


ACMM graduate Natalie with her meditation group.

2026

# Course Prospectus

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

AUSTRALIAN CENTRE FOR MEDITATION AND MINDFULNESS | EST. 2006

# 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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TEACH MEDITATION • TOUCH LIVES • EMPOWER OTHERS

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*Touch lives*

# Who is this training for?

Some students come with an existing profession. Others come with lived experience, a love of meditation, and a genuine desire to make a difference.

**Teachers & Educators**

**Health Professionals**

**Career Changers**

**Counsellors & Coaches**



**Community Workers**

**Yoga, Fitness & Wellness Practitioners**

**Parents & Carers**

**Spiritual Seekers**

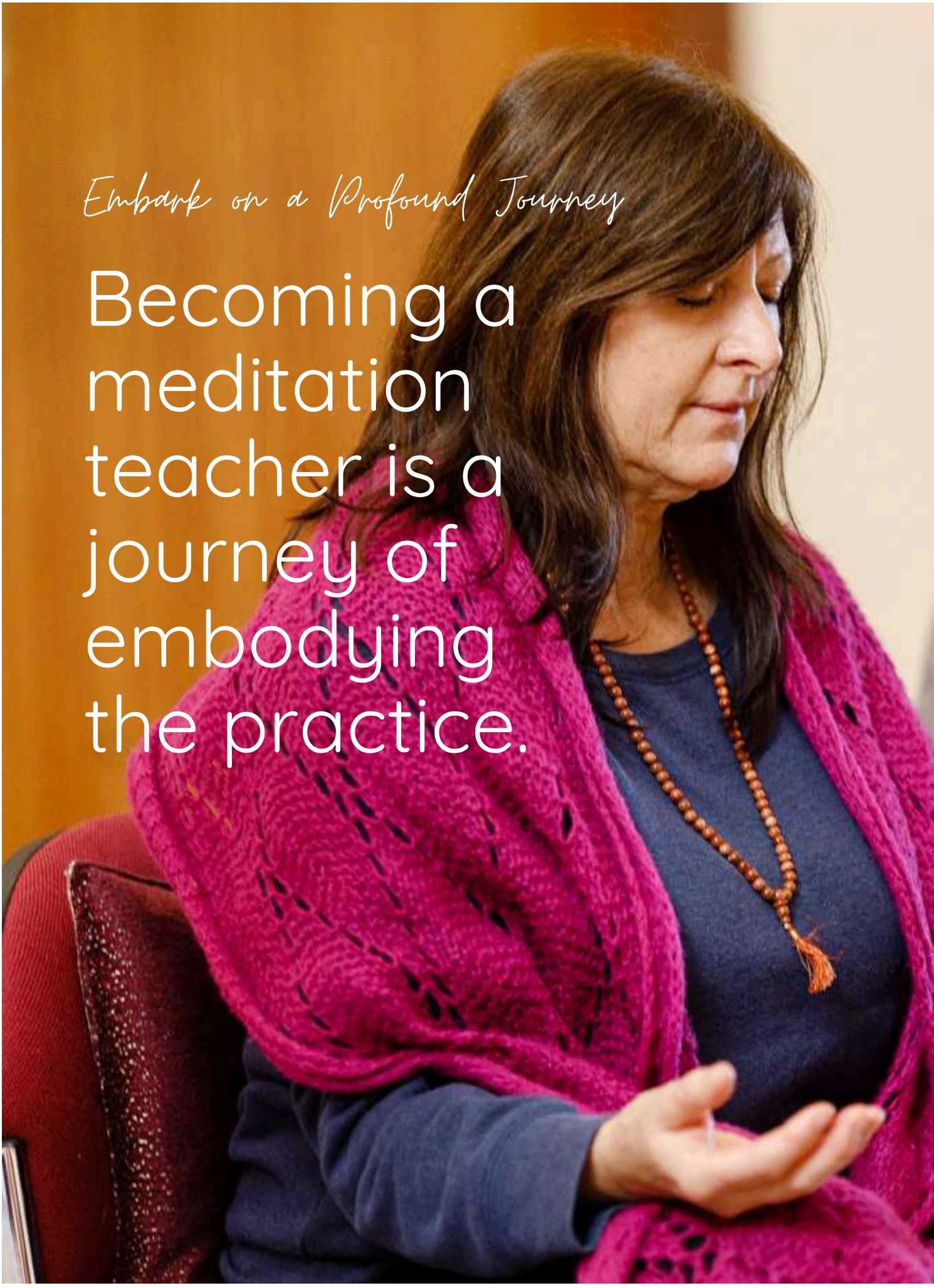
**Meditation Practitioners**

**People ready to help others**

E-screen Reader friendly learning

Career Money Life CERTIFIED SUPPLIER

Use your experience, passions and practice to support others in a meaningful way.


Embark on a Profound Journey
Becoming a meditation teacher is a journey of embodying the practice.

*A complete, supported pathway into teaching*

# Why choose ACMM?

## Recognised Training

Study with Australia's most trusted and recognised training college, led by Meditation Australia president Lisa Forde.

## 1:1 Mentoring

As well as group sessions, receive personal support throughout your course with 1:1 Zoom mentoring sessions at regular times that work for you. Receive encouraging feedback with someone walking beside you as you develop confidence and skill.

## Flexible Online Learning

Self paced study around work, family and life without sacrificing depth. ACMM training is practical, comprehensive and experiential, helping you deepen your own practice whilst learning to guide others.

## Trauma Sensitive Framework

Learn to guide safely, confidently and professionally.
Our graduates say the framework supports them and their clients perfectly. Receive abundant practise opportunities throughout the course.

## Specialist Electives

Personalise your training. Make study fun, relevant and meaningful by including specialist electives such as pain, grief, trauma, anxiety, Buddhist psychology, women's circles and much more. Set yourself up for the pathway you've dreamed of.

## Professional Pathways

Automatic acceptance into professional industry associations - Meditation Australia and IICT. Access to insurance options.

## Work Placement Opportunities

Gain fully supported real world teaching experience. Make connections in local organisations and a real difference in your local community.

## Extensive Business Support After Graduation

Move from student to teacher with peace of mind and just the right amount of support, as you access online business events, workshops, guest speakers and live business coaching sessions. All at very accessible rates.

**Australian Centre for Meditation and Mindfulness**

5.0 ★★★★★ 104 Google reviews

*Is this the right meditation teacher training for me?*

# Common Questions

**You might have a love of meditation, a deep sense of how it has helped you, a real desire to help others, and a few questions. Here are some answers, and it's ok to not have it all figured out before you begin.**

### Am I experienced enough?

ACMM students come from diverse backgrounds.
Some are health professionals, therapists, educators, yoga teachers or wellness practitioners.
Others bring a love of meditation, lived experience, parenting, caregiving, community work, creative or spiritual practice, curiosity and personal growth.
Our 1:1 mentoring respects each individual's path and level of experience.

### What kind of support will I receive?

Alongside your self paced learning, you will receive:

- Regular one to one mentoring
- Regular feedback from your mentor
- Group meditation sessions
- Group practice sessions
- Connection with the ACMM community
- Phone support during business hours

### What if I haven't studied for a while?

ACMM training is practical, experiential and personal. It's designed to be accessible enough for those returning to study, while still offering depth, nuance and professional relevance.

Your mentor supports you to integrate the learning in a way that is meaningful for your background, goals and teaching direction.

### Can I choose my subjects?

Yes.
Through ACMM's specialist electives, you can shape your studies around the areas of meditation and mindfulness that most inspire you.
The core Certificate training is a set curriculum. To add electives to the Certificate, you can add them individually, or enrol in the Advanced Certificate or Diploma which includes 3 electives.

### Will I feel confident guiding others?

Your confidence in guiding with deep presence will develop as you:

- Practise the skills you learn through the course
- Use the structure provided
- Experience the support of your mentor and peers

Before you know it you will be guiding original meditations and teaching with or without scripts.

### Is the training industry recognised?

Yes.
ACMM is a registered school with both accrediting bodies: Meditation Australia (MA) and IICT.

Our graduates are eligible for professional membership pathways and insurance options after qualifying. (Minimum level Certificate required).

### Can I earn an income as a meditation teacher?

Yes, many graduates create sustainable work as a meditation teacher, but there is no single pathway.
Some teach part time, some add meditation to their existing work, some create workshops, classes, memberships, workplace programs, community or 1:1 sessions.
Many students find their niche during their training.
ACMM supports you through our Work Placement and Business Support, helping you begin with real world clarity.

### What happens after I graduate?

You can start teaching! You can also continue growing with post graduate study, business support, retreats, supervision, work placement and the ACMM community.
Our graduates tend to stay. They come back to retreats and meditation nights. This is a home you won't want to leave. No matter how much or how little support you need, this warm community is here for your continued success and growth.

*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."

# Find your people








# Which course is right for me?

*A Gentle Start*

## Foundations of Meditation and Mindfulness

Learn about Meditation, try new techniques and develop a daily practice

**Sessions 1-3 of the Certificate course**



The Foundations course offers a gentle, supported start to your meditation teacher training journey, or a meaningful way to deepen your personal practice.

Over the first 3 sessions of the Certificate course, you'll explore the heart of meditation and mindfulness through history, science, practice and personal reflection.

You can complete Foundations as a short course in its own right, or continue into full certification when you are ready.

**This course is perfect if you want to:**

- Explore meditation more deeply
- Develop a regular personal practice
- Learn foundational meditation techniques
- Experience ACMM's mentoring and community
- Make a low pressure start before committing to the full teacher training

**Content includes:**

- The history of Meditation
- What science says about Meditation
- Meditation traditions
- Stress & the relaxation response
- Holistic wellbeing
- How to meditate
- Mindfulness, grounding, centering, sound meditation, inquiry meditation, nature meditation and body awareness
- Navigating common obstacles in meditation

If you are confident in your intention to teach professionally, then the Certificate, Advanced Certificate or Diploma are the most cost effective pathways.

# Get qualified to teach Meditation



ACMM Graduate Robyn, conducts meditation sessions in Melbourne

## Certificate
### Become a meditation teacher

**8 Sessions + 1 to 1 mentoring + group sessions**

The Certificate in Guiding and Teaching Meditation and Mindfulness is ACMM's core professional training pathway.

It is practical, experiential and personalised, giving you the skills, structure and confidence to begin teaching meditation professionally.

**You'll Learn to**

- Deepen your own meditation practice
- Guide confidently with or without scripts
- Teach groups, classes, workshops + 1:1 clients
- Practise a wider range of meditation techniques
- Facilitate safely using trauma-sensitive principles
- Develop your own authentic teaching voice
- Create original guided meditations
- Design classes, courses and workshops
- Access professional membership + insurance after qualifying

Flexible completion timeline: 4 to 14 months

## Advanced Certificate
### Dive deeper into your passions

**Certificate + 3 specialist electives**

This course includes everything in the Certificate, plus three specialist elective subjects chosen from ACMM's rich elective library.

This pathway allows you to personalise your training around the areas of meditation, mindfulness, wellbeing and teaching that most inspire you.

The Advanced Certificate helps you to:

- Deepen your practice and teaching presence
- Choose specialist subjects aligned with your goals
- Develop confidence teaching in particular areas
- Explore different applications of meditation
- Learn from experienced specialist mentors
- Shape your unique direction as a teacher
- Build a richer foundation for future postgraduate study

Flexible completion timeline: 6 to 18 months.

**Which pathway should I choose?**

**Choose the Certificate if you want to**
Become qualified to teach meditation and mindfulness, develop strong foundational teaching skills, and begin guiding groups, classes, workshops or one-to-one clients with confidence.

**Choose the Advanced Certificate if you want to**
Include 3 specialist electives, personalise your training around the areas that inspire you most, and begin shaping your unique direction as a meditation and mindfulness teacher.

**Not sure which pathway is right for you?**
Book a discovery call and we'll help you choose the best option for your goals and budget.

*Touch lives with compassion and grace*

## Diploma

### Deepen, integrate and mature your teaching practice

**Advanced Certificate + supervision + retreat experience**

The Diploma is designed for students and graduates who want to deepen their teaching practice, expand their confidence and continue growing within a supportive professional learning environment.

This postgraduate pathway brings together advanced study, live supervision, retreat experience and real-world teaching reflection.

It is especially valuable once you have begun teaching, or are preparing to teach, because it gives you the space to explore the real questions, challenges and insights that arise in real world teaching.

**You'll receive:**

- Advanced meditation and mindfulness teacher training
- 8 live online supervision sessions with Lisa Forde
- Support while developing your professional offerings
- Guidance with real-world teaching questions and challenges
- Opportunities to reflect on your teaching practice with peers
- Mentoring as you deepen your confidence and professional identity
- Experiential learning through retreat participation

"The Diploma has been an essential part of my development as a meditation and mindfulness teacher, not only by enhancing and giving me tools for my practice but also by allowing me to discover the sharing experiences with other practitioners."
– Jenny

**Live supervision with Lisa Forde**

A core part of the Diploma is participation in 8 live online supervision sessions with Lisa Forde.

These sessions provide a warm, practical and highly supportive space to ask questions, share experiences, receive mentoring and learn from the wisdom of the group.

**Supervision topics may include:**

- Responding to the needs of different students and groups
- Reading the room and adapting practices in the moment
- Working skilfully with trauma-sensitive principles
- Supporting mixed-experience groups
- Designing classes, courses and workshops
- Managing unexpected challenges in facilitation
- Developing confidence in your own voice
- Exploring scope of practice, boundaries and ethical considerations
- Building sustainable offerings in the community

These sessions help you bridge the gap between training and real-world teaching. They are a place to bring your questions, receive expert guidance and continue developing the confidence and maturity required to support others well.

**Retreat experience**

As part of the Diploma, you will attend an ACMM in-person retreat, or online equivalent.

Retreats offer a rich opportunity to deepen your own practice, connect with other students and experience the personal development that sits at the heart of authentic meditation teaching.

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



**Bec (VIC)**
Diploma Graduate

**Ken (NSW)**
Advanced Certificate
Graduate





**Bridget (QLD)**
Diploma Graduate

Training meditation teachers for 20 years

Over 1000 graduates

5 star Google reviews
★★★★★

*Certificate Course*

# Course Content Overview

## Sessions 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.

Stress and relaxation, breathing anatomy, and how to support thoughts and emotions in meditation. Experience a range of meditation techniques, including grounding, centering, breath, body-based practices, nature-based meditations, self-inquiry, sound meditation, mantras and chanting, mindfulness practices.

## Sessions 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.

You'll also explore the unique features and nuances of each technique to enhance your teaching approach.

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

**Competencies and Practice**

Developing 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 out which course option is best for you by speaking with one of our friendly team.
Book your discovery call.

BOOK NOW

*Explore your passions*

# Choose your niche and deepen your path with Specialist Electives

Explore ACMM's rich range of specialist electives and personalise your training around the areas you feel most called to teach.

3 electives are included in the Advanced Certificate and Diploma, giving you greater value when you choose these pathways.

Electives can also be purchased individually.
(Pre-requisites may apply)



Specialist Electives

## Meditation and the Chakras

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.
Excellent preparation for teaching in this area.

Also available as a stand alone short course. Enrol here.

## Journaling for Clarity

This is a 6 week sequential course.
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 inform your choice of meditation technique so that your practice becomes more responsive to your needs.
Learn techniques to bring to your workshops and classes,
Also available as a standalone short course. Enrol here.



ACMM Graaduate Shalini holding classes in her physiotherapy stuido

## 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.

## 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.

Also available as a standalone short course. Enrol here.



ACMM Graduate Elle holding a meditation class for her community

## 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.

## 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.
Essential preparation for working with people who may have a trauma history or suffer from anxiety.

## Supporting Neurodivergent Minds with Meditation

This elective explores how meditation can be taught safely, skilfully and inclusively for neurodivergent individuals. Learn practical ways to support ADHD, autism, sensory sensitivities and diverse cognitive styles through adaptable teaching approaches and responsive guidance. It offers a thoughtful framework for making meditation more inclusive, accessible and supportive for everyone.

Available as a standalone short course for already qualified meditation teachers. Enrol today.



ACMM graduate Stacey brings mindfulness to our beloved pets.



ACMM Graaduate Paige blends meditation with her fitness coaching.

## Mindfulness and Buddhist Psychology

Embark on a journey with the Mindfulness Masters and discover how mindfulness can enhance your life.
You'll explore Buddhist psychology principles and learn to apply them in both your personal life and teaching practice. Dive deep into the true awareness of mindfulness.

## 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.
Available as a standalone short course for qualified meditation or yoga teachers. Enrol today.



ACMM Graduate Keran practising mindfulness on ACMM's 5 day retreat in the Yarra Valley

## 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.

## 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, Former President of Meditation Australia

## 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 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.



ACMM graduate Anila running a group in Mayanmar

## 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.

## 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.
Develop your dream workshop to offer to the community.



ACMM Graduate Natalie holding a children's meditation class



# 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 (WA)

"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 (NSW)

“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 (New Zealand)

*Receive guidance for the whole journey*

# Support throughout your training

## One to One Mentoring

No matter which course you choose you will benefit from our 20+ years of experience training meditation teachers. Enjoy the beautifully presented course content, and connect with your mentor on Zoom after each module for guidance, encouragement, and to celebrate your progress. Our dedicated mentors 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 wide 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 mentoring, you'll have access to the warm and supportive ACMM student community through:

**Peer Practice 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.

**Peace of mind with our accredited courses**

MEDITATION association of AUSTRALIA
Registered Training Course

PIONEER TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

SEAL of EXCELLENCE
2025

*Deepen Your Practice. Enrich Your Teaching.*

# Retreats






Our retreats are much more than a chance to step away from everyday life. They are an opportunity to bring your learning to life.

Whether attending online or in person, ACMM retreats allow you to experience meditation and mindfulness in a deeply immersive way while learning alongside your mentors and fellow students.

As a student, retreats provide a unique opportunity to:

- Experience a wide variety of meditation and mindfulness practices firsthand
- Observe different facilitation styles and approaches from experienced teachers
- Expand and refine your meditation teaching toolkit
- Deepen your personal practice and embodiment of the teachings
- Connect with ACMM mentors and receive guidance in a deeply relaxing and supportive environment
- Build meaningful relationships with like-minded students and graduates
- Gain inspiration, confidence and new ideas for your own classes, workshops and offerings




Whether you join us for a weekend retreat, a longer immersion or an online retreat experience, you'll leave feeling refreshed, inspired and more deeply connected to both your practice and your path as a meditation teacher. Hear from our attendees below.






*Get real life experience*

# Community Work Placement Program

**Available in Australia and New Zealand - Exclusive to ACMM**









Community Work Placement students holding classes for local community organisation

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

ACMM has 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 Australia

headspace Emerald

BOLTON CLARKE

cancer wellness support

Baptcare



*Get the business support you need to succeed*

# Build Your Meditation Business With Full Support

**The Business Lounge is a program that creates tangible results for ACMM students and graduates.**

## 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
- Private Facebook Group
- Ongoing access to ACMM materials and updates including the Meditation Library
- Range of discounts on ACMM offerings
- Optional monthly group and private live meditation business coaching sessions

## 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.
- How to communicate your value as a meditation teacher

And much more



*A pathway into meaningful work*

# Masters in Meditation & Mindfulness Leadership

## Your opportunity to become a leader in the meditation and mindfulness space.

Begin your journey as a meditation teacher through a guided pathway into advanced study, mentoring, and the creation of your own meaningful body of work.

A pathway into meaningful work

You may feel a deeper pull: to understand, to embody, and to share this work in a way that genuinely supports others.

The Masters is ACMM's most advanced and comprehensive program. Designed for those who feel called not only to teach meditation, but to lead, inspire, and create meaningful impact in the world.

Through a carefully guided progression from foundational training through to advanced study and mentoring, you will not only learn how to teach meditation, but your direction and voice will grow with you.

Along the way, you will create a body of work that reflects your experience, your insight, and the difference you are here to make.
This may take the form of a course, program, series, or offering, and in some cases, may be adopted as an ACMM specialist elective.

## What you'll gain

- The skills and confidence to guide meditation in a grounded and authentic way
- A clear pathway foundational training through to advanced study and leadership
- The ability to develop your own unique direction, voice, and niche
- Real-world support to bring this work to others meaningfully
- The opportunity to create a body of work that makes a genuine difference

## The Pathway

1. **Advanced Certificate**
Build a strong personal practice and develop real meditation teaching skills through practical training and support.

2. **Diploma**
Deepen your knowledge, expand your experience, and explore your unique direction.

3. **Masters**
With one-to-one mentoring from Lisa Forde - ACMM founder and Meditation Australia president, shape your own body of work; a meaningful offering that reflects your insight and purpose.

# Masters in Meditation & Mindfulness Leadership

## Included in your journey

- Two immersive retreat experiences for deep practice and personal transformation
- One-to-one mentoring to guide your development and direction
- Six specialist electives to support your areas of interest
- Leadership and visibility development
- Business and career support
- A supportive community of like-minded practitioners

## Who this is for

- Therapists, coaches, and practitioners who want to expand their influence into community, corporate, or organisational settings.
- Women and men seeking to combine personal practice, professional mastery, and heart-led leadership.
- Those who are ready to develop their voice, build confidence, and create meaningful work that reflects who they are and what they care about.

## A pathway you can trust

For over 20 years, ACMM has supported students to develop not only their practice, but the confidence and experience to share meditation in meaningful ways.
Graduates are now guiding individuals, running groups, and creating their own unique offerings across a range of settings.



### Kathy

**"This has opened up something I've always felt, but never known how to express."**
Through her Masters journey, Kathy is developing a body of work exploring meditation with animals — bringing together lived experience, research, and a deep sense of purpose into a meaningful offering.



### Lucinda

**"This work has completely shaped my direction and my business."**
Through her Masters project, Lucinda developed a neurodiversity-informed approach to meditation —
Now offered as an ACMM elective and integrated into her professional work supporting neurodivergent individuals and families.

## Investment

**$8,999 AUD**
Customized, flexible payment plans available
This is a comprehensive, two-year pathway, not a short-term course, supporting your personal growth, professional development, and the work you feel called to create.

**Take the next step**
If this pathway resonates with you, we invite you to book a discovery call.
Together, we'll explore your goals, your direction, and whether this is the right next step for you.

# 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**



## Sammy

**Trauma & Grief Counsellor & Business Award Winner**

Sammy is a Registered Trauma, Grief and Anxiety Counsellor and 2023 Local Business Award winner. Through her counselling practice and mindfulness programs, she supports children, families and adults to navigate challenges, build resilience and reconnect with wellbeing.



## Rachael

**Author, Podcaster & Mindfulness Educator**

Rachael is the author of The Mindful Kind and host of the internationally recognised podcast of the same name. Through her books, podcast, digital programs and meditations, she has helped hundreds of thousands of people worldwide develop practical mindfulness skills for everyday life.



## Amanda

**TEDx Speaker, Corporate Mindfulness Consultant & Business Founder**

Amanda is the founder of Agile Mind, delivering mindfulness and wellbeing programs to workplaces across Australia. A TEDx speaker and corporate consultant, she supports organisations, leaders and individuals with practical tools for resilience, focus and wellbeing.

# Your course options

| | | Foundations (55 hours) | Certificate (160 hours) | Advanced Certificate (200 hours) | Diploma (280 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) ** | | $979 | $979 | $979 |
| | **Package Price** (Pay upfront and save up to) | 999 | 2,299 (saving of $191) | 2,999 (saving of $329) | 5,299 (saving of $1,011) |

*Cost of Sessions 4-8 of Certificate program is 1449*
*See payment plan options on the next page*
*Prices inclusive of GST and are subject to change*
**Includes $1,349 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 enroled in Diploma*
*Course extensions are available at an additional fee.*

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# Payment plan options

| Payment Plan Options | Foundations | Certificate | Advanced Certificate (3 electives) | Diploma (3 electives) |
|---|---|---|---|---|
| Monthly | | | | |
| Plan 1 | 340 x 3 | 782 x 3 | 1,020 x 3 | 477 x 12 |
| Plan 2 | 250 Deposit + 130 x 6 | 399 x 6 | 520 x 6 | 330 x 18 |
| Plan 3 | | 250 Deposit + 184 x 12 | 270 x 12 | 256 x 24 |
| Plan 4 | | 250 Deposit + 160 x 14 | 250 Deposit + 171 x 18 | 250 Deposit + 202 x 30 |
| Fortnightly | | | | |
| Plan 5 | 250 Deposit + 127 x 6 | 391 x 6 | 210 x 6 | 250 Deposit + 227 x 24 |
| Plan 6 | 250 Deposit + 65 x 12 | 250 Deposit + 178 x 12 | 260 x 12 | 250 Deposit + 157 x 36 |
| Plan 7 | | 250 Deposit + 92 x 24 | 250 Deposit + 124 x 24 | 250 Deposit + 122 x 48 |
| Plan 8 | | 250 Deposit + 80 x 28 | 250 Deposit + 86 x 36 | 250 Deposit + 101 x 60 |

*Some payment plans require a $250 deposit as your first payment.
** Payment plans include interest

We believe meditation training should feel accessible and supportive. If you'd like to discuss payment options, flexible arrangements, or simply chat about which course path feels right for you, we invite you to book a free chat with ACMM founder Lisa Forde.

BOOK A CHAT

## *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



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*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 and 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 mentor 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 mentor at a time that suits you.

**Q. Can I complete the course outside Australia?**
Yes! We have had many international students and grads from places such as New Zealand, Spain, Malaysia, Chile, Ireland, Sweden, Singapore, Germany, Philippines, UK , America and Sri Lanka.

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*When you join ACMM 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, Retreat Facilitator and Speaker.

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 International 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* **South Australia**

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. Tim also serves on the board of Meditation Australia.



## *Susie McPhie* **New South Wales**

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.



## *Jen Hill* **South Australia**

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



## Lauren Howe **Queensland**

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.



## Dee Brilley **New South Wales**

Dee is a meditation, mindfulness and children's yoga teacher, with over 18 years of experience in education. She is passionate about supporting children, caregivers and educators to build emotional awareness, connection and a sense of inner calm.

Her work is grounded in co-regulation, emotional literacy and present-moment awareness, creating spaces where individuals feel seen, heard and supported.



## Ramona Lane **Queensland**

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 **Victoria**

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 **Victoria**

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.

*Ready to get started?*

# Begin your journey

CLICK TO ENROL OR BOOK A DISCOVERY CALL

*to*

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!

Email us at:
**hello@meditationandmindfulness.com.au**
or
call our office on **03-9807 4889**

Find us on Facebook

Instagram

The Australian Centre for Meditation and Mindfulness is an eco-friendly organization and proudly supports the ACMM SCHOLARSHIP FUND. This fund enables marginalized and disadvantaged students to undertake studies with us at subsidised rates.