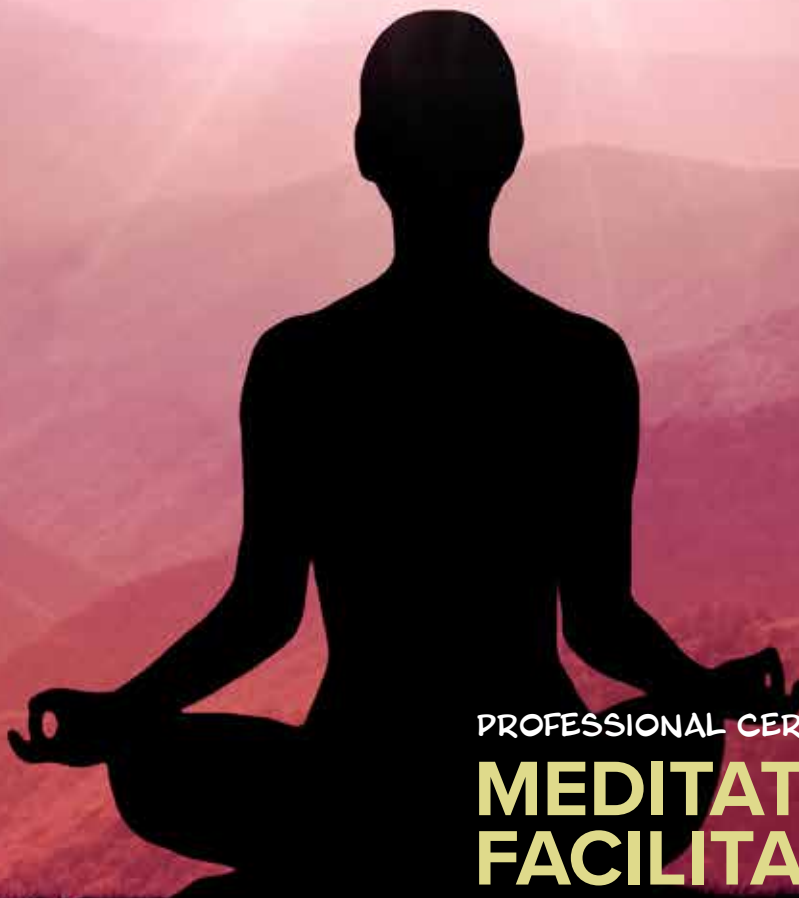




CELEBRATING
over 50 YEARS of
Nature Care College
Learning for Life, since 1973



PROFESSIONAL CERTIFICATE IN
**MEDITATION
FACILITATION**

naturecare.com.au

2024 COURSE OUTLINE

LOVE YOUR WORK | LOVE YOUR LIFE

Professional Certificate in Meditation Facilitation

Enjoy the benefits of your training
on your own mind & body, while working towards
a rewarding career that will help others

Meditation is essentially a mental practice of single pointed focus with the intention of going beyond the thinking, reactive and 'defended' mind (which includes the personality self, also referred to as ego) into a deeper state of relaxation, peace, acceptance, creativity and awareness.

Research shows that the benefits of practicing meditation techniques are **MANY** in helping both physical and mental health conditions including:

- Reducing stress and anxiety
- Improves focus
- Improves ability to make decisions
- Improves memory
- Improves relationships
- Improves cardiovascular health
- Enhances the immune system
- Reduces physical and emotional pain
- Helps to overcome addictions
- Increases your sense of connectedness and empathy
- Increases your sense of well-being



A MEDITATION FACILITATION COURSE THAT DELIVERS STUDY/LIFE BALANCE

Course Duration: 1 year part-time with a well-balanced study load

Intake: Annual intake commencing in February

Study Options: Online Virtual Classroom live in real time

Academic Year: The academic year consists of 3 x 12 week terms

As a Meditation Facilitator you will;

- Help people to reconnect to who they truly are
- Help people bring peace, clarity and balance into their lives
- Inspire your clients to live their best lives
- Work in a rewarding field
- Enjoy a greater work-life balance in a career that has flexibility



“Only in my deep meditation do
I come to know who I truly am”

- Sri Chinmoy

What you will learn

In this comprehensive Facilitator training course, meditation is taught in 3 stages:

1. Exploration of various meditation techniques & development of your own personal practice
2. The application of meditation techniques in professional & clinical settings
3. Expansion and consolidation of your practice through an experiential silent weekend and the practical aspects of running meditation classes in the community or workplace.

You will receive practical course material and home exercise practices to build on your knowledge and skills on a weekly basis. You will also learn skills on how to market your new business.

At the end of your Facilitator training, you will be skilled and confident to facilitate group meditation classes.

Who is this course for?

The Professional Certificate in Meditation Facilitation is geared towards those wishing to practice as a Meditation Facilitator. It is also an inspiring course program for people who wish to evolve & develop their meditation practice to learn to guide others.

Course Enrolment

You are welcome to enrol if you are 18 years and over.

Recognition of Course

The Professional Certificate in Meditation Facilitation is accredited with the Meditation Association of Australia-(MA)
www.meditationaustralia.org.au



Nature Care College is an approved, recognised provider for the Professional Certificate in Meditation Facilitation with the International Institute for Complementary Therapists (IICT). Once you graduate with your qualification, you are eligible to join IICT to gain personal indemnity insurance to practice.

IICT - The International Institute for Complementary Therapists

IICT is a professional membership body that provides membership to thousands of natural therapy practitioners worldwide. IICT represents the world's largest list of recognised natural therapy modalities.



Professional membership & insurance for Every Therapist - Once you have graduated with your Professional Certificate from Nature Care College, you are eligible to join the IICT
Visit: www.iict.com.au



Nature Care College is an approved, recognised provider for the Professional Certificate in Meditation Facilitation with the International Energetic Healing Association
Visit: www.internationaleha.org

The Nature Care Benefit

- Training Practitioners since 1973 - learn from experienced, passionate educators
- Quality education at an affordable price
- Free Student Membership with Meditation Association of Australia
- Upon graduation your choice of membership with three associations

The college's quality education is complemented with great value courses to support people in transitioning into work they love!

Our Professional Certificate course gets you started in the industry at an accessible course cost.

About Nature Care

We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- > For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- > Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- > The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".



ONE YEAR STUDY PLAN

Study Period 1

- Meditation 1

Study Period 2

- Meditation 2
- Communicate with Clients

Study Period 3

- Meditation 3 - Advanced Meditation & Facilitator Skills

For subject dates and times, please view the Timetable.

Students who have completed Wellness Coaching Skills as part of the Professional Certificate in Food & Nutrition Coaching or the Professional Certificate in Holistic Wellness Coaching are not required to do Communicate with Clients.

Your subjects

Meditation 1

You will be introduced to some of the many forms of meditation available and gain some experience of each, both in class and between sessions, eventually developing an ongoing personal practice with the technique(s) of your choice. You will also develop an understanding of the theory and purpose underlying all meditation traditions, as well as the benefits of meditation as an integral part of life.

Meditation 2

While continuing to develop and deepen your personal meditation practice, in this module you will focus on the application of meditation techniques in a clinic or other professional context, both with individuals and with groups. You will gain an understanding of how to select from a range of appropriate meditation techniques for individual clients and the needs of a group, as well as applying the practice of meditation for therapeutic and healing work.

Meditation 3 - Advanced Meditation & Facilitator Skills

Meditation 3 consists of two weekend intensives. The first weekend is dedicated to expanding and consolidating your meditation practice. We will create a sacred space of silence in order to deepen our inner connection. The weekend will also include periods of debriefing and discussion. The second weekend covers the practical aspects of running meditation classes engaging clients in the practice of Meditation. It includes student presentations and continuing meditation practice.

Additional studies include Communicate With Clients

Course Program Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone.

The college offers a range of payment options to assist people with their budgets.

There are 3 payment options available.

You enrol and pay course tuition fees on a term-by term basis.

OPTION 1: RECEIVE A 5% DISCOUNT

Pay the terms course tuition fees in full upon enrolment to receive a 5% discount.

To receive the 5% discount, you must enrol three weeks prior to the start of the course.

OPTION 2: PAY TERM BY TERM AS YOU STUDY

You can enrol with a course deposit of \$200 & the Course Program Enrolment Fee of \$95.

The balance of the terms course tuition fees is payable by the end of the first week of term.

OPTION 3: PAYMENT PLAN

The benefit of a payment plan is that it helps you to budget & pay for your studies throughout the term in weekly instalments. This enables you to spread the cost of your course tuition fees over the 12 weeks of term.

To enrol an initial deposit of \$200 & the Course Program Enrolment Fee of \$95 is required to secure your place in the course program. The balance is paid off in 12 weekly instalments throughout term.

*A 10% payment plan access surcharge is applied to the balance owing after the deposit is paid.

Professional Certificate in Meditation Facilitation Course Tuition Fees

Course Program Enrolment Fee \$95

Term 1 \$695 **Term 2** \$1,140 **Term 3** \$865

Paying Per Term with 5% Upfront Discount

Term 1 \$660.25 **Term 2** \$1083 **Term 3** \$821.75

Paying Per Term with a Payment Plan

To enrol an initial deposit of \$200 is required per term and the balance can be paid in 12 weekly instalments each term as outlined below.

Term 1 \$45.37 weekly **Term 2** \$86.16 weekly **Term 3** \$60.95 weekly





Frequently Asked Questions

Who are my Trainers?

Nature Care has been a leading provider of natural therapies since 1973! The college is renowned for its natural medicine curriculum, passionate and experienced Trainers and professional, caring environment. Students in the Professional Certificate in Meditation Facilitation receive great benefits in learning from Trainers who are successful facilitators & teachers and who love sharing their first-hand experience with their students.

The Professional Certificate in Meditation Facilitation has been developed in-house by successful facilitators & teachers; the result being the most relevant & comprehensive qualification in the field for those wishing to facilitate meditation practices.

YOUR TRAINER

Lorna Stewart

Lorna is a highly regarded transpersonal and spiritual coach, energetic healing practitioner, and meditation teacher. She is committed to the awakening of each person's deepest Self, the transformation and evolution of human consciousness, and the healing of our world. At Nature Care College, Lorna trains students in the Professional Certificate in Meditation Facilitation, Diploma of Holistic Wellness Coaching and the Diploma of Energetic Health.



Career opportunities

Career opportunities for Nature Care graduates are bright and prosperous. The popularity of the natural therapies and wellness industries globally has increased the demand for qualified Meditation Facilitators. Nature Care College has a long-standing reputation as one of the country's most reputable Natural Therapy colleges.

Facilitate meditation in private practice or in the wider community within specialised groups such as professional sports teams, schools, Aged Care & Allied Health Centres, Health and Spa Retreats, Fitness Clubs, in Corporate Wellness promoting meditation in the workplace.

Recognition of Prior Learning (RPL)

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

www.naturecare.com.au

Meditation Study Options and Career Paths

COURSE

OUTCOME

MEDITATION 1



PERSONAL GROWTH
OR TASTE TEST FOR A
CAREER CHANGE

PROFESSIONAL
CERTIFICATE IN
MEDITATION FACILITATION



BECOME A
MEDITATION FACILITATOR



The Experience

A wonderful, supportive and inspiring course!
Thank you for the support, guidance and encouragement.
I feel empowered with the skills needed to facilitate
meditation in the community. - *Grace*

The meditation course is inspiring and helped me
make a positive change. Both Lorna & Judy gave me
encouragement to follow the meditation path with conviction
and in so doing, impart my knowledge to others.
I loved the course. Thank you!"

This course has been thoroughly enjoyable. The class content is
incredibly fascinating and full of information.
I felt amazing after each class. - *Glenda*

Excellent Zoom presented course. Great to feel included
and involved in the classroom experience online.
You can see and hear the passion in Lorna's teaching.
Inspiring to learn Mediation from - *Jade*



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