

# MEDITATION TEACHER TRAINING

## MODULE 2 - GUIDED IMAGERY and CONTEMPLATION

**You pathway to a new vocation with Drs Ruth and Ian Gawler**

*Learn to deliver two courses of four weeks each  
- one focusing on contemplation, the other guided imagery  
Study mindfulness and meditation for healing, personal development and spirituality*

**This 5 day meditation teacher training will provide you with the training to deliver two courses of four weeks each; one focusing on Contemplation, the other Guided Imagery.**

Both will be linked directly to a specific facilitator's manual and be in synergy with Module 1 of this comprehensive meditation teacher's training program that focuses on delivering an 8 week Mindfulness Based Stillness Meditation (MBSM) course. The course manuals are included in the course fees.

It will be an advantage to have completed Module 1, but not compulsory.

A Certificate of Completion confirming you have completed 40 hours of face to face meditation teacher training will be provided at the conclusion of this Module 2 program.

### Topics Covered

- Practice teaching and leading contemplation and guided imagery.
- Study the benefits of contemplation and guided imagery for healing, personal development and spirituality.
- Appreciate how contemplation can be used in the search for meaning and to gain meaningful answers to the age-old philosophical questions like "Who am I?"
- Learn how these same contemplation techniques can be used to meet the needs of modern problem solving, increasing creativity and leading to powerful insights.
- Gain an understanding of the strengths and limitations of "positive thinking" and how to manage client safety when teaching contemplation and guided imagery.
- Understand the six primary uses for guided imagery and learn how to apply them.
- Receive an overview of Mindfulness Based Stillness Meditation and link with Module 1.
- Learn of the latest research news in meditation, neuroscience and neuroplasticity.
- Understand the importance of 'stillness' and 'spaciousness' that comes with meditation and how it supports the practices of contemplation and guided imagery.

**This is another wonderful opportunity to deepen your own meditation practice and become equipped to better help others learn to train their minds and meditate.**

### Entry Criteria

Your own regular meditation practice.

### The Gawler Foundation's Meditation Teacher Training Program

At the Yarra Valley Living Centre, the Foundation offers two Meditation Teacher Training modules.

**Module 1 : Mindfulness-Based Stillness Meditation**

**Module 2 : Guided Imagery and Contemplation**

While many will do Module 1 followed by Module 2, you may choose to do either module independently or in any order. However, particularly if you are new to teaching meditation, it is recommended to attend Module 1 before Module 2. Also, it is highly recommended that wherever possible you complete the preliminary reading and study it well before attending your program.

## Membership

Completing both modules will meet the training requirements for Provisional membership of the peak professional body for meditation teachers, The Meditation Association of Australia (MAA) - see their website for current details : [www.meditationaustralia.org.au](http://www.meditationaustralia.org.au). Other Meditation Retreats facilitated at the Yarra Valley Living Centre could contribute to these registration requirements.

## Recommended Reading for Module 2

*Meditation: an In-depth Guide* - Ian Gawler and Paul Bedson. (Allen & Unwin, 2010)

*The Mind that Changes Everything* - Ian Gawler (Brolga Press, 2012)

*Guided Imagery for Self-healing* - Martin Rossman (HJ Kramer, 2000)



**Ian Gawler OAM**, founder of The Gawler Cancer Foundation, Ian has played a major role in pioneering and popularising meditation and other mind-body techniques in the Western world. He has authored six bestselling books including *Peace of Mind*, *Meditation – Pure and Simple*, *The Mind that Changes Everything* and *Meditation – an In-Depth Guide*. Known for his clarity, insight and good humour, Ian has a gift for translating ancient wisdom into a modern, scientific context.

**Dr Ruth Gawler** is a GP with specific expertise in Mind-Body Medicine. Ruth knows meditation to be a way of getting to know your own mind and learning how to use it more effectively. Ruth has been a meditator since 1975 and is currently President of the Meditation Association of Australia.

Together, Ian and Ruth have over 80 years of personal meditation practice and 50 years experience teaching meditation.

**Dates for 2017**    **March** : Mon 27 – Fri 31 2017    **October** : Mon 9 – Fri 13 2017

**Location**                      The Yarra Valley Living Centre – 55 Rayner Court Yarra Junction, Victoria 3797

**Fees**                              From \$1,990 per person (including GST), depending on your choice of accommodation. This cost covers all elements of the program, including delicious organic plant-based wholefood meals, snacks, freshly squeezed juices, herbal teas and dandelion coffee.

*Please note: Gawler Foundation members receive 5% discount on second and subsequent retreat bookings.*

Optional extras include transport and purchases from our resource centre.

**Please contact The Gawler Foundation** to register, to discuss your fee options or with any questions : [programs@gawler.org](mailto:programs@gawler.org) OR +64 3 59671730