



Mindfulness Meditation Teacher Training and Contemplative Studies

80-Hour *Accredited* Training with Michele Sierra commencing February 3, 2024

HYBRID: This training is delivered over 6 months Online-live with Michele (recorded) with the option of In-Person in Sydney for two of the scheduled weekends.



Our graduate in-person weekend retreat in Annandale 2022

“my experience of this programs was beautiful, challenging, incredibly rich and inspiring”. Nerida

Next training commences 3 February 2024

One weekend per month over 6 months

3 sequential phases

[REGISTER HERE](#)

Are you interested in deepening your personal study and meditation practice while developing the skills to become a certified mindfulness meditation instructor? This course is practical, experiential and easy to understand.

Join course facilitator Michele Sierra for this transformative Meditation Teacher Training, Mindfulness and Contemplative Studies program. Michele has over 30 years professional and personal experiences in teaching meditation and in retreat facilitation, alongside counselling, psychotherapy and art, yoga and spiritual practice. [About Michele ...](#)

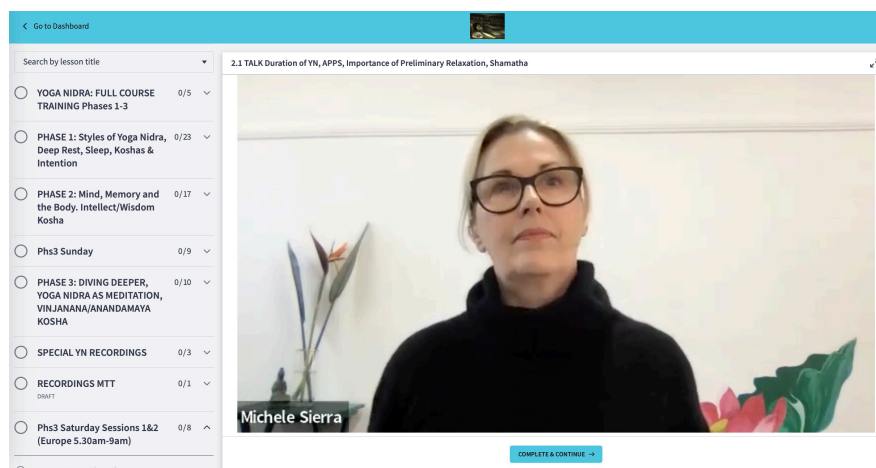
Through this accredited program, Michele will enable you to find refuge in an enduring awareness practice of mindfulness, meditation and philosophical study.

"Our modern interpretation of what it is to be healthy has fallen primarily into physical and nutritional realms of wellness. Overlooked are the broader dimensions of mindfulness practices vital to a full integration and experience of awareness, insight and compassionate heart-mind. There are many ways mindful presence illuminates daily life. This is an invitation to dive deeper together."

Who is it for? This program is designed especially for people interested in deepening and enriching their personal meditation practice and as a foundation for those who wish to become an accredited meditation teacher. If you participate for personal development there are no homework or presentation requirements. If you are seeking professional accreditation you will be required to complete all 3 sequential phases and there will be additional individual practice, assessment, and study requirements.

Those students who wish to gain meditation teaching accreditation will learn professional skills to guide others or integrate teaching meditation within existing modalities such as yoga teachers, therapists, health professionals. This course is accredited by the [Meditation Association of Australia](#) (MA), the national peak body for registration of meditation teachers. Therefore, the course is of the highest calibre. For many educators, yoga teachers and health practitioners, it can be used for CPD points.

Program Overview



Live recordings, talks, resources, guided practices are easily accessible on Michele's Thinkific learning platform.

What's involved? A hybrid course, online-live and in-person, one weekend per month over 6 months starting February, 2024. Each training weekend will comprise of lectures, discussion, reflection and meditation practice. These monthly training weekends and the lived space in between, enable sufficient time to deepen, enjoy and assimilate the depth of learning and application to your meditation practice.

All session recordings and replays will be available on Michele's Thinkific learning platform.

Here you can access the detailed course manual and resources, handouts, creative exercises, guided practices, recommended reading and much more. There is a convenient app you can access on your device and tune in from where ever you are. It's a great support to the training – you can return to talks, practices and revisit the rich discussions that happen when like minded folk share their wisdom.

Course format and delivery. The Meditation and Mindfulness program is offered in three phases. Each phase supports the other and progresses at a steady, deliberate pace through guided practices, contemplative studies and group discussions. Each phase must be completed sequentially. You have the choice to enrol in all three phases at the start in order to complete your accredited Meditation Teacher Training, or you may prefer to enrol in each phase as you go.

Students are invited to partake in this transformational meditation and study to establish an accessible, sustainable personal practice and expand their horizons through contemplative inquiry in Phase 1 and 2. In Phase 3 you will learn the skills to guide and teach mindfulness and meditation to others. Phase 1 is a prerequisite to attend Phases 2 and 3.

If you are participating fully online are you concerned about zoom fatigue?
There will be frequent opportunities to sit back or turn off your video to lessen time on screen

Revised 2024 Training Weekend Dates and Times

Phase 1

February 3rd: Introduction Saturday 1 -3.30pm
February 17th: Saturday 1- 4pm & Sunday 18th 9 – 1pm

Phases 2 & 3

Times: Fridays 7-9, Saturdays 1-4, Sundays 9-1pm
March 1-3
April 22-24
May 19-21
June 17-19
TBC either: 14-16 or 21-23 July

Time Commitment: 1 weekend per month over six months except for Phase 1 which is in two parts. ***Please see revised changes to dates and times for Phase 1 above.***

Phase 1: Foundations in Mindfulness and Meditation. Online and optional In-person, Sydney.

A Buddhist approach to meditation, mindfulness and related awareness practices, is a stand-alone one weekend retreat open to everyone. You may decide at the completion of the weekend if you will join us for the Phase 2 or the whole program. *Prerequisites:* There are no prerequisites for participating in phase 1, although ideally you will have had a personal meditation practice for at least a year.

Phase 2: Meditation, Mindfulness and Contemplative Studies. Online-live.

Stabilise and deepen your understanding and experience of meditation. Learn a spectrum of methods to maintain the momentum of your formal and informal applications of mindfulness. Phase 2 offers many creative options and aims to provide the nourishment, techniques and guidance to keep you inspired. This is essential study and experience if you intend to teach meditation and mindful approaches to others. Phase 2 consists of 3 weekends, held monthly. *Prerequisite* Phase 1. You have the option to participate with or without interest in professional accreditation.

Phases 3: The Art of Teaching Meditation. Online-live/optional in-person

It requires familiarity with an enduring personal meditation practice and more than a short workshop

to learn to guide others. In this final phase of this experiential six-month program, you will learn how to professionally, ethically and skilfully teach meditation and mindfulness to varied audiences and situations.

Prerequisites for Accredited Meditation Teacher Course Certification

Completion of all 3 phases over 60 contact hours, total of 80 hours. You graduate with a *Professional Certificate in Meditation Facilitation*.

Students graduating from the program may apply for 80-hours provisional membership with Meditation Australia meeting the requirements of insurance providers and potential employers. MA offers a free Student Membership while enrolled in the course. To qualify for Full Membership, further training hours are required over a two year period. These extra hours can be undertaken by participating in accredited courses run by Michele or with other training providers.

Outline of each Phase, Topics, Dates

Phase 1: Introduction Feb 3. Retreat Feb 17-18 Foundations in Mindfulness and Meditation (Live online –In-Person Sydney option for retreat)

February 2024

Designed for students keen to mature a personal practice grounded in a Buddhist approach to meditation or for those wishing to reinvigorate and maintain longevity in their existing meditation practice. The fundamental insights of mindfulness and meditation will be explored to shift perspectives and realise aspirations for our involvement with the broader world. Meditation is not merely for wellness and relaxation. This is a stand-alone weekend retreat open to everyone. No prior experience required.

Phase 1 will cover:

- The four key foundations of Buddhist meditation.
- Benefits of regular mindfulness practice.
- Exploration of guided meditations and embodied mindfulness practices, including yogic breathing, awareness through movement and how to develop an accessible home practice.
- Includes lectures, discussion and individual feedback from Michele.

Phase 2: Mindfulness, Meditation and Contemplative Studies: enriching your practice (3 Weekends Online)

Phase 2 consists of three training modules to immerse yourself in both the theory and practice of meditation. This phase aims to build a solid, reliable base to establish a daily practice; understand meditation, rearrange personal perspectives that may keep us stuck, enhance self-understanding and apply creative and analytical explorations to all aspects of life. Students are guided to connect with the interiority of their lives, to embrace a resilient and purposeful relationship with others and the external world.

Phase 2 will cover:

- *Personal practice*: develop greater presence, resilience and insight by stabilising your own mindfulness practice: create a unique practice schedule for your lifestyle.
- *Contemplative studies*: Buddhist and yoga philosophy applied to modern life. Guided inquiry that feeds into contemplative journaling and discussions.

- *Body-based practices*: embodying mindfulness sitting, walking, lying down. Specialised breathing techniques, subtle hatha yoga to work with physiological responses to stress, anxiety and relaxation. Introduction to the nervous system and research.
- *Phase 1 Yoga Nidra Immersion*. Michele's much loved Phase 1 Yoga Nidra training is included in this training. Visit www.michelesierra.com to learn more about this profoundly restorative practice.
- *Mindfulness and Creativity*: Creative forms of contemplative mindfulness practices easily applied to find balance and perspective in our shifting environment. Michele has a passionate interest in art as a way to cultivate attention and engage with the world around us more consciously.
- *Meditation Practice E-Course*: 20 inspirational readings and short meditation practice lessons written by Michele, emailed weekly to support the continuity of your meditation practice.
- *Fortnightly online group meditation* led by an experienced instructor and phase 3 participants.
- *Personal Mentoring session* with Michele: One session is included.
- *Active Learning Community*: An invitation to contribute to building a supportive learning community of fellow participants, where you can share insights, foster connection and dive into some lively discussions. Previous graduates deeply value this connected experience that continues beyond the training!

Phase 3: The Art of Teaching Meditation (2 weekends)

Two additional intensive training weekends complete the 6-module program. Sharing what has transformed your own life and teaching meditation to others is a profoundly rewarding experience. Emphasis will be directed towards professionals and individuals wishing to equip themselves with the tools and ethical principles to guide others.

Phase 3 covers:

- *Building an ethics of care: the concerns and pitfalls teaching meditation to others*. Many yoga instructors and health professionals teach meditation without genuine personal experience and mentoring. This has become problematic, especially in the wellness industry and growing fields of mental health where the utmost skill and compassionate care must be taken. You will draw upon your own experience and that of others to learn how to relate and respond skilfully to the most FAQ and difficulties experienced by beginning meditators.
- *Teaching exercises & techniques* of presenting formal and informal meditation to small groups, yoga classes and workplace settings.
- *Working in a one-to-one setting* such as mentoring, coaching and therapy settings.
- *Small group sessions* in which you will be giving concise mindfulness instructions and receiving feedback from fellow participants and trainers.
- *Communication skills* and adaptations for developing clarity in verbal instruction.
- *Tools for writing a script*, adjusting teaching styles and content for particular circumstances such as grief, loss, anxiety, palliative care.
- *Mentoring*: One 60 mins personal mentoring session with Michele Sierra is included.

Course Requirements for students seeking professional accreditation and acquiring the Level 1 *Professional Certificate in Facilitating Meditation*.

- Reading all recommended course materials and participating in live discussion.
- Engaging in a consistent mindfulness and meditation practice throughout the training.
- Participation in the online, monthly facilitator and participant-led group practice sessions between training weekends.
- Completion of small enjoyable assessments along the way and final teaching presentation.

Pricing & Registration

MINDFULNESS, CONTEMPLATIVE STUDIES & MEDITATION TEACHER TRAINING

- **Full Program (all phases 1-3) Early Registration one-payment save \$300: \$1598**
- **Regular price: \$1898, 3 x monthly payment instalments \$633**
- **Option: pay each Phase as you go**

PHASE 1 RETREAT \$290

PHASE 2 \$1090 (phase 1 prerequisite)

PHASE 3 \$518 (phase 2 prerequisite)

Register Now!

What happens if you miss part of the weekend training? *Each session will be recorded-live for later viewing if you are unable to attend.*

Terms & Conditions of Booking:

- If the course is cancelled by us for any reason, your payment is refunded in full. Early registration price or balance of payment is required by the due date.
- If you choose not to attend the course, please notify us at least 14 days before the start date. Your payment will be refunded, less \$50 admin fee.
- The course participant is responsible for attending all classes. At least 80% must be attended live to complete the accredited training successfully. Sessions will be recorded and available to view up to a month after the training weekend.



Michele Sierra is a senior meditation, yoga teacher and psychotherapist who has been practising and teaching meditation for over 30 years. She is also a visual artist, cultural psychologist and life coach. Learn more about Michele [here...](#)

For more information, contact Michele Sierra

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www.michelesierra.com

What Michele's graduates say...

This program exceeded all my expectations. *To be supported and guided into deepening and committing to my own personal practice was essential for me to feel confident in guiding others in their meditation journey. I loved how the first two phases of the program were about broadening our own personal practice and self-discovery before turning to learning about how to guide others. This was an important foundation. I also absolutely loved the somatic and creative aspects Michele woven throughout the program to support the study, contemplation and formal meditation components.* - **Anj Fisher, Yoga Teacher**

The teachings and content were so rich that I found there was a dual process of both tying the learning to my own meditation and yoga practice, but also instant clarity around what aspects would be helpful to clients with whom I work. - **Dr. Jenn, Clinical Neuropsychologist and training graduate**

Michele brings a deeply grounded presence to her courses which is balanced by the curiosity she has for the experience of others and her sense of humour. I found Michele's inclusive teachings allowed me to develop a practice I could make real, for me and my life circumstances. These are skills I can now confidently share to support and guide others. - **Brenton, Senior Registered Nurse**

Further feedback from previous graduates [here...](#)