



ACMM Course Prospectus

*Create the meditation offerings of your dreams with
Australia's most transformational training.*

TEACH MEDITATION • TOUCH LIVES • EMPOWER OTHERS

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!

ACMM graduate Wendy Stephens
holding a meditation class



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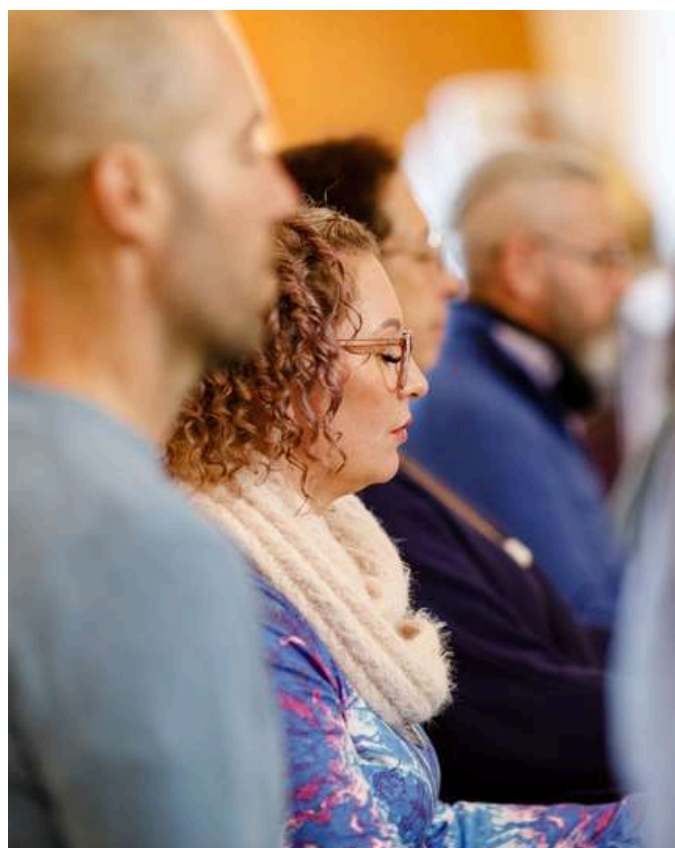
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ACMM Graduate Carolina holding a meditation class in her community

[ENROL TODAY](#)

OR

[BOOK A DISCOVERY CALL](#)

Join the movement!

Meditation is growing globally

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.

(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>

Touch lives

Who is this training for?



ACMM graduate Karen holding a sound meditation session in the park for her local council.

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 qualification is so versatile.

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

Empower yourself and others

Our graduates



*Kerryn
Slater*

Life Coach

"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."



*Mick
Davies*

**Health &
Wellbeing
Coach**

"My business is Kudos Health, where I offer services in personal training, boot camps, health coaching, mindfulness, and meditation. Recently, I've been focusing on expanding my work within corporate settings, running mindfulness and meditation workshops that have had a significant positive impact on workplace well-being. I also launched The Mindful Men Project, which is dedicated to elevating men's mental health and well-being."



*Shilani
Perera*

**Physiotherapy &
Wellness Clinic
Manager**

"My journey as the Practice Manager began when my husband and I opened the doors to our first Clinic in Canberra in 2007. After graduating with a Certificate in Guiding and Teaching Meditation and Mindfulness in 2021, I began teaching meditation. Now I offer mindfulness to adults in group and one-on-one settings in my physiotherapy and wellness clinic."

A woman with long dark hair is seated in a red armchair, eyes closed in a meditative state. She is wearing a vibrant pink knitted shawl over a dark blue long-sleeved top. A long necklace of small wooden beads with a tassel hangs around her neck. Her hands are held together in her lap, palms facing each other. The background is a warm, out-of-focus orange-brown wall.

Embark on a Profound Journey

Becoming a
meditation
teacher is a
journey of
embodying
the practice.

Feel supported

Why choose ACMM?

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!

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.

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 \$79 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 running with our Business Support Lounge and Community Work Placement programs. There is no comparison to the programs offered at ACMM.



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



Find your people



Like-hearted support

Enjoy the 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.

These groups are designed to support you to share ideas, develop your skills and access inspiration from like-minded people. Think of the group as your personal ACMM cheerleader!

Connect with your coach

Receive compassionate and caring one to one support from your own personal meditation and mindfulness coach.

You will have regular, supportive email and Zoom contact with your coach for your core training, as well as sessions with specialist coaches 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!

Immerse yourself in our in-person and online retreats

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 immersive experience. Available online or in person.

Gather together in our Practise Groups

Our practise groups are a space for you to come together with your fellow ACMM peers to connect, collaborate, explore and lean on each other as you navigate your own path as a meditation student and teacher.

We know how to help you turn your vision into reality



Bec

Diploma Graduate



Ken

Advanced Certificate
Graduate



Bridget

Diploma Graduate

Training
meditation
teachers for
almost 20
years

Over 1000
graduates

5 star Google
reviews

★★★★★

Which course is right for me?

1. Certificate - Become a meditation teacher

The Certificate in Guiding and Teaching Meditation and Mindfulness is a comprehensive qualification that prepares you to register with IICT or Meditation Australia and obtain insurance. as a **professional meditation and mindfulness teacher**.

This program includes 8 core modules and supervised practice, covering:

- The history, science, and practices of meditation
- Training in guiding all major meditation types
- Skills to create and deliver original meditation programs without scripts
- Meditation-specific facilitation techniques and guidelines

Flexible completion timelines: 4 to 14 months.

2. Advanced Certificate - Dive deeper into your passions

This is more than just a teaching qualification. Complete the Certificate with the addition of 3 Specialist Elective Subjects to create a deeper dive into the subjects that really light you up!

This qualification enables you to **customize your studies and align your skills with your goals and passions**. 15 elective subjects to choose from; each supported by a specialist mentor.

Flexible completion timelines: 6 to 18 months.

3. Diploma - Elevate your facilitation skills

The Diploma builds on the Advanced Certificate in Guiding and Teaching Meditation with the addition of Supervision and a Retreat.

Join **small supervision groups** for close mentoring with Lisa Forde and your peers whilst you run your groups and classes—an invaluable and supportive boost in your first year of teaching and business.

Experience a deep immersion into all you have been learning on an **ACMM retreat**, offered in-person and online. These retreats nourish your body and soul, uplift your mind, and support both your personal and professional growth.

This qualification provides well rounded training and a full professional journey.



A Gentle Start

Foundations of Meditation & Mindfulness

Like a taste of the full
program without the
commitment?

A gentle, supported start to your
meditation teacher training journey, or
a powerful way to deepen your
personal practice.

Whether you're curious about
becoming a meditation teacher or
simply want to explore your practice
more deeply, this short and soul-
enriching course is the perfect starting
point.

Over the first 3 modules of the
Certificate course, you'll be guided into
the heart of meditation and
mindfulness.

You'll explore its ancient roots and
modern relevance, discover
foundational techniques, and
experience the support, mentoring and
community that makes ACMM so
unique.

You can complete these first 3
modules as a beautiful journey in its
own right—or continue on to full
certification when you're ready.





Book your free discovery call with us



BOOK NOW

Leaders in meditation and mindfulness

Become a registered and qualified meditation teacher

One to One Coaching

Start your journey with a warm one-on-one Zoom call with your coach, designed to make you feel welcome, supported and confident as you access your study materials.

Progress through 8 modules, reconnecting with your coach after each one for guidance, encouragement, and to celebrate your progress. Our dedicated coaches provide support and inspiration at every step of your learning journey.

Skill Development

In this comprehensive and personalized training, you'll gain the skills to:

- Guide and teach a variety of meditation methods
- Lead spontaneous meditations lasting 10–45 minutes
- Create professional meditation recordings
- Apply trauma-sensitive teaching techniques and adapt to your students' needs
- Design meditation courses and assess student progress
- Use advanced facilitation skills to enhance the student experience

And so much more!

Community Support

In addition to your private coaching, you'll have access to the warm and supportive ACMM student community through:

Peer Practise Groups

Connect and collaborate with fellow ACMM students in a supportive space to share experiences, practice and grow together as meditation teachers.

Online Community Meditation Evenings

Join regular online sessions to practice course techniques, access past event recordings, and explore our Meditation Audio Library.

Private Facebook Group

Engage with like-hearted students in our welcoming Facebook group—a safe space to ask questions, share, and connect.

Optional Retreats

Immerse yourself in in-person or online retreats to deepen your practice, build connections, and enrich your learning.



Certificate Course

Course Module Overview

Modules 1-3

Foundations of Meditation & Mindfulness

Explore the rich history of meditation, discover various traditions, and uncover what science reveals about its effects on the brain and overall well-being.

Gain insight into stress and relaxation, breathing anatomy, and how to support thoughts and emotions in meditation.

Modules 4-6

In Sessions 4-6, we focus on developing the practical skills of teaching and guiding each meditation technique in detail.

You'll refine your ability to write and lead original guided meditations, with a focus on appropriate language, delivery, and voice.

Additionally, you'll explore the unique features and nuances of each technique enhance your teaching approach.

Modules 7-8

Develop group facilitation skills tailored to teaching meditation. Learn how to support students with diverse challenges, manage special needs, and conduct group discussions and activities. You'll also create your own classes/programs and explore different delivery formats, including assessing which methods work best for your group.

After Module 8, you'll begin the Practical Facilitation stage and, upon completion, become eligible for the Community Work Placement Program.

Competencies and Practise

Students must complete tasks in each module before progressing to the next. A commitment to a regular (daily) meditation practice and maintaining a logbook is required.

Tasks are practical, including watching videos, reading materials, listening to meditation audios, providing short answers, personal reflections, meditation immersions, writing and recording meditation scripts, and conducting practice teaching sessions.

Find your niche

Customise your studies with ACMM's exclusive Specialist Electives

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

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



Meditation and the Chakras

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

If you're interested in incorporating chakra work into your personal or group meditation practice, this elective is for you. Explore the chakras in depth and gain confidence in using them as a powerful tool for meditation, self-awareness, and personal growth.

Journaling for Clarity

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

Learn self-care tools to enhance your meditation practice. Emotions and daily challenges can block effective meditation. This program offers journaling techniques to help release stress and shift to a more positive mindset.

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

Embark on a journey with the Mindfulness Masters and discover how mindfulness can enhance your life.

You'll also explore Buddhist psychology principles and learn to apply them in both your personal life and teaching practice.

ACMM Graduate Shalini holding classes in her physiotherapy studio



ACMM Graduate Natalie holding a children's meditation class



Meditation to support pain, grief and dying

Explore how beliefs about death shape our approach to its reality in this deep and insightful elective. Drawing on the work of Frank Ostaseski, Elizabeth Kubler-Ross, Jon Kabat-Zinn, and Ian Gawler, you'll delve into topics like death, grief, and pain, and how meditation can support those experiencing pain. This journey also encourages personal reflection on any emotions these topics may trigger, preparing you to better support 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

Add a new dimension to your meditation groups or workshops by introducing clients to spiritual, holistic meditation. This elective helps you reconnect with the sacred in your life and teaching, fostering a deep sense of connection and spirituality in your meditations without aligning with any specific belief system.

Deepening through Meditative Inquiry

Meditative Inquiry offers a powerful way to gain insight into both the physical world and your essential nature. This practice explores life through objective and subjective techniques, including Self-Inquiry, inspired by the teachings of Bhagavan Sri Ramana Maharshi from the Hindu/Advaita tradition. You'll also learn how to guide others in Self-Inquiry practices.

ACMM Graduate Max running a workshop combining mindfulness and Wim Hof Method



ACMM Graduate Paige blends meditation with her fitness coaching.



Corporate Meditation and Mindfulness

This elective equips you to deliver workplace meditation and mindfulness programs with guidance on delivery formats, fostering connections, targeting your audience, marketing, winning work, measuring outcomes, and reporting. You'll also receive practical tips for corporate teaching, program development, and creating essential documentation.

Supporting Anxiety and Trauma with Presence

This elective delves into the origins of anxiety and the body-mind response to fear. You'll explore theoretical insights, experience practices that foster awareness and connection, and learn trauma-sensitive principles to integrate into your meditation and mindfulness teaching.

Meditation Workshops and Classes

Dreaming of running corporate relaxation programs, workshops, or retreats but unsure where to begin? This elective provides mentorship through a structured program of questions and practical activities to bring your ideas to life and turn your vision into reality.

Yoga Nidra

Always wanted to guide a deeply relaxing Yoga Nidra practice? This elective will deepen your understanding of its history, science, and structure while equipping you to offer this restorative practice in various settings, from meditation classes to workshops and retreats. You'll gain confidence and clarity in guiding both short and long Yoga Nidra sessions for diverse groups.

ACMM graduate Stacey brings mindfulness to our beloved pets.



ACMM Graduate Elle holding a meditation class for her community



Women's Circles

This elective guides you in creating and leading your own unique women's meditation circle. You'll explore your relationship with the feminine and learn techniques to nurture and support women, helping the feminine aspect thrive

Meditation for connecting with nature

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 the 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.

ACMM graduate Anila running a group




Asher Packman, Former President of Meditation Australia






*Feel confident to work with
your ideal client!*




"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



"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



"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

Find your place in the world of mindfulness

ACMM Post Graduate Opportunities

The Diploma

Deepen and mature your facilitation skills with real world teaching experience and guidance from Meditation Australia President Lisa Forde.

The Diploma is a continuation of the skills developed in the [Advanced Certificate](#). In addition to the contents of the Advanced Certificate, you will attend online supervision groups and a retreat.

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.

The Masters Program

Become a leader in the Meditation and Mindfulness space

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.

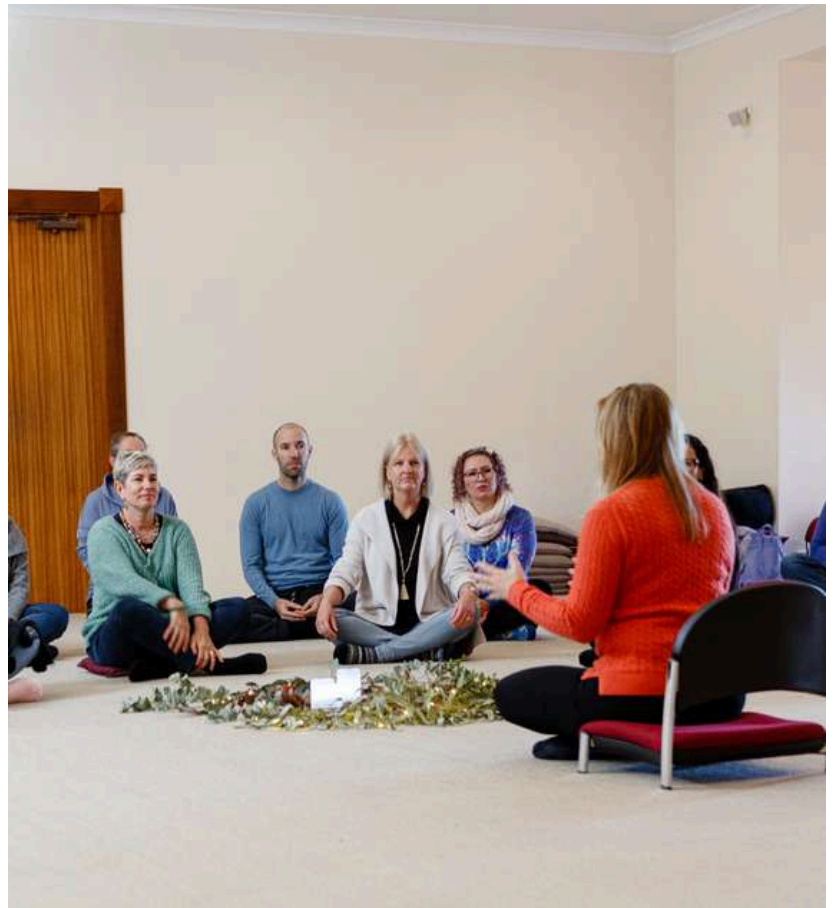
The Masters program consists of a second retreat, research project and one to one mentoring with Lisa Forde.

Post graduate opportunities



ACMM Founder Lisa Forde speaking at the Meditation Australia Masterclass event

*Grow personally and professionally
at our in person retreats*



Get real life experience

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.

When you enrol in this program you will be placed in a local support service organisation to deliver 6 meditation sessions to 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.

Organisations discover the benefits of regular meditation sessions for their clients, and some students are offered ongoing work.

Just a few of many workplace partners:



Carers VIC



headspace
Emerald

BOLTON CLARKE



Baptcare





... Community Work Placement students holding
classes for local community organisations

Get the business support you need to succeed

The ACMM Business Lounge

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

One of a kind program

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

Hear from leading business experts!

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.

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 Etty Leal on how to teach mindfulness in schools
- Social Entrepreneurship with Elise Bialylew from Mindful in May
- Interview with Fifth Direction's Asher Packman on the soulful path to purpose.
- Interview with Uma Neave



Make your dreams a reality!



Frida, one of our international graduates from the Philippines, combines her Meditation Certification with qualifications in Counselling and Human Services. She works as a Mindfulness Coach for female entrepreneurs, founded the online program Transcend Beyond Stress & Thrive, and runs a wellness business supporting women, businesses, and nonprofits in her community.

"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

		Foundations (45 hours)	Certificate (140 hours)	Advanced Certificate (185 hours)	Diploma (250 hours)
Core Training	Sessions 1-3 Meditation and Mindfulness Foundations	✓	✓	✓	✓
	Sessions 4-8 comprehensive skill development		✓	✓	✓
	Scheduled One to One Mentoring Sessions	✓	✓	✓	✓
	CommUNITY Meditation Evenings	✓	✓	✓	✓
	Extensive Audio Meditation Library for home practice	✓	✓	✓	✓
	Phone and email support	✓	✓	✓	✓
	Facilitation Practice Sessions		✓	✓	✓
	Student Membership with Meditation Australia		✓	✓	✓
Elective Subjects	3 Specialist Electives **			✓	✓
Post Graduate Opportunities	Supervision & Peer Support Group				✓
	Retreat Immersion - in-person/equivalent online*				✓
	Community Work Placement Program (optional addition) **		\$899	\$899	\$899
	Package Price (Pay upfront and save)	799	2,199 (saving of \$301)	2,999 (saving of \$502)	4,999 (saving of \$1,311)
<p>Cost of Sessions 4-8 of Certificate program is 1499 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) & credited towards your qualification later You can begin teaching after completing the Cert/Adv Cert even if enrolled in Diploma</p>					

ENROL HERE

Payment plan options

Payment Plan Options	Foundations	Certificate	Advanced Certificate (3 electives)	Diploma (3 electives)
Monthly				
A	\$250 Deposit + \$190 x 3	\$385 x 6	\$525 x 6	\$458 x 12
B	\$250 Deposit + \$98 x 6	\$250 Deposit + \$181 x 12	\$275 x 12	\$319 x 18
C		\$250 Deposit + 158 x 14	\$250 Deposit + 178 x 18	\$250 Deposit + 199 x 30
Fortnightly				
A	\$250 Deposit + \$95 x 6	\$250 Deposit + \$172 x 12	\$263 x 12	\$229 x 24
B	\$250 Deposit + \$49 x 12	\$250 Deposit + \$91 x 24	\$250 Deposit + \$127 x 24	\$160 x 36
C		\$250 Deposit + \$79 x 28	\$250 Deposit + 89 x 36	\$250 Deposit + 99 x 60
*Option C begins with a \$250 deposit as your first payment. ** Payment plans include interest				

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

Get your questions answered

FAQs

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 14 months. Beyond this, 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 nominal cost.

Q. How flexible is the course?

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

[ENROL HERE](#)

When you join ACM/M you become
part of a like-
minded community



Meet your mentors

Our team



Lisa Forde

**Founder & President of
Meditation Australia**

Lisa has over 20 years of experience as a Holistic Counsellor, Meditation Teacher, and Retreat Facilitator. She founded ACMM in 2006. She has completed studies in counselling and psychology, and advanced training in meditation and Reiki. Lisa was mentored by leading Meditation Masters. In her role as President of Meditation Australia, she leads teachers of all faiths, designs professional development programs, events and conferences. In her spare time, she enjoys nature, cooking, art, and more meditation.



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.



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.



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 and supporting both adults and children. Sammy holds a Diploma from ACMM



Lauren Howe

QLD

Lauren is a meditation teacher, somatic therapist and eco therapist. She runs her own online holistic business working privately with clients in person and holding online women's gatherings and embodiment classes. Lauren 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.



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. She holds a Diploma from ACMM



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.



Anthony

Grace

VIC

Anthony is the owner and principal counsellor of Mindful Health Counselling. Meditation and mindfulness are core pillars of the therapy style he practices. He is passionate about sharing the wonderful gifts, insights and healing opportunities that become available through meditation. As well as offering meditation to clients in session, he also facilitates and guides weekly community meditation evenings.



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.

Begin the journey today

Ready to get started?

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

Receive your introductory phone call and then start session 1!

Do you have more questions?

Contact us today



Andrea Nisizaka Smit

Student Support &
Operations



Aidan Carlisle

Student Records
Administrator

Email us at:

hello@meditationandmindfulness.com.au

or

call our office on **03-9807 4889**

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