

# Meditation Teacher Training - 2024 - with Ian and Ruth Gawler Supported by Murray Paterson and Sandy Clinton

*Aspiring to teach meditation? Or keen to expand and deepen your skills?*

**Drs Ian and Ruth Gawler** have been teaching teachers of meditation for decades  
**Murray Paterson** has been involved in high-level adult education for decades  
*They will guide and support you to develop confidence and competency*  
Both trainings will be highly experiential, strong on theory and supported by manuals

*Considering applying for registration with Meditation Australia?*

*Each training provides over 40hrs of direct, in-person training  
Together they are approved for Provisional Membership with MA*

**All programs will be in-person only, fully residential for 5 days  
At the Yarra Valley Living Centre, 55 Rayner Crt, Yarra Junction, Victoria, Australia**

## Meditation Teacher Training – Part 1: Mindfulness-based Stillness Meditation 11am Monday 6<sup>th</sup> to 3.30pm Friday 10<sup>th</sup> May, 2024

This is a basic yet thorough training - how to present a meditation course, in-person or online  
A comprehensive approach to meditation that covers preparation, relaxation, concentration and mindfulness plus stillness.  
An approach to meditation that goes to the very essence...  
Theory, delivery, session structures, promotion, finances, the special challenges and needs of online courses, and more...  
Developed for those new to teaching meditation, and for those wanting to go further.

## Meditation Teacher Training – Part 2: Contemplation 11am Saturday 2<sup>nd</sup> to 3.30pm Wednesday 6<sup>th</sup> November, 2024 (inc Melbourne Cup holiday on the 5<sup>th</sup> for Victorians)

So many people in so many domains recommend the benefits of contemplation.  
Yet who is teaching how to do it? Very few it seems...

This training will position you to be able to offer your community something of great value – a reliable way to practice contemplation. This training is also manual based and will enable you to deliver a much-needed program.  
Of great personal value, this training is suitable for those new to teaching meditation, and for those wanting to go further.  
Highly experiential, it will delve into theory, delivery, session structures, promotion, finances, the special challenges of online courses, and more.

*Learning to meditate is the greatest gift you can give yourself or another in this life.  
For it is only through meditation that we can undertake the journey  
To discover our true nature,  
And so find the stability and confidence we will need to live, and to die, well.*

**Additional information is available via the link below.**

### How to apply

1. The first step is to contact our Retreat Manager, Sandy Clinton and express your interest via the link below ([sandy@insighthealth.com.au](mailto:sandy@insighthealth.com.au)) or call 0432 240 427.  
Sandy will reply with more program details and forward our Application Form.
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.