

# Meditation Teacher Training - Module 1

## Mindfulness-Based Stillness Meditation

**Your pathway to a new vocation**

**with Drs Ruth and Ian Gawler**

*Learn to deliver an 8 week course focussing upon meditation*

### **5 day residential Meditation Teacher Training**

This training will enable you to deliver an eight-week Mindfulness-based Stillness Meditation Course from a facilitator's manual. A manual will be provided with the course and you will also receive a certificate of completion.

For centuries meditation has been used as a simple yet profound means for developing self-awareness, wisdom and compassion. Nowadays, meditation techniques are finding increasing clinical application for both groups and individuals. Over 7,000 reliable studies have shown meditation to be therapeutic for a wide range of physical and psychological conditions: depression, anxiety, chronic pain, hypertension, sleep problems and the impact of stress and trauma. Meditation now plays a primary role in an integrated approach to improving many aspects of life – at work, in relationships, at school and in sport, as well as dealing with illness both mental and physical.

Through this 5-day teacher training you will gain:

- Practice in teaching and leading Mindfulness-based Stillness Meditation (MBSM), the central style of meditation taught at The Gawler Foundation.
- A comprehensive background knowledge of the benefits of this style of meditation for healing, personal development and spirituality.
- A solid framework for teaching and developing the 4 foundations of MBSM practice: Preparation, Relaxation, Mindfulness and Stillness.
- An understanding of the 2 aspects of the mind, along with the strengths and limitations of the thinking mind.
- An understanding of the effects of excessive thinking on mind, emotions, body and spirit.
- An overview of the stress response and the relaxation response, and their impact on health and healing.
- The application of mindfulness to emotions like grief, anxiety and depression as well as joy, compassion and love.
- Useful insights into the links between meditation, Mindbody Medicine, neuroscience and neuroplasticity.
- An understanding and a direct experience of the importance of “stillness” and “spaciousness” in meditation practice.

The 8 week Mindfulness-Based Stillness Meditation Course will cover the following topics:

Week 1: The 4 steps of Mindfulness-based Stillness Meditation: Preparation, Relaxation, Mindfulness, Stillness. Different styles of meditation: attention, intention, inquiry. Introduction to Mindfulness.

Week 2: Preparation for meditation: posture, attitude, environment. An overview of healing. The stress and relaxation responses.

Week 3: Mindfulness of Breath. Concentration. The two aspects of mind: thinking and awareness. The nature of the thinking mind. Excessive thinking. Antidotes for excessive thinking.

Week 4: Mindfulness of Body. Mindfulness of thoughts. The difference between awareness and thinking. Resistances to meditation and solutions. Mindbody Medicine and meditation.

Week 5: Mindfulness of Emotions. The cognitive and affective aspects of emotion. Healthy emotions. Connecting with feelings and practicing self-compassion.

Week 6: Mindfulness into Stillness. The nature of Stillness. Stillness and movement.

Week 7: Mindfulness in everyday life. Standing, walking, waiting, talking, eating and feeling mindfully. Doing one thing at a time.

Week 8: The complete Mindfulness-based Stillness Meditation practice.

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 in 2020**

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

**Module 2 : Contemplation**

The 2 modules will be in synergy and together comprise the Foundation's 2020 meditation teacher's training program. Module 2 focuses on delivering an 8 week Contemplation course.

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 – do check their website for current details :

[www.meditationaustralia.org.au](http://www.meditationaustralia.org.au).

Certificates of Completion will be provided at the end of each module.

## Recommended Reading for Modules 1 and 2

*Blue Sky Mind – Ian Gawler. (Michael Wilkinson Publishing 2019)*

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

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



**Dr Ian Gawler OAM, BVSc, MCounsHC** 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 MBBS, MGPPsych, RACGP** is a GP with specific expertise in Mindbody Medicine. Ruth teaches meditation as 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 past 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 to many thousands of people.

## Dates for 2020

**Module 1 Mindfulness Based Stillness Meditation** Mon 27 April – Fri

1 May 2020

**Module 2 – Contemplation** Mon 7<sup>th</sup> – Fri 11<sup>th</sup> September 2020

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

**Fees** From \$1,775 per person (inc GST), depending on your choice of accommodation. The fee covers all elements of the program including the Facilitator's manual, as well as delicious organic plant-based wholefood meals. Optional extras include transport and purchases from our resource centre.  
*Please note: Gawler Foundation members receive 5% discount on second and subsequent retreat bookings.*

**Please contact**

**The Gawler Foundation** to register, to discuss your fee options or with any questions : [programs@gawler.org](mailto:programs@gawler.org) OR 1300 651 211