher Training course, introducing a relatively broad range of techniques and providing an opportunity to participate in the course from the unique perspective of a trainee teacher.

Note, that it is possible to complete the Beginners and Teacher Training Courses concurrently, as the courses usually start on the same or similar dates. Regional and interstate participants may complete the Beginners Course online.

# COURSE CERTIFICATION

The Melbourne Meditation Centre currently offers two levels of accreditation, in line with standards set by the Meditation Association of Australia.

## Level 1 (Basic) Accreditation

By successfully completing our Meditation Teacher Training course, in conjunction with our Meditation & Mindfulness for Beginners course you graduate with Level 1 Accreditation and receive a **Certificate of Completion**. This certificate satisfies the requirements of insurance providers and potential employers. Contact Hours: 27 | Total Hours: 60

## Level 2 (Meditation Australia) Accreditation

Level 2 Accreditation requires completion of an additional 20 hours of training. These extra hours can be completed at home in your own time, though we recommend that you complete an additional 6 to 12 contact hours where possible.

Students completing these additional hours can then apply for Provisional Membership with Meditation Australia.

Most students find it possible to complete the requirements for Level 2 Accreditation over the duration of our 12-week Meditation Teacher Training Course. Contact Hours 27 - 40 | Total Hours: 80

To qualify for Full or Senior Membership with Meditation Australia you need to undertake an additional 30 or 80 hours of training respectively. Senior Membership also requires you to have a minimum of two years regular teaching experience. These extra hours can be undertaken by participating in various mini and full retreats run by the Melbourne Meditation Centre, or with other training providers.

# COURSE ENROLMENT

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Registrations for Teacher Training courses usually open roughly two months before the course is due to commence.

To guarantee a spot you will need to make a deposit of \$250, and payment in full is required before the commencement of the course.

Payment in full at the time of registration is preferred, however payment in installments is also accepted, and allowances can be made to cater for those with special financial needs.

## Fees

Meditation & Mindfulness for Beginners: \$235  
Teacher Training: \$1350

## For more information contact Matt Young:

0410 562 843  
matt@melbournemeditationcentre.com.au

**ENROL NOW**

I have recently completed the Teacher Training Course conducted by Matt and would highly recommend it. It has provided me with a new found confidence to deliver guided meditations to others and also challenged me to come up with different ways to enhance my own meditation experiences. I particularly like the fact there is an immense amount of material accessible via his websites, as well as his open, transparent and calm demeanour.

— Kieren G.

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association of AUSTRALIA

Registered Training Course