



6 Reasons for choosing the British School of Meditation

'We support dedicated professionals to develop a successful Meditation Teacher business, so they can create a life on their terms, without compromising their existing lifestyle.'

Welcome to the British School of Meditation.

This download looks at all the reasons for you to choose BSoM as your training provider.

The School was set up by Helen Galpin and Mary Pearson to train people as accredited meditation teachers. We began in Cheltenham in 2011 and now have several centres throughout the country.

1. External Accreditation

When Helen and I sat down to discuss the idea of setting up a training course for meditation teachers we both said from the outset that the course needed **external accreditation** to give it validity. If we hadn't got external accreditation we wouldn't have continued as we believed that it was crucial.

We therefore began to research accrediting bodies and decided to apply to the Open College Network. We worked with their staff to put together the verification process for our course. There have been some changes to the organization since 2011 and we are now accredited by [Ascentis](#). **Therefore, this course has proper external accreditation.**



The course we offer is a Level Three course, equivalent to A Level standard. On successful completion of the course you will receive a certificate from Ascentis and a Diploma from BSoM – the British School of Meditation.

Ofqual recognition

Not only is the course externally accredited it also has Ofqual recognition:

The Office of Qualifications and Examinations Regulation ([Ofqual](#)) regulates qualifications, examinations and assessments in England. This is your reassurance that this is UK wide recognised course.



2. Face to Face Training and online via Zoom

The course consists of five days of face to face training at a centre near you/online

There are five units to the course:

Unit One studies the benefits of meditation

Unit Two looks at the scientific evidence to support the benefits of a daily meditation practice, and students are asked to give a short talk on the benefits of meditation

Unit Three looks at types and techniques of meditation including mindfulness

Unit Four asks students to demonstrate their ability to lead a meditation session

Unit Five looks at how you can develop your meditation business

The course is comprehensive looking at all aspects of teaching meditation. We discuss what meditation is and isn't, then study the benefits of meditation to you and in general. We look at 10 different types and techniques of meditation. We look at the scientific evidence that support the many benefits of a daily meditation practice.

We ask you to do two presentations in the second part of the course. A short talk on a benefit of meditation and to deliver a short meditation script that you have written.

In unit Five we look in detail at how you would go about setting up your meditation business. This is a very important part of our course and one which students have found extremely useful when starting their businesses.

You will be expected to complete about 50 hours of written work as well. This will consist of completing worksheets, writing essays, and putting together a business plan. The course is comprehensive and looks at all areas of meditation teaching.

The course is taught in two parts, Units 1,2 and 3 in the first part; units 4 and 5 in the second part. Assignments are set for you to complete before the second part of training. You will be asked to prepare and deliver a short script on a benefit of meditation, and a short meditation.



3. Highly qualified trainers

All our trainers have passed with Distinction the Meditation Teacher Training course. They were then invited to apply to run one of our centres.

The next step was for them to qualify as Trainers by studying for our **Train the Trainer** qualification. This is a Level Three qualification externally accredited by Ascentis and with Ofqual recognition. Once they had successfully completed the course they became official BSoM Trainers. There are seven trainers running centres throughout England, and we have one centre in Wales.

4. A Centre near you

We have several centres throughout England and Wales:

London
The North West in Manchester
The South East centre in Herne Bay
The Southwest centre in Bristol

Details of all these centres and online training plus dates of their next courses can be found on our website:

www.teaching-meditation.co.uk

5. BSoM Community

At the Meditation School we are building a community of Meditation Teachers throughout the UK. Once you have successfully completed the course and received your certificate from Ascentis and your Diploma from BSoM you will be invited to join our growing community of qualified, accredited meditation teachers.

The BSoM Register is a vital part of our community.

When you receive your certificate and diploma you will also receive an invitation to join the Register.

The benefits of being on the Register include:

- **Free posting of details of your meditation classes on our website in a dedicated area 'Find A Teacher'**
- An invitation to join our closed Facebook page exclusively for members of the Register.
- The use of our logo on your promotional materials.
- A regular newsletter
- Signing up to our Code of Ethics and Practice.
- Invitation to attend regular CPD days – these include workshops with leading trainers and authors, such as Dr. David Hamilton <http://www.drdavidhamilton.com>



Testimonials

I attended the British School of Meditation Teacher Training Course with what I thought was a thorough knowledge of mindfulness, meditation techniques and teaching meditation however I was distinctly mistaken! I found this course one of the most valuable I have attended, including over my career as a surgeon. I learned valuable techniques and processes as well as significant background in relation to starting a business. All the teaching was delivered with humility and interspersed with good humour. I cannot recommend this course enough and if you have the opportunity I can recommend Mary wholeheartedly.

Vikas Pandey, Consultant and Clinical Lead in Emergency Surgery West Hertfordshire Hospital NHS Trust, December, 2018

"There are a few people that we meet in the world that leave one feeling truly richer for knowing them. Pauline is such a person. I found the BSOM teacher training course to be varied, extremely interesting and based on sound scientific principles enabling me to feel confident to go out into the world and teach a diverse population about meditation.

Pauline is and has been a great support and guide, very caring and genuinely wanting all her students to do well and succeed. I would highly recommend the BSOM teacher training course and Pauline's supervision to any student who would like to take their practice to the next level, either as a practitioner or like me a teacher of meditation.

Thank you also for a fantastic time. I will never forget the days we shared all together-it has been truly an experience of a lifetime.

I have placed my 'faith' pebble on my dressing table with my other crystals and will think of you often and be forever grateful for giving me the confidence, knowledge and skills to teach my passion of meditation". Joanne Mullen, November 2018

'I didn't know how passionately and deeply I wanted to be a meditation teacher until I took the British School of Meditation Teacher's training with Kim. I don't think I was confident I had what it would take to be a good teacher when I enrolled, but I wanted to challenge myself move in the direction of my dreams. Kim created such a supportive environment for us to experiment, learn and grow in that it made me feel that I too could do it - hold my own classes and courses, teach and connect with people wanting to experience the innumerable benefits that meditation offers to health and well-being. By the time my certificates came in the post, I had already set up my own business, booked my first 5-week meditation course at a venue I adore with the prospect of becoming the resident meditation teacher at that location. I couldn't believe how quickly it all evolved. Kim helped light that fire in me with her loving compassion that only a teacher who truly has the student's best interest at heart can offer. Thank you, Kim and the British School of Meditation!' **Julie Platts, student on course at East Midlands Centre, Spring, 2016**

'I have just recently completed my last day of the five days, face to face training with Simon (from the North West Centre). I cannot recommend Simon highly enough. He presented the course with a welcoming and professional approach. The pace of the delivery was good and there were plenty of opportunities for discussion, questions and to share experience. I found Simon to be very experienced and knowledgeable, it was obvious that he is very passionate about teaching this course and helping learners to develop their knowledge and practice. He explained everything clearly and ensured that we fully understood what was expected. I really enjoyed learning all about the various meditation techniques and practicing them. Everything I have learned on the course has been laid out to enable me to produce everything I need to set up my meditation business. I gained a great deal of information about how to market my business and interest potential clients. I feel confident in my practice and knowledge since completing the course. I really liked Simon's teaching style. I found that he has been easy to contact and responded very quickly to any questions I had. I have thoroughly enjoyed the course and I am so pleased that I decided to learn with Simon.

I would highly recommend Simon as a meditation teacher trainer to anyone who wanted to learn. Thank you, Simon for making this course so interesting and enjoyable, and for all of your support'. **Karen McCabe, student on course at North West Centre**

"Thank you for your teaching and for your encouragement and support ... you are an inspiration to your students." **Gerry Russell, Bristol Centre**

"Thank you for all of your support, encouragement and general inspiration, which has reinforced my belief that I too can live my purpose as you do." **Lisa Allen, Bristol Centre**

"Should anyone find themselves being drawn to learning more about meditation or teaching it, I would strongly advise them to take this course. It is so structured to help you bring out the true values of the talents you possess. Sarah Presley is a wonderful teacher and coach." **Paul Bonner, Bristol Centre**

"I have found the whole experience so worthwhile and rewarding. It was a pleasure to spend time with the other students on the course; and also to meet Mary. I will always have fond memories of

Clifton and all those lovely coffee shops! And, of course, it was all held together by your skilled guidance, your support and your wonderful kindness. It was much appreciated." **Andrew Lewis**

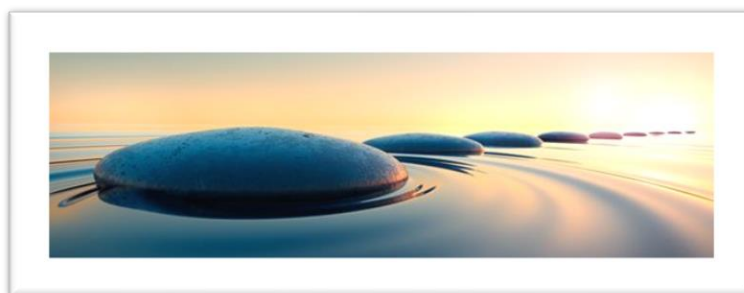
"Thanks so very much for the exceptional BSM teacher training you delivered! All aspects of the course, from the amazing venue and wonderfully positive atmosphere to the extremely high quality of the teaching and materials, contributed to a wonderful learning experience! The course itself was also very well planned, and I feel ready to offer my services as a meditation teacher, with an array of meditation techniques, good working knowledge of the science behind the health and wellness it brings, an understanding of the history and traditions and excellent advice on how to set up and run my own business! I'm truly grateful that you've turned my passion into my profession: thank you from the bottom of my heart!" **Jo Hemmant, Herne Bay Centre**

"Pauline's enthusiasm and commitment to the practice and teaching of meditation is inspirational, an enjoyable and informative course which I thoroughly enjoyed every part of - well done to you for delivering such professional well organised training" **Jean Sullivan, North East Centre**

"I have learnt so much on the course and got back so much more than I expected, both in becoming a meditation professional and personally in my own meditation practice" **Diane Fleet, NE Centre, 2016**

"Learning to be a meditation trainer through June and Carol has been a delight. Their enthusiasm and knowledge of the practice is such that the 5 days flew by. The ease with which we learnt, and the informal and friendly environment that was created, was credit to them both. Thank you for your much-appreciated time and effort." **Dr Aman A K Arora, West Midlands Centre**

"Having just completed The British School of Meditation Teachers course I can highly recommend it for several reasons, my tutor Jacqui was warm, calm, welcoming and full of knowledge. Jacqui took us through the course step by step making sure we understood all the worksheets and course material and helped and encouraged us during the course. Compared to other courses I have been on this course has been in depth and quite intense, but it is thorough, and you come through it with the knowledge to teach the subject professionally to the highest standards. If you are serious about becoming a quality Meditation Teacher, I would recommend this course." **Laura Mills (Wellbeing Wales.) Wales Centre**



For more information on a centre near you:

In the North West contact Catherine Banks – catherine@teaching-meditation.co.uk or 07958 508035

In London contact Catherine Thomlinson – cjt@teaching-meditation.co.uk or 0781088028

In the South West contact Sarah Presley – sarah@teaching-meditation.co.uk or 07590 621495

In the South-East contact Mary Neilson – maryneilson@teaching-meditation.co.uk or 01227 637129

For any general enquiries: contact Mary Pearson on 01242 530684 or email: clare@teaching-meditation.co.uk

We hope you have found this information useful and hope you do choose the BSoM as your training provider to become an accredited Meditation Teacher.

Mary & Helen

www.teaching-meditation.co.uk

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