

WELCOME BOOKLET

BRITISH SCHOOL OF MEDITATION TEACHER TRAINING

Choose a life of meaning and purpose and train with us to be an externally accredited meditation teacher. Join our growing meditation community and support others with their health and wellbeing.

Create a life you love.



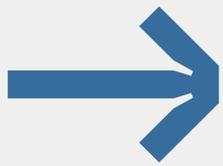
Have you experienced the benefits of meditation and want to share this with others? Are you looking for more personal freedom in your career, more balance, or are you looking to deepen your own understanding and experience of meditation?

Welcome to the British School of Meditation, which was set up in 2011 to train people as externally accredited meditation teachers. We offer one of the highest standards of meditation teacher qualifications within the UK, along with a growing community of incredible, caring teachers from the UK and worldwide.



BRITISH SCHOOL OF
meditation

We'd love you to train with us.



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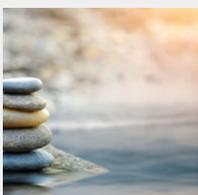
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Our course has external accreditation with



WELCOME TO OUR SCHOOL

The school was set up as a training centre with the focus on providing a course that was externally accredited in order to give it validity. Initially, the school worked with the Open College Network to put together the verification process. There have been some changes to the organisation since 2011 and we are now accredited by Ascentis.

Our course is a Level Three course, equivalent to A Level standard. On successful completion of the course, you will receive a Level 3 Certificate in Meditation Teaching from Ascentis, which is achieved by meeting all required assessment criteria. The qualification is equivalent to A-level standard and is formally recognised by OFQUAL. The Office of Qualification and Examinations Regulation (Ofqual) regulates qualifications, examinations and assessments in England.

The certificate is delivered as part of the Diploma course developed by the British School of Meditation. The Diploma includes more in-depth study of meditation teaching and the practical application of the course content. The Diploma is graded on a pass, merit, or distinction basis.

On completion of the course, you will therefore receive a Level 3 certificate in Meditation Teaching from Ascentis and a Diploma in Meditation Teaching from the British School of Meditation.



IT'S A SUPPORTIVE, COMPREHENSIVE TEACHING COURSE.

The course looks at all aspects of teaching meditation. In the five days training you will gain the teaching skills and confidence to share what you love with others and deepen your own connection with meditation.

The groups are relatively small so that you can feel confident to work with others and have the individual support of the trainer. We create warm, friendly safe spaces for our students to learn from each other and us. The training will consist of group work, discussions, practical experience, observations and learning via presentations.

There are five units to the course:

Unit 1 studies the benefits of meditation.

Unit 2 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 in Part 2

Unit 3 looks at types and techniques of meditation, including mindfulness**

Unit 4 asks students to demonstrate their ability to lead a meditation session and give a talk about the benefits of meditation.

Unit 5 looks at how students can develop a meditation business.

OUR APPROACH TO MEDITATION TYPES & TECHNIQUES

In this training course, our focus is on giving you the skills and confidence to guide accessible meditations for all kinds of people, guiding them step by step as they learn this life-changing skill.

We'll look at meditation as a whole, covering 10 different techniques of meditation, including breath*, mindfulness, and visualisation*. Our approach is secular and inclusive, without tying ourselves to any single tradition or school, but always rooted in a deep respect and understanding of where these practices come from.

The intention is that by the end of this course, you'll be ready to guide meditations that are welcoming, adaptable, and accessible for anyone who joins you.

- ***Please note: On this course, we draw a distinction between breath meditation and breathwork and between visualisation meditation and mindset work. Both breathwork and mindset are healing modalities and not classed as meditation, and so they are not included within the British School of Meditation Teacher Training.***



IN PERSON OR ONLINE?



WELCOME TO OUR SCHOOL

OUR TRAINING IS FACE TO FACE, WHETHER IN-PERSON OR ONLINE, AND DELIVERED BY EXPERIENCED TEACHERS AND PRACTITIONERS.

You can choose the course that suits you whether it's in-person at one of our centres in Cheltenham, Manchester or London or online via zoom. All our in-person and online courses are taught directly by us. Have a look at the dates on the website to find a weekday, weekend, or evening course that works for you.

Our trainers are qualified and enthusiastic meditation practitioners themselves. They all passed the BSoM course with distinction and were then invited to run one of our centres, having qualified as trainers by studying for our Train the Trainer qualification.



JOIN OUR COMMUNITY

WELCOME TO OUR SCHOOL

- ✓ Once you've qualified, you can join our community of meditation teachers which can help you to grow your knowledge and business.
- ✓ As a member, we will include your business on our website for those who are searching for meditation courses in your area.
- ✓ You will also be able to use our logo on all your promotional materials
- ✓ You will receive a discount on the cost of attending our CPD provision through additional training videos and in-person and online training.

✓ We have developed a wonderful growing app for members which has resources, meditations, live events, and a communal space for you to share ideas with each other, and us. We know that running a business can feel challenging, and lonely at times, and so this community is a space for you to feel connected to other like-minded people. We host live meditations, and a monthly 'tea and chat' for our graduates through the app.

- ✓ You can apply for discounted insurance, as well as an enhanced DBS check with our professional partners.

We celebrate the successes of our members, featuring them on our social media and in our 'Meditation Movement' podcast.

You can listen here:

- ✓ Spotify - <https://open.spotify.com/show/18fKNCNj0WCmYp9UyJ72wi?si=9f3e585335124f69>

Youtube - https://youtube.com/playlist?list=PLt9tLeVPvEuCS0LFGb3ZYnNVx-pr-X-eF&si=_jEvDrLLJn9ccD9E



TESTIMONIALS

Thank you so very much indeed for making this course so absolutely wonderful, enticing and engaging. I honestly have never enjoyed a course so much in my entire life! Your teachings are so concise and easily understood, which I so appreciated. I am so grateful that I was fortunate enough to have had you as our teacher.

Following the completion of this course, I feel fully equipped with the knowledge and experience to practise as a professional Meditation Teacher, setting up my own business. I found the contents of this course run by the BSoM, to be very thorough and extensive, and I am extremely grateful to have been taught by a knowledgeable and inspiring teacher.

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 learnt 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.

I thoroughly enjoyed every aspect of this course. I really think that it's the people and their energy that makes the difference between something being good and something being amazing. Your warmth, positivity and encouragement were in abundance and made me feel relaxed and at ease during the 5 days. I really enjoyed doing it online, for me I didn't feel that it detracted from the overall experience in anyway. You made sure we had lots of short breaks which was great. The pace in which the content was delivered was spot on. I didn't feel that anything was rushed or dragged out. A really great experience all round. Thank you so much.

The teacher training course has certainly given me the confidence to teach meditation to others. I think that the combination of formal tuition, face-to-face discussions and practical exercises during the course together with the written coursework and the focus of maintaining a journal over six weeks, has given a breadth and balance to the training which has enabled me to develop my knowledge and awareness of meditation and new skills. These new tools have helped me to develop the breadth and balance of my own practice and given me the confidence to develop a teaching practice.



TESTIMONIALS

Thanks again for everything. I've really enjoyed not only the classes but your company. A real pleasure to meet you and your experience and passion to teach has been a real asset to the course.

I didn't know how passionately and deeply I wanted to be a meditation teacher until I took the British School of Meditation teacher training. 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 to move in the direction of my dreams. You created such a supportive environment that it made me feel I could do it myself – to hold my own classes and courses, teach and connect with people wanting to experience the innumerable benefits that meditation offers to help their well-being. By the time my certificates arrived, I had already set up my own business, booked my first five 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. You helped light that fire in me with your loving compassion that only a teacher who truly has the students' best interests at heart can offer. Thank you.

Thank you for your teaching and for your encouragement and support... you are an inspiration to your students. 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.

Thanks so very much for the exceptional BSoM 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 am truly grateful that you've turned my passion into my profession: thank you from the bottom of my heart.



FOR MORE INFORMATION ON A CENTRE NEAR YOU

Our trainers are Sarah Presley, Catherine Banks, and Mandy Johnson.

For London, contact Sarah Presley, sarah@teaching-meditation.co.uk or 07590621495

For Manchester, contact Catherine Banks, catherine@teaching-meditation.co.uk or 07958508035

For Cheltenham, contact Mandy Johnson, mandy@teaching-meditation.co.uk or 07494313014

You can also contact any trainer regarding their online courses.

For any general enquiries:

contact info@teaching-meditation.co.uk or Catherine Thomlinson 07810788028

If you would like to watch a video about our course, please click here:

<https://www.youtube.com/watch?v=kq9Fu2jApxY>



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