

Relaxation, Meditation and Mindfulness Instructor - Certificate

The **Relaxation, Meditation and Mindfulness Certificate** teaches individuals and health professionals to become qualified instructors of relaxation, meditation, and mindfulness.

It has been designed to give you the tools you'll need to be a competent instructor, helping both yourself and others down the path toward relaxation, enhanced wellbeing and effective meditation practice.

On this course in Relaxation, Meditation, and Mindfulness students learn how to teach relaxation, meditation, and mindfulness individually and to groups.

Techniques include:

- Progressive Muscle Relaxation
- Inductions to relaxation
- Breathing exercises (4 techniques)
Imagery (two sequences)
- Meditation Mindfulness
- How to teach techniques to a group
- How to run meditation and relaxation workshops

Module 1

We start by building a solid foundation in your understanding of: Meditation Practice and its origination

- Proven Scientific benefits of Meditation
- Types of Meditation Practice
- Practice Techniques
- Structuring Your Meditation Practice
- Understanding the Importance of Posture
- How to let go of disturbing thoughts and feelings
- The difference between mindfulness and concentration



Module 2

We build on this foundation by exploring and practicing more in depth concepts, including... Integrating Meditation Practice with Life's Daily Activities

- What exactly is the power of "Now"
- Maintaining Mindfulness during practice
- Dealing with resistance to meditation
- Breathe Awareness Techniques
- Physical discomfort in practice
- Integrating Meditation Practice with Life's Daily Activities

Module 3

Develops the promotion of relaxation, meditation and mindfulness as excellent tools for stress reduction and enhanced wellbeing. We also cover a variety of practical material related to your work as an Instructor, including...

- Principles of Meditation Instruction
- Right-Brain / Left-Brain Considerations
- Communicating the Benefits of Meditation
- How to use meditation and mindfulness for quick and easy stress reduction
- Planning Meditation Classes and/or Private Instruction
- Communicating with your students the benefits of meditation/mindfulness
- Promoting your Meditation Integrating Meditation Practice with Life's Daily Activities

Instruction Services Accredited Post Graduate Qualification in Relaxation, Meditation, and Mindfulness requires 40 hours of learning and 14 hours of supervised skills development.

Assessment for the Certificate in Relaxation, Meditation and Mindfulness occurs through:

- Supervised skills development practice
- One Session Plan Outline
- Delivery of 10 minute relaxation session
- Reflective learning journal
- Record of Fifteen to twenty minutes of personal practice twice daily for six weeks

COURSE ENTRY REQUIREMENTS

Applicants need to: Have acceptable qualifications, in related areas e.g. health professionals, HR professionals and those working in the field of physical, mental or emotional well-being.

Or be able to demonstrate that their accumulated knowledge and skills is equal to the requirements of the above.

[Complementary Therapists Association](http://www.complementarytherapists.org.uk) - CThA Approved Core Therapy Status

Benefits

All students that obtain a CThA Approved Core Therapy qualification will automatically be accepted as members.

All Approved Core Therapy or Post Graduate Qualification therapies are automatically accepted for addition to the professional's register of treatments and will be covered by our insurance.

COST: £295.00

Course Dates

23rd/24th April 2010

For more about well being at work and a healthy stress free lifestyle visit our website at www.smartfoundations.co.uk