

Meditation Teacher Training - Module 2

CONTEMPLATION

Your pathway to a new vocation

with Drs Ruth and Ian Gawler

Learn to deliver a 4 week course focussing upon contemplation

5 day residential Meditation Teacher Training

Mental clarity, heightened intuition, better decision making, exciting new levels of creativity. Contemplation is a reliable pathway to all of this, while it also increases confidence and fosters inner contentment. Yet little is written specifically on how to practise it, and trainings in how to teach it are rare indeed.

Ian and Ruth Gawler have been teaching this program for quite some years and we are delighted to be able to offer it once more. The training will be supported by a detailed facilitator's manual.

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

Topics Covered

- Understand the theory and benefits; practice teaching in a supervised environment.
- Appreciate how contemplation can be used in the search for meaning and purpose, and to gain insight into 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 intuition.
- Gain an understanding of the strengths and limitations of "positive thinking" and how to manage client safety when teaching contemplation.
- 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 the 'stillness' and 'spaciousness' that comes with meditation and how they support the practice of contemplation.

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 1 focuses on delivering an 8 week Mindfulness Based Stillness Meditation (MBSM) 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 modules 1 and 2 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.
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 knows meditation to be a way of getting to know your own mind and learning how to use it more effectively. She 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 7th – Fri 11th 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 OR 1300 651 211