

WELCOME TO THE

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.

We'd love you to train with us.

Our course has external accreditation with



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.

We are proud to be externally 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 a 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, as well as receiving a Level 3 certificate in Meditation Teaching from Ascentis, you will also receive a Diploma in Meditation Teaching from the British School of Meditation.



IT'S A SUPPORTIVE, COMPREHENSIVE TEACHING TRAINING 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: In 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.***



WHAT SETS OUR TRAINING APART?

External accreditation - Our course is the only externally accredited professional qualification in teaching meditation in the UK. The qualification received is a Level 3 certificate in teaching meditation, which is accredited by Ascentis and recognised by Ofqual.

Our emphasis on teaching meditation in a safe and inclusive way. Throughout the course, we focus on how to guide and deliver safe and accessible meditations for all types of people, so that you can create an inclusive and welcoming space with your teaching. This includes how to formulate meditation scripts in an accessible way as well as how to create a safe space for your teaching.

A focus on a variety of different meditation styles and understanding the roots of these traditions - We cover 10 different types of meditation on the course, so that when you come to teach, you can help students to find the right style for them.

A focus on the science of meditation - Allowing you to gain a deep understanding of and be able to teach your students about changes to the brain and the body as a result of meditation, as well as up to date research in the area.

A focus on ethical and professional practices as a meditation teacher - Including an introduction to the British School of Meditation Code of Ethics.

Training in practical aspects, as well as the theory and knowledge - Including registering students onto courses, planning lessons, holding space as a meditation teacher and teaching skills.

Support in setting up a meditation teaching business - Our final module covers practical aspects to help you set up a teaching business or bring meditation to an already existing business.

The option to join our community of meditation teacher following training, via our 'teachers register', where you can join our community app, receive ongoing support and also attend additional CPD sessions to further your knowledge in different areas of meditation.



THE COURSE ASSIGNMENTS



The qualification includes approximately 50–75 hours of written work. All assignments must be word-processed and submitted by email to your trainer by the set deadlines.

There will be assignments set in both Part One and Part Two of the training,

You will also be asked to keep a meditation journal throughout the course, reflecting on your daily practice. This is a compulsory component and forms part of your assignment portfolio.

Information to support you with your assignments will be provided during the training, plus you will receive:

- PDF manuals following each course unit via email
- Recap of assignment video

The assignments help consolidate the information covered during the training while also serving as key building blocks for setting up a meditation teacher business.



WHO CAN JOIN?

EVERYONE IS WELCOME



As long as you have a minimum of six months of established daily meditation practice prior to enrolment, you can join us.

People attend for a variety of reasons, such as:

- They wish to bring meditation sessions to support their local community, school or workplace
- They are a coach, therapist, yoga teacher, or other health and wellness practitioner
- To extend their own knowledge of meditation



IN PERSON OR ONLINE?



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.



JOINING OUR COMMUNITY

Once you've qualified, you can join our community of meditation teachers which can help you to grow your knowledge and business.

Here are some of the benefits of becoming a registered member

- 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 'Externally Accredited BSoM Meditation Teacher' 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 monthly Peer Support sessions 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>



HOW TO REGISTER

Enrolment is subject to the completion of 2 registration forms, a copy of your PhotoID and payment of the course deposit.

The total cost of the course is £1794. A £299 deposit is required to secure your place, followed by five payments of £299. These instalments begin one week before the course starts and are payable every four weeks.

Request the link to our online forms and invoice for the course deposit. All information is encrypted for data protection. Once your ID has been reviewed, it will be permanently deleted from my files.

Your place will not be guaranteed until the forms and deposit have been received.

You will receive a confirmation email, a Welcome Pack, and a What to Expect Manual and video.



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

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

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

You can also contact any trainer regarding their online courses.

For any general enquiries:
contact info@teaching-meditation.co.uk

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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