

www.centrewellbeing.co.uk
**Meditation Master
Practitioner**
THE TRAINING CENTRE OF WELLBEING LTD



Accredited and insurance approved.

- Meditation practiced regularly is known to help improve sleep, raise energy levels, motivate you to make other changes in your life that all lead to a new and improved lifestyle. Ask yourself not "why do I need to meditate?", but instead "why aren't I meditating?" Like anything in life, you can't be an expert from day one. Meditation takes practice and time to master and to see improvements, but when they come, they snowball and you never look back. Learn to be a meditation master practitioner. Transform not only your own life, but that of your friends, family and clients.

Meditation Master Practitioner

Meditation can be a major factor in achieving health and happiness. Meditation gives your mind a rest from your brain, it strengthens intuition and when practiced regularly helps us to live without the chronic stress and fear that our logical brain inflicts on us.

Contact Us

Phone: 07539033778

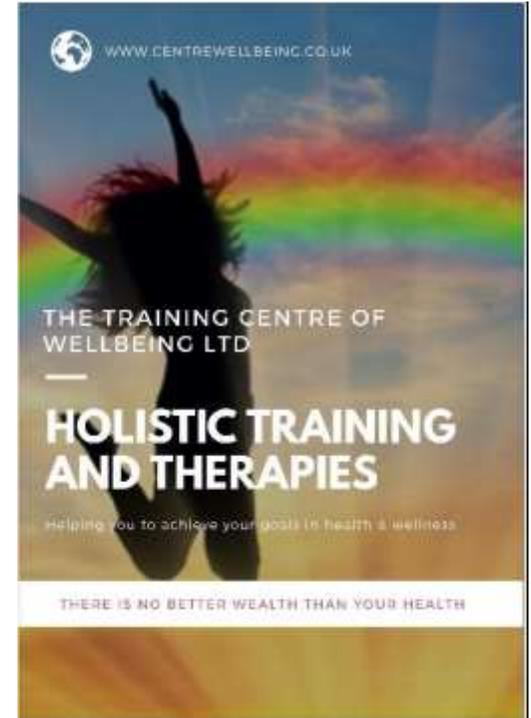
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What is included?

What is stress

Mantra

Visualisation

How to write and deliver meditations?

Other traditions.

Group Meditations

Breathwork

Business Management

Mindfulness

The brain

For information on our courses, please visit our website:

www.centrewellbeing.co.uk

Contact us if you would like to receive any other course brochures.

“Meditation transforms the lives of my clients and changed my life beyond recognition”

Professional ethics

Case Studies

Mental health awareness

Listening skills

Basic Anatomy & Physiology



The course takes place over 2 days and one evening and covers techniques such as mantra, the breath, walking, mindfulness and much more. You can also study this course over 12 monthly classes of 2 hours which is supported by an online learning platform and available in the daytime and evenings. The total cost of training is £450 and we estimate 100 hours of home study. This course has a final exam and case studies to complete in order to achieve your practitioners certificate. There is a body systems booklet to study at home, along with the codes of conduct.