

# AUSTRALIAN CENTRE FOR MEDITATION AND MINDFULNESS



## 2023 COURSE PROSPECTUS

# WELCOME

Step onto a deeply fulfilling path as a  
Meditation and Mindfulness Teacher



ACMM students on retreat

# Visualize this...

The space is silent except for some gentle music and your voice...  
You are leading a captivating and beautiful guided meditation.  
You can feel the energy in the room; connected, peaceful.  
You are leading your meditation class with your unique touch.  
You provide an important and needed space for your participants to relax and let go.  
Your meditation class is a place for reflection, relaxation, sharing, healing and support; a place where people come to connect with themselves and others.  
They end the class feeling restored, supported and uplifted, and so do you!



Diploma graduate Natalie, in her meditation studio

# Join the growing global meditation movement

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The global growth rate of the mindfulness meditation market is a galloping 10.4 % (1)

In Australia about one in six adults practise meditation (4).

Mindbody named meditation as one of the 6 wellness trends to watch! (2)



With the progressing pace of anxiety and 'mental strain and narrowing ratio of concentration, customers are actively relying on the measures provided by the meditation market.(5)

The value of the global meditation market is set to reach \$9 billion by 2027 (3)



Our mission is to increase global wellbeing by providing comprehensive and personalized meditation teacher training.

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(1) <https://thenewdaily.com.au/life/wellbeing/2021/04/24/mindfulness-meditation-research-selfishness/>

(2) <https://www.mindbodyonline.com/en-au/business/education/blog/6-australian-wellness-trends-watch-2021>

(3) <https://www.thegoodbody.com/meditation-statistics/>

(4) <https://www.abc.net.au/news/2018-08-22/meditation-how-it-affects-the-brain-to-help-you-stress-less/10148158>

(5) <https://www.globenewswire.com/news-release/2020/06/22/2051509/0/en/Meditation-Market-2020-Edition-Report-with-Impact-of-COVID-19-Top-Leaders-Smiling-Mind-HEADSPACE-INC-Inner-Explorer-Committee-for-Children-Stop-Breathe-Think.html>

# Who is this training for?

Whether you are relatively new to meditation or a seasoned practitioner, our personalized one to one teaching structure will meet you where you're at, and help you take your practice to the next level.

Our students and graduates use their meditation skills in various ways and sectors including:

- their own wellness business
- their psychology practice
- the prison system and police force
- yoga, pilates, gyms and fitness
- corporate wellbeing
- life and wellness coaching
- nutrition and naturopathic clinics
- pastoral care
- child care, schools and universities
- retreats, both locally and overseas
- the health sector
- working with the aged
- special needs
- massage therapies
- reiki and energy healing
- art therapy
- kinesiology
- drug and alcohol support
- nature, animal assisted and eco therapy
- nursing, doula and midwifery work
- their family and friends...and MORE! This training is so versatile.



ACMM students on retreat



*Offer the gift of meditation to others by starting your own business  
OR  
adding to your existing wellness offerings*

# Endless possibilities for graduates

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KERRY  
SLATER

"I am a life coach, meditation teacher, Reiki Master Teacher and psychic medium. All of these amazing tools come together when I work with women to assist them in obtaining peace, harmony, well-being and a sense of self awareness and self love in their lives.

I have 3 regular in-person classes and one online meditation class via a private Facebook Group that I run fortnightly."

"I specialise in helping people build their meditation practice, or at least introduce them to certain forms of meditation. This is usually the tool to help them with current issues or just to create a new healthy habit. I also offer breathwork sessions to clients and love weaving the two together in a session so that they can gain better clarity on trapped emotions but also have a way to integrate all the new information coming in."



TIRRELL  
CHERRY

"I am the Director of Agile Mind, a business that I started in 2018, specialising in meditation and mindfulness programs for workplaces. I also offer individual mentoring.

I have worked with all sorts of organisations ranging from large ASX listed companies to local councils. Mostly this work is teaching people basic mindfulness and tools to stay balanced."



AMANDA  
GOODFELLOW

**TEDx Speaker**

# Why choose ACMM?

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Haven't studied in a while? Don't worry, our training is relevant, practical, comprehensive and easy to understand.

You will love feeling welcomed and at home in our warm and supportive community!

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Study whenever and wherever it suits you with our easy to access online flexible learning structure.

Optional in person training opportunities exist through our day and weekend retreats.

Receive personalized support from your very own meditation and mindfulness coach. You will love the regular feedback and one to one zoom mentoring calls with your coach. All built into the training.

Meet other students in our group sessions, online community meditation evenings and live events.

We are a non-denominational meditation school and are proud to support you in pursuing your passions as you choose from the biggest range of subjects available anywhere in this field.

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ACMM zoom one on one coaching call

Customize your study path by choosing electives that align with your goals and interests.

Choose how you want to pay. Save by paying upfront or choose from a range of payment plans. Starting from around \$87 a fortnight.

Graduate with confidence and automatic acceptance into professional associations: IICT and Meditation Australia (MA). Whilst you are a student with us, enjoy free student membership of Meditation Australia.

Get your meditation teaching offerings up and running with our Business Support Lounge and Community Work Placement programs. There is no comparison to the prog offered at ACMM.



*5 star Facebook and Google reviews from our excited students and graduates.*

# Enjoy the experience of community

Feel a sense of connection and belonging through one on one coaching, in-person retreats or online events. You will love the like-hearted and encouraging support.

## Connect with your coach

*Receive compassionate and caring one to one support from your own personal coach*

You will have regular, supportive email and Zoom contact with your coach for your core training, as well as sessions with specialist mentors for your electives. Our coaches are experts in their field and carefully selected so that you get the most support and value from the course!

## Access the Business Lounge

*Transition from student to teacher*

Get your dream business up and running with our exclusive and extensive post graduate business support program. Includes live online professional development events with industry leaders to help you with everything you need for your confidence and success.

The Business Lounge is open to all students and graduates for a tiny yearly fee. It also offers business resources, discounts on events and retreats, business mentoring and so much more!



Our coaches & students connecting at retreat

## Attend an ACMM retreat

*Integrate the learnings from the course and connect with others!*

Whilst this is primarily an online course, students have optional face to face training opportunities through our deeply enriching in-person or online retreats.

Retreats are an optional extra for the Cert/Adv Cert and required for the Diploma. Complete a retreat at any time to obtain credits towards the Diploma. Many students and grads keep coming back to our retreats for the deeply healing and connective experience. Available online or in person.



ACMM students & coaches at retreat

# We know how to help you turn your vision into reality

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With 18 years of experience training meditation teachers



*"From feeling very nervous and unsure about running meditations, to have come to the other end feeling confident and clear and very excited about running my own meditation groups. It has been a magical journey."*

KAREN, ACMM GRADUATE

*"The skills and techniques have taught me to write and guide meditations and also have given me confidence to be wholly myself. I have completed it feeling empowered to support women which is my dream."*



ROBYN, ACMM GRADUATE



*"I am now nearly half way through the course and it has helped me gain employment in a primary school as the Principal was thrilled to see this on my resume."*

JENNIFER, ACMM GRADUATE



# Which course is right for me?

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## 1 Certificate - Become a meditation teacher

The Certificate in Guiding and Teaching Meditation and Mindfulness is a comprehensive teaching qualification that enables you to register with IICT or Meditation Australia and gain insurance.

It consists of 8 core modules and supervised practice tasks. You will gain:

- a thorough understanding of meditation practices
- a comprehensive understanding of the history and science of meditation
- training in guiding meditations of all the main kinds of meditation
- guidance in constructing original meditation teaching programs.
- the ability to guide original meditations without a script.
- meditation specific facilitation skills

Complete the Certificate in as little as 4 months, or up to 15 months

## 2 Specialist/Advanced Certificate - Dive deeper into your passions

This is more than a teaching qualification. It includes the core training available in the Certificate, as well as deepening and customizing your studies with **3 or 6 elective subjects**.

Complete Adv Cert (3 electives) in 6-18 months, or Specialist Adv Cert (6 electives) in 8-24 months.

 [CLICK TO BOOK YOUR FREE DISCOVERY CALL](#)

## 3 Diploma - Elevate your facilitation skills

The Diploma is a continuation of the work completed in the **Advanced Certificate in Guiding and Teaching Meditation with 3 electives**.

In small supervision groups, you will receive close mentoring from Lisa Forde and peer support whilst you are out there running your groups and classes. Amazing support for your first year of teaching! You will also attend an ACMM retreat (if you haven't already).

The **Community Work Placement Program** enables you to stretch yourself by delivering a program to a community organisation. Teaching Templates provided, which you can re-use later.

Start the Diploma once you complete the core assessment of the Adv Cert and finish your electives at the same time.

## 4 Masters Program - Become an industry leader (Interview Required)

The highest level of training offered at ACMM.

Attend a second retreat, receive Advanced One to One Mentoring with Lisa Forde or a Senior Coach, and undertake an original research project.

Your research project can become the basis of a unique and pioneering offering for your business. This is an incredible opportunity to contribute to the field of meditation and mindfulness in a way that only you can.

# Become a registered and qualified meditation teacher

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- **Certificate** - core training
- **Advanced Certificate** – core training + electives

Enjoy a world of meditation and mindfulness!

## One to One Coaching

Be greeted by your coach with a one-to-one zoom call where you will get to know each other and make sure you are comfortable with accessing your study materials.

Get started on the first of 8 modules.

After each module is completed, you will meet up with your coach again for another coaching call.

Then you will be ready to progress to the next module.

Our coaches value the relationship that is built with you and seek to support and encourage you at every stage.

## Community Support

As well as your private coaching experience, you will be able to access support from our wholehearted student community in a number of ways:

- **Skills Workshops**

Learn from Lisa and the coaches, meet other students and practice your skills in small groups.

- **Peer Connection Groups**

A space for students to come together with fellow ACMM peers to connect, collaborate, explore and lean on each other as they navigate their own path as a meditation student and teacher.

- **FREE Online Community Meditation Evenings**

The ACMM Community gathers to meditate together, so you can experience the various techniques taught in the course.

You can also access past events and other meditation audios in our vast **Meditation Audio Library**.

- **Private Facebook Group**

There is a magical vibe at ACMM that is created by our values and intentions, teamed with our incredible like-hearted students. The Facebook group is a space where you can ask questions at any time. It's a compassionate and supportive sharing space and we really relish the generosity and acceptance in our community.

## Skill Development

In this comprehensive and personalised training, you will learn how to:

- Guide and teach a range of meditation methods.
- Guide a spontaneous meditation of between 10 and 45 minutes.
- Make meditation recordings
- Use trauma sensitive teaching skills and adapt your guidance for the needs of your students
- Write a meditation course and assess student's progress
- Use advanced facilitation skills to optimise the student experience

And much more!

# Certificate Course Content

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## Modules 1 - 3

Learn about the history of meditation, get to know the various meditation traditions and delve into what science has been able to tell us about the effects of meditation on the brain and our wellbeing.

You will get to understand how stress and relaxation work, explore breathing anatomy and how to support thoughts and emotions in meditation. You will also deepen your own daily practice.

In these first sessions you will be introduced to the main families of techniques, their philosophy and application: Relaxation meditation, Contemplative practices, Creative visualization, Moving meditation, Sound meditation and mantras, Breath work, Mindfulness Practices and much more.

## Modules 4 - 6

In Sessions 4-6 we focus on the practical skills of teaching and guiding each technique one by one.

You will develop your skills at writing and guiding original guided meditations and focus on appropriate language, delivery, voice and how to teach, as well as delving into the unique features of each technique.

## Modules 7- 8

Explore group facilitation skills, that are specific to teaching meditation.

Learn how to support students with a range of issues that can arise when learning to meditate, supporting special needs and how to conduct group discussions, activities and refer students to other services.

Create your own classes/program and explore various formats for course delivery, including how to gauge which methods are working best for your group.

After Module 8 you commence the Practical Facilitation stage. Upon completion you will become eligible for the Community Work Placement elective.

## Competencies and Practise

Students need to complete tasks in each module before moving onto the next. All students need to be willing to commit to a regular (daily) meditation practise and keep a log book.

Tasks are practical and consist of watching videos, readings and listening to meditation audios, short answers, personal reflections, meditation immersions, writing and recording meditation scripts and running practice teaching sessions.



# Customise your studies with our Specialist Electives

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Choose from our huge range and dive deep into the topics you love.

*Purchase individual electives or SAVE with the Advanced Certificate course packages.*

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## Meditation and the Chakras

*You can purchase this as a stand alone elective and start today!*

If you would like to use chakra work in your personal or group meditation work then this elective is for you. Take an extensive journey into the chakras and become confident at understanding and using them as a tool for meditation, self-awareness and personal development.

## Journaling for Clarity

*You can purchase this as a stand alone elective and start today!*

Learn self-care tools to support your meditation practise.

Emotions and everyday problems can weigh on our mind and prevent us from meditating effectively. This program gives you the opportunity to try effective journaling techniques to help unload stressors and move into a more positive frame of mind.

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ACMM graduate guiding a Women's Circle

*Note that some electives have pre-requisites and require the purchase of an additional textbook.*

## Meditation for Parents and Children

In this elective, you will learn how to create meditations for children of all age groups; from infants to teenagers and every stage between.

At each stage, understand children's cognitive, emotional needs and conceptual abilities and the type of meditation that works best.

## Mindfulness and Buddhist Psychology

You will be guided on a journey with the Mindfulness Masters and introduced to a variety of ways that Mindfulness can enhance your life.

In addition you will be taken on a practical and personal journey through the tenets of Buddhist psychology and begin to apply them in your own life and teaching.



## Meditation to support pain, grief and dying

Go on a journey that explores our beliefs around death and how they shape the way we deal with it as a reality. Based on the work of Frank Ostaseski, Elizabeth Kubler-Ross, Jon Kabat-Zinn and Ian Gawler you will be encouraged to explore death, grief and pain and how pain may be supported with meditation.

This is a deep and insightful elective, and like all our electives, it will take you on a journey to explore anything triggered by these topics in order for us to be better placed to help others.

## Bringing Mindfulness Home

**You can purchase this as a stand alone elective and start today!**

Bringing mindfulness home offers a beginners program to learn more about mindfulness and how it can support you in your daily life. This program offers step by step techniques and activities that support you in incorporating this ancient art into your life.

## Spiritual Meditation

Bring another dimension to your meditation groups or workshops by introducing your clients to spiritual, holistic meditation.

This elective supports you in bringing the sacred back into your life and your meditation teaching.

Learn how to bring a deep level of connection and spirituality to your meditations free of any particular belief system.

*You are not only learning the skills to guide and teach meditation but also turning inward and reconnecting to the truth of who you are. - Nicky*

## Deepening through Meditative Inquiry

Meditative Inquiry is an incredible practice for gaining insight into the physical world, as well as for deeper insight into, or recognition of, your essence or essential nature.

Explore life using various objective and subjective techniques including Self-Inquiry as made popular by Bhagavan Sri Ramana Maharshi, an Indian sage from the Hindu / Advaita tradition.

You will also investigate how to guide others in Self-Inquiry practices.



ACMM graduate Holly holding a corporate class

## Corporate Meditation and Mindfulness

This elective thoroughly prepares you to deliver meditation and mindfulness programs in the workplace with:

- Ideas for various delivery formats
- How to foster connections
- Defining your target audience and marketing yourself
- How to win work
- Measuring outcomes and reporting
- Practical hints for teaching in the corporate sector
- Developing documentation
- Space to create your own program

*"I have completed the elective with a sense of confidence that I am able to submit a proposal to a potential client and it will be well-received." - Danielle*

## Supporting Anxiety and Trauma with Presence

This elective explores the origins and function of anxiety and the connection between how the body and mind respond to fear.

You will be introduced to theoretical background information and personally experience a range of practices that support awareness and connection.

You will also learn some basic trauma sensitive principles and guidelines that you can integrate into your meditation and mindfulness teaching.

*"I am holding my first workshop in a weeks time and I feel very prepared due to the wonderful content provided by this elective" - Peta*

## Meditation Workshops and Classes

Can you see yourself running corporate relaxation programs, themed workshops or retreats but not sure where to start?

In this elective you will be mentored to bring your project to fruition through a structured program of questions and practical activities. Bring your ideas - and let's help you get your project done.

## Women's Circles

In this elective you will be supported in creating and holding your own unique women's meditation circle.

You will explore your own relationship with the feminine in your life and how this might inform the way you support women, as well as exploring techniques that help our feminine aspect thrive.



ACMM graduate Anila running a group

## Opening to the Heart's Wisdom- Heart Centred Practices

This elective explores loving kindness, compassion and empathy, joy and rejoicing, equanimity and peace of mind – the 4 Divine Abodes. We also draw on work of current meditation teachers: Tara Brach, Jack Kornfield, Sharon Salzberg and Pema Chodron.

This is a practical, hands on elective that helps you directly embody deep concepts and attitudes into your life, teaching style and curriculum.

## Meditation for connecting with nature (NEW!)

This elective calls you into deep presence and reverence to your place on Earth, where you will learn to acknowledge and know yourself as part of nature, interconnected with all other beings. Drawing on several concepts and philosophies including sacred ecology, biophilia, animism, secular mindfulness, Shinrin-yoku (forest bathing) and reciprocity, 'Meditation for connecting with nature' will allow you to deepen your connection with Mother Earth, your place, and yourself.

## Wild Soul with Asher Packman

*(Short course purchased separately)*

Turn inward to rediscover the wild and ancient soul hidden beneath the layers of your conditioned conscious. Utilising Jungian core concepts, archetypal wisdom and mythopoetics, this program will connect you to your innermost truth, reignite your imagination, and bring you into contact with your soul-rooted, ecological self — allowing your own unique genius to emerge.



Asher Packman, President of Meditation Australia

# ACMM Post Graduate Opportunities

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The Diploma - Deepen and mature your facilitation skills with real world teaching experience and guidance from Meditation Australia Vice President Lisa Forde

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The Diploma is a continuation of the skills developed in the Advanced Certificate.

## Supervision Groups

In small groups, you will:

- receive mentoring support in your first important year as a meditation teacher
- be able to discuss any challenges and ask questions
- receive peer support from other graduates who are having a range of teaching experiences.
- be encouraged to expand yourself and your offerings and open to what is possible.

## Attend a Retreat

Meet other students and fully experience the magic of what you have learnt on our unforgettable retreats.

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## The Masters Program - Become a leader in the Meditation and Mindfulness space

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Do you feel that you have something unique and special to offer the world? Are you passionate about an area of meditation and mindfulness that is burgeoning and that you are ready to contribute to?

You could be a pioneer, researching and developing material in an area that is waiting to be explored.

There is so much scope for developing high quality teaching material that sets you apart from others.

Graduates are hand selected to become part of this exclusive, one on one advanced mentoring and research program.

The Masters program consists of a second retreat, research project and one to one mentoring with Lisa Forde.



# Community Work Placement Program

Build your skills, enhance your delivery materials and gain valuable, fully supported work experience in the not-for-profit sector

ACMM have partnered with some of Australia's leading national not-for-profits to bring you this incredible opportunity to share the power of meditation and mindfulness with your local community!

In this unique and first of its kind program in this space you will:

- Gain valuable meditation teaching experience in an organisational setting.
- Be provided with a 6 week fully customisable and reusable program to teach
- Receive a reference and testimonial from your work placement provider.
- One on one mentoring and class plans provided for this outstanding and exclusive professional development opportunity. Work in aged care, hospitals or other local community settings.



ACMM Graduate Brea running a session in a lifestyle village

When you enrol in this program you will be placed in a local support service organisation to deliver 6 x 45-minute meditation and mindfulness sessions to residents, patients or clients of the organisation.

The program provides a vital link between graduates and industry, building confidence, supporting meditation businesses grow and delivering the wonderful benefits of meditation into the community on a broad scale.

“Our carers have LOVED the experience, appreciating both the time out to do some self care and the opportunity to destress and learn a new skill. Michelle's meditations have been a perfect fit, and her explanations and tips are always well received.  
Leah Lonsdale, Manager - Carers Victoria”

# The ACMM Business Lounge

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Grow your business knowledge & confidence while you study and after you graduate!

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The Business Lounge is a one of a kind program open to all ACMM students and graduates.

In this program we support our students to transition from student to teacher and business owner with resources, guidance, community and live events!

When you join you get access to:

- LIVE Quarterly interviews and workshops with leading meditation business personalities
- Quarterly Newsletter
- BL Facebook Group
- ACMM materials and updates including the Meditation Library
- Range of discounts on ACMM offerings

During our Business Lounge LIVE sessions you get to hear from guest speakers, enjoy discussions, workshops and live Q&A's on topics specially curated for your business success.

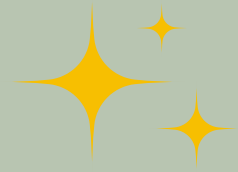


ACMM Coach and Business Lounge Facilitator  
Tim James presenting at our retreat

**PLUS** when you join you also get access to all our past live event recordings including:

- How to write a winning business proposal with Tim James
- Live Marketing Panel session with ACMM graduates who run their own successful business
- Interview with Janet Ety Leal on how to teach mindfulness in schools
- How to run a sustainable heart-centred business with Lisa Forde
- Interview with Meditation Australia President Asher Packman on the soulful path to purpose.

# Make your dreams a reality!



Frida is one of our international meditation graduates, who lives in the Philippines.

Frida has combined her Meditation Certification with her qualifications in Counselling and Human Services.

She now works as a Mindfulness Coach for female entrepreneurs, founders, and business owners. She is also the founder of the Transcend Beyond Stress & Thrive, an online mindfulness coaching program.

Frida also runs a small wellness business where she supports her local community of women, businesses, and nonprofits.

*"I have absolutely loved the creativity, compassion and whole-heartedness that is the teaching style of Lisa and the coaches. During the course I felt thoroughly nurtured and supported by this community. I was also very lucky to attend the September Retreat this year!"*

*The self-development that happens in this course is magic. I really loved the emphasis on creativity, connecting to your intuition and the inner child." - Frida Soerensen*

# Your course options

		Certificate (180 hours)	Advanced Certificate (240 hours)	Specialist Advanced Certificate (300 hours)	Diploma (370 hours)	Masters Program <i>(Invitation Only)</i>
Core Training (180 hrs 4-15 mths)	Sessions 1-8 comprehensive skill development	✓	✓	✓	✓	✓
	Facilitation Practice Sessions	✓	✓	✓	✓	✓
	Scheduled One to One Mentoring Sessions	✓	✓	✓	✓	✓
	Skills Workshops	✓	✓	✓	✓	✓
	Peer Connection Groups	✓	✓	✓	✓	✓
	CommUNITY Meditation Evenings	✓	✓	✓	✓	✓
	Extensive Audio Meditation Library for home practice	✓	✓	✓	✓	✓
	Masterclass Video Reference Library	✓	✓	✓	✓	✓
	Student Membership with Meditation Australia	✓	✓	✓	✓	✓
	Phone and email support	✓	✓	✓	✓	✓
Specialist Elective Subjects (20 hrs each)	3 Specialist Electives **		✓	✓	✓	✓
	Additional 3 Electives **			✓		✓
Work & Immersive Experience (92 hrs over 6-8 mths)	Supervision & Peer Support Group				✓	✓
	Retreat Immersion - in-person/equivalent online*				✓	✓
	Community Work Placement Program (optional addition) **				\$849	\$849
Advanced Mentorship Program (120 hrs over 6-12 mths)	Retreat Immersion in-person*/online					✓
	Research Project					✓
	Private Advanced Mentoring or Business Sessions					✓
	<b>Pay in full and save</b> (amounts displayed include saving)	<b>2,297</b> (saving of \$313)	<b>2,997</b> (saving of \$499)	<b>3,597</b> (saving of \$723)	<b>5,199</b> (saving of \$1,221)	<b>8,499</b> (saving of \$2,001)
<p>See payment plan options on the next page            Prices inclusive of GST and are subject to change            *Includes \$1,299 credit toward an in-person retreat            ** These programs can be purchased separately (once enrolled) &amp; credited towards your qualification later            You can begin teaching after completing the Cert/Adv Cert</p>						

ENROL HERE

# Payment Plan options

Payment Plan Options	Certificate	Advanced Certificate (3 electives)	Specialist Advanced Certificate (6 electives)	Diploma (3 electives)	Masters (6 electives)
Monthly Options					
A	\$410 x 6	\$535 x 6	\$395 x 10	\$482 x 12	\$545 x 18
B	\$213 x 12	\$278 x 12	\$210 x 20	\$333 x 18	\$423 x 24
C	\$174 x 15	\$183 x 19	\$179 x 24	\$214 x 30	\$350 x 30
Fortnightly Options					
A	\$205 x 12	\$268 x 12	\$198 x 20	\$241 x 24	\$272 x 36
B	\$107 x 24	\$139 x 24	\$105 x 40	\$167 x 36	\$212 x 48
C	\$87 x 30	\$92 x 38	\$90 x 48	\$107 x 60	\$175 x 60

[ENROL HERE](#)

## Teach meditation with complete confidence



*"By session 7 I was guiding meditations for friends, without a script, and felt completely at ease."*

**MELANIE, ACMM GRADUATE**

*"This is one of the best courses I've ever done. The course was very well produced to meet the needs of the working person."*

**PATRICIA, ACMM GRADUATE**



*"Participants in my classes have responded so well to the style of guidance that the school teaches."*

**CIARA, ACMM GRADUATE**

# FAQ's

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## Q. When does the course start?

You can begin whenever you are ready, we work alongside you and your schedule. Once you enrol we will set you up to chat with your coach so you can get started!

## Q. What is the shortest/longest time I have to complete the course?

With the Certificate the shortest time we recommend is 4-5 months, and the longest time you have is 15 months. Course time extensions can be obtained at a nominal cost.

## Q. Is this course accredited and will I be able to get professional insurance?

Our meditation teacher training courses enable automatic acceptance with the Meditation Association of Australia (MA) and the International Institute of Complementary Therapists (IICT). Upon completion of your certificate you can gain membership with these organisations and will be eligible for professional insurance.

## Q. How do the payment plans work? Can I pay it out early if I am able to?

Once you know which course you want to enrol in, choose a payment plan option from the enrolment form that suits you and indicate this on the form. You are welcome to make changes or pay your payment plan out early anytime.

## Q. How is my coach chosen for me?

On the enrolment form we ask you which times suit you for coaching, and allocate you to a coach who is available at those times. Where there are a few options, we look at your interests and reasons for doing the course and match you up with a coach who might best support your interests and goals.

## Q. Are concession prices available?

Yes – Valid Concession Card holders are entitled to a 5% discount off Certificate/Adv Certificate payment plans only.

## Q. What happens if I don't finish the course in time?

Extension options are available at an extra cost.

## Q. How flexible is the course?

The course is conducted at your own pace with the structure of regular meetings with your coach.

## Q. What if I change my mind after enrolling in the course?

We offer a *30 day full money back satisfaction guarantee* on all our Certificate level courses. So you are covered!

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# Our Team

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## Lisa Forde

Principal and Course Author  
Vice President of Meditation Australia

Lisa has worked as Holistic Living Counsellor for adults and children, a meditation teacher and workshop and retreat facilitator for over 20 years. She has been running the Australian Centre for Meditation and Mindfulness (formerly the Australian Centre for Holistic Studies) since 2006 and has authored the core coursework and many of the electives and other courses taught at the school.

[CLICK TO BOOK YOUR  
FREE DISCOVERY CALL](#)

Her qualifications include a Bachelors Degree in Languages with a sub-major in Psychology, a Diploma in Holistic Living Counselling, and an Advanced Certificate in Holistic Children's Counselling, Reiki and Certificate IV in workplace training and assessment. She has been mentored by Alannah Dore and Ken and Elizabeth Mellor, and has trained with Lorin Roche and Camille Maurine (USA). Lisa is currently serving as Vice President of Meditation Australia. In her role with MA, she hosts professional development events, co-developed The 2022 Australian Meditation Conference, and is at the forefront of meditation teaching in Australia. In her spare time she loves nature, cooking, art and exploring more meditation!

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## Tim James - SA

After managing a charitable organisation in Adelaide for several years, Tim now works solely as a meditation teacher in the corporate space, teaching in community groups through his business called Meditation Life. Tim sees his coaching role with ACMM as an ideal marriage of his passion for supporting people through his expertise as a life coach and meditation teacher.

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## Leanne Russell- NSW

Leanne started her personal experience with meditation over 18 years ago; she found it a great foundation of support during the busy times of life and raising a family. She now has her own meditation business Inspiration Meditation, and is passionate about supporting others in bringing meditation into their lives.

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## Jaine Alston - NSW / UK

Jaine runs her own business as a meditation teacher and healer in 'One Breath at a Time Meditation', working with meditation, Reiki healing, Isis Seichem, massage and aromatherapy, with a focus to astrology and holistic living. Jaine originally worked as a holistic therapist and healthcare assistant in the UK before studying to become a Registered Nurse and relocating to Australia.

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## Lauren Howe - QLD

Lauren is a meditation teacher, coach, embodiment practitioner and eco therapist who is currently completing her clinical training in somatic therapy. She runs her own online holistic business and has experience teaching community and corporate classes, running women's circles, retreats and 1:1 sessions. A big change from the law related government job she had for 10 years.

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### Jen Hill - SA

Jen is passionate about empowering people and sharing the transformative power of meditation, which she does through her business, Right Brain Liaisons. Jen coaches individuals, teaches courses, guides groups, delivers workplace and corporate training programs. Jen is also a writer for Brainz Magazine.

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### Samantha Wynn - NSW

Sammy is a Mindfulness and Mindset Coach who is dedicated to helping others feel more empowered and fulfilled through meditation, mindfulness and mastering their mindset. Sammy runs her own holistic mindfulness business, Still with Sammy teaching both adults and children.

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### Jacqui Mulholland - VIC

Jacqui is a meditation teacher, holistic health practitioner, remedial massage therapist and yin yoga teacher and runs her own business called Shine Meditation. Jacqui has worked in natural therapies for over 18 years and is passionate about natural and holistic health and she integrates her knowledge and experience into her business.

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### Susie McPhie - NSW

Susie has worked in health as a nurse, midwife and maternal and child health clinical nurse specialist for many years. Having practised Yoga for the last 20 years, she moved into teaching yoga. Wanting to explore more deeply the field of meditation, she has completed her Post-Graduate Diploma with ACMM.

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### Brea Willingham - QLD

Brea runs her own business which offers a wide range of wellness services such as private meditation sessions, self-care group gatherings and healing sessions. Brea uses movement, sound, intuitive guidance, chakra alignment, energy and frequency balancing, crystal therapy, meditation and self-directed compassion to help her clients.

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### Ramona Lane - QLD

Ramona has worked as a naturopath where she ran her own natural healing clinic. She also worked as a midwife within the public hospital system. Her passion for walking Labyrinths as a form of walking meditation led her to complete a Post Graduate Diploma with ACMM. Ramona now runs her own meditation and holistic business east of Bundaberg in regional Queensland.

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### Lucinda Lane - VIC

Lu runs her own business as a Remedial Massage Therapist, Reiki Master & Bowen Therapist for the last 18 years. She also teaches meditation classes online for her business Twig & Leaf Meditation. Her main passion is helping neurodivergent & busy people incorporate the gift of meditation and mindfulness into their lives.

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### Sanjana Sriram - NSW

Sanjana has experience training and coaching clients and staff in the e-commerce corporate field for over 10 years. She has been practicing meditation since her teenage years and completed her teacher training with ACMM. She is passionate about self-care, compassion practices, and finding research to help highlight the benefits of meditation and mindfulness.

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### Donna Lo Bartolo Shiel - VIC

Donna is an Environmental Scientist, Meditation and Mindfulness Teacher, Certified Forest Therapy Guide and Group Facilitator. Donna runs her own business, Black Conch, offering meditation classes, mindful nature walks and singing bowl relaxation. Donna is the author and coach of the Nature elective.

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### Mithun Prasannan - NZ

Mithun is a meditation teacher based in Wellington, New Zealand. He completed his meditation teacher training with ACMM. Mithun's passion lies in assisting individuals in embracing self-acceptance. He conducts both in-person and online sessions, as well as meditation retreats. Choosing to forsake his career in IT, Mithun dedicated himself to pursuing his spiritual calling and supporting others to do the same.

## Guest teachers



### Asher Packman

After transitioning from a successful corporate career over a decade ago, Asher is now a renowned depth-oriented mentor, meditation and kundalini yoga teacher, storyteller and Jungian scholar. As well as being president of Meditation Australia since 2017, he is also founder of The Fifth Direction, a global mythopoetic community. Asher is the author of the Wild Soul elective.

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### Janet ETTY Leal

Janet is an author, speaker, the secretary of Meditation Australia and a pioneer of mindful education for children. Janet's key focus is to bring mindfulness to life, with heart, mind and hands-on practices to connect to all children. For over 20 years, Janet has focused on teaching children to cultivate their 'roots' of awareness and 'wings' of creativity and joy. Janet is the author and facilitator of the Certificate in Creative Mindful Education for Children.

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# Ready to get started?

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[ENROL TODAY](#)

OR

[BOOK A DISCOVERY CALL](#)

1

Complete the enrolment form

2

You will receive your Welcome Pack and Video

3

Your coach will contact you via email to get you started

4

Have your introductory coaching call via zoom and then start session 1!



Andrea Nisizaka

Student Support & Operations



Aidan Carlisle

Student Records Administrator

Alternatively, email Lisa Forde at [hello@meditationandmindfulness.com.au](mailto:hello@meditationandmindfulness.com.au) or call our office on 03-9807 4889.

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