

MEDITATION TEACHER TRAININGS 2024
with Ian and Ruth Gawler, Murray Paterson and Sandy Clinton
ADDITIONAL INFORMATION

Criteria to join these meditation teacher trainings

Both trainings are broad. They are specifically designed to be accessible and valuable to beginners and the more experienced teachers alike. In past trainings, this mix of participants has made for a very engaging cohort.

It is recommended applicants have at least 2 years of regular meditation practice and some experience with speaking in public.

Why in person only and not online?

Would you trust a surgeon who had only learnt online to operate on your brain?

Enough said?

For whom will these trainings be suitable?

- Those seeking vocational training while preparing to establish their own private practices, or to work with others in settings such as community, wellness or mental health centres, corporate or other work environments, schools and other educational facilities
- Meditation Teachers planning to apply for membership with Meditation Australia
- Attending both trainings will meet the MA requirements for provisional membership
- Those keen to deepen and expand their own practice and personal development, but may not be intent on teaching immediately
- Anyone over 18 years, including mature-age students
- Our meditation teacher training programs are open to anyone with genuine interest. No previous experience or qualifications are required, however, we do recommend at least 2 years of consistent meditation practice before commencing.
- Typical participants include doctors, psychologists, counsellors and other health professionals, teachers from a variety of educational settings including yoga teachers and those involved with sport

If necessary, please discuss your situation with our Retreat Manager

What competencies will these trainings develop?

While it is expected not all participants will chose to join MA, in line with the requirements for membership of MA, our trainings provide you with a solid grounding in

- The theory & practice of meditation - how meditation works and your responsibilities as a teacher
- Teaching Methodology – how to prepare and present sessions (with detailed models provided in the manuals), how to guide practices and develop presence, group dynamics and how to generate a “good atmosphere”, the special needs when presenting online
- Student Management – Ethics, confidentiality, legalities, insurance, membership with professional bodies, and referrals

- The Science of Meditation – basic physiology, psychology and neuroscience and important research
- The History of Meditation – from the early recorded beginnings 7,500 years ago, through the fascinating and colourful years as meditation came to the West, right through until now
- Specialty Areas

Importantly, these trainings are highly experiential

You will be supported to experiment with guiding a variety of meditations and provided with gentle feedback to assist you to develop your own particular style.

Also, there will be good time for discussion, questions and answers

The manuals

i) **Mindfulness-based Stillness Meditation**

This manual outlines how to present an 8 week program focussing upon learning meditation that can be adapted to other applications.

Topics covered include:

Meditation – definitions, history, latest research findings, key texts, major techniques, common problems, resistances and antidotes, specific applications

Facilitator Training – the role, communication and group dynamics, ethics, relationships with other teachers and health professionals

Eight Session Plans – covering Introduction, Calming the Body, Calming the Mind, From Mindfulness into Stillness, Mindfulness in Daily Life, Imagery, Expanding Meditation, The Complete practice and Finale

Scripts – detailing each technique introduced throughout the training

ii) **Contemplation**

This manual outlines how to present a 4 week program focussing upon contemplation that can be adapted for other purposes.

Topics covered include:

A basic introduction/revision of how to meditate

Contemplation – definitions, history, latest research findings, key texts, major techniques, common problems, resistances and antidotes, specific applications

Facilitator Training – the role, communication and group dynamics, ethics, relationships with other teachers and health professionals

Four Session Plans – covering Contemplation – what it is and how it works, Contemplation and Problem Solving, Contemplation and a Deeper Understanding, Classic Contemplation – What is Truth?

Scripts – detailing each technique introduced throughout the training

Prior reading and Key References

Ian has written several international bestselling books on meditation.

His most recent, *Blue Sky Mind* focusses upon the very essence of meditation and is highly recommended.

Meditation - an Indepth Guide is more comprehensive and goes into the detail of all aspects presented in the course, so it too is highly recommended.

A wider reading list and other key resources are provided in the manuals.

How to apply

1. The first step is to fill out the application form which can be obtained from our Retreat Manager, Sandy Clinton: sandy@insighthhealth.com.au, or call Sandy on 0432 240 427.
2. Once Sandy has received your completed application, she will arrange a short phone conversation to clarify what the trainings offer, discuss your needs, answer any questions and ensure the program is suitable for you.
3. Once accepted for the training(s), you pay a deposit or full fee to reserve your place.
4. Full payment is due 3 weeks prior to the commencement of your training.

Venue and Meals

Each training will be presented at the Yarra Valley Living Centre, 55 Rayner Crt, Yarra Valley Victoria 3797, Australia. The Centre is renowned for its spaciousness, scenery, majestic trees and delightful gardens, the adjacent Little Yarra River and its atmosphere, born of decades of use for meditation-based programs.

The meals will be plant-based, prepared with love – and delicious! Gluten free needs can be met, but if you have other needs please speak with Sandy.

Additional Accommodation

If our onsite rooms are fully booked you may choose to arrange and pay for your own offsite accommodation at a nearby B&B. You would need your own transport. Our retreat manager can provide more details if needed.

Fees

The fees cover a comprehensive manual specific to each program, all tuition, organising, accommodation and meals.

Dormitory or single room with shared facilities	\$1,980
Twin share with ensuite	\$2,480
Single with ensuite (limited availability)	\$3,780
Offsite option (only offered if the venue is fully booked)	\$1,980

Deposit to be paid on registration: \$480

Balance Due 3 weeks prior to commencement

Cancellation Policy: Cancellation up to 3 weeks prior to commencement: Full refund
Cancellation less than 3 weeks prior to commencement: Refund minus deposit

The Team

Dr Ian Gawler, OAM, BVSc, MCounsHS

The inner world of Meditation, Contemplation and Imagery has been a major focus of Ian's life for many years. Diagnosed with bone cancer, Ian's right leg was amputated in 1975, but the disease recurred later that year. Those were the pioneering days when mind/body medicine techniques were being developed and first applied to healing in the western world. Drawing heavily upon meditation and a truly holistic approach Ian was fortunate to experience a remarkable recovery.

Combining this personal experience with emerging research, Dr Gawler co-founded the world's first lifestyle-based cancer and multiple sclerosis self-help groups and convened Australia's first Mind-Body Medicine conference for Health Professionals in 1995. Ian is a regular blogger, has authored seven bestselling books including the international classic *You Can Conquer Cancer, Meditation – an Indepth*

Guide and *Blue Sky Mind*; and has assisted in creating the meditation app, *Allevi8*. A powerful advocate of a healthy lifestyle, Dr Gawler has appeared widely in the media and presented at many major conferences.

Ian has learnt from many recognised meditation masters from traditional backgrounds with a particular emphasis on Tibetan Buddhism, and leaders in the rapidly developing medical field of Psychoneuroimmunology, or Mind/Body Medicine. More importantly, what Dr Gawler has to offer is the accumulated experience and wisdom of the many thousands of people he has worked with over four decades.

Dr Gawler has developed many techniques for stress management and disease prevention, and he has a major interest in helping people to fulfil their potential. This has led to techniques for fulfilling excellence in sport and the workplace. Ian has also helped many people in their quest for peace of mind and spiritual fulfilment. Meditation has always been at the heart of his work.

Ian holds a degree in Veterinary Science and a Masters in Counselling.

In 1987 Dr Gawler was awarded the Order of Australia Medal for his services to the community.

Dr Ruth Gawler MBBS MGPPsych FPACert

Ruth Gawler (nee Berlin) graduated from Sydney University in 1981 MBBS and worked in hospitals in Sydney before going to Kenya for 2 years. There, Ruth worked in Nairobi Hospital Intensive Care, and then a Presbyterian Mission Hospital in the Kikuyu Highlands.

Returning to Australia in 1985, Ruth worked as a Psychiatry Registrar in training at Rozelle Hospital, Sydney. She then transferred to General Practice through the RACGP before working at Central Australian Aboriginal Congress (5 years) in Alice Springs where she lived from 1990-2000. During this time she also worked at the Family Planning Clinic as Central Australian Director for 8 years.

Ruth completed a Masters in GP Psychiatry through Monash in 2001.

In 2000 Ruth moved to Melbourne, and after a year in general practice, began facilitating groups with her husband Ian Gawler at The Gawler Foundation. This work continued for 24 years and included meditation retreats and trainings, facilitating cancer, multiple sclerosis and other programs for recovery, meditation and educating in healthy lifestyle. Concurrently she maintained a small private practice in East Melbourne.

Ruth was on the inaugural board of the Australian Meditation Teachers Association (ATMA) for 8 years, including years as President. ATMA is now known as "Meditation Australia".

Ruth has been a dedicated student of Tibetan Buddhism for 24 years and is passionate about meditation and living a meaningful life.

Murray Paterson BSc (Hons), Grad Cert Instructional Design

Murray writes: I was introduced early on to the writings of Dr Ainslie Meares by my mother who discovered that meditation could alleviate physical suffering. I began reading, contemplating, and meditating in my late teenage years. Discovering meditation very early on in life enabled me to gain some insight into my inner being, and also led me to notice that when I practiced regularly, I maintained a calm and balanced perspective; when I ceased practicing, things did not go so well!

My first formal introduction to meditation was through Dr Ian Gawler while seeking ways to support my father through his suffering with cancer. Ian has remained my teacher for more than 40 years and I am indebted to him for his guidance. For me, every day begins with silent meditation, and I find ways to practice in short moments during the day.

Whilst my professional life has been in adult education in university, corporate, professional association, and professional services settings, I now focus my attention on the support of others – through the meditation app *Allevi8* where I provide online meditation mentorship in current time.

Sandy Clinton, Retreat Manager

Dip Soc Wk, Ageless Grace® Educator, Graduate of Neuroscience Academy

Sandy joined The Gawler Cancer Foundation in 2006 and has developed and deepened her interest and appreciation for the mind-body connection since then. She assisted hundreds of people in the Client Services role, which gave her a unique insight into the challenges people face when wanting to improve

and maintain their wellbeing, or when diagnosed with a chronic illness. This led her to train as an Ageless Grace[®] Educator, and now she rejoices in delivering this brain health fitness program as often as possible. Sandy takes true joy in supporting the journey of discovery that participants experience during a retreat. Passionate about empowering people to live their best life, Sandy loves life and laughter, enjoys reading, yoga, qi gong, meditation, chanting, cats, being in nature, travelling the globe, knitting to her heart's content, and singing with joy.