



Meditation Teacher Training Course
Information Pack 2017

**British School of Meditation North West and
West Yorkshire Centres**
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Forward

Simon Fry



Firstly....thank you for enquiring about the British School of Meditation's Teacher Training Course. It's an exciting time to be learning & teaching Meditation I hope you will find the following information helpful.

Meditation is simple but not always easy to practice, it can bring untold benefits into your life if you persist in practicing. Meditation can be challenging, and it can provide a pathway to calmness and clarity. However, at its most basic, it involves a series of simple techniques and procedures. These techniques are a skill that can be learnt. They help calm the stream of thoughts that most of us live with. By cultivating a more balanced, peaceful mind, you can cultivate greater health and happiness in your life.

The British School of Meditation (BSoM) has been established to train teachers in meditation techniques to meet the growing demand for highly trained and accredited meditation teachers throughout the UK.

If you have a regular meditation practice, this course will give you everything you need in order to become a qualified Meditation Teacher, allowing you to successfully train others. The comprehensive training and support, will enable you to teach meditation with more confidence.

If after reading this document, you still have questions then please feel free to contact me.

Warmest Regards

Simon Fry





Course overview

Course Outline:

The course is run over five days and in two parts allowing you the student time to learn, improve confidence and develop new skills. You will learn how to teach meditation to others. The course consists of five units covering all aspects of becoming a meditation teacher.

Unit one studies the benefits of meditation.

Unit two looks at the scientific evidence to support the benefits of a daily meditation practice.

Unit three looks at types and techniques of meditation including mindfulness.

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

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

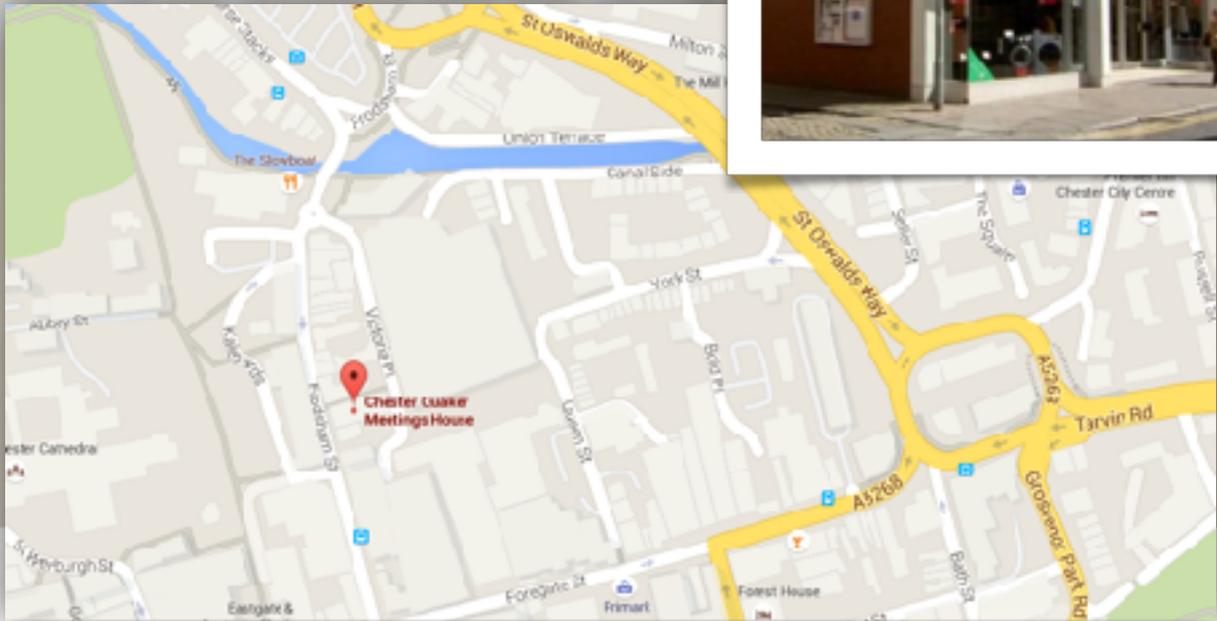
In addition to the training days students are asked to submit several pieces of written work to qualify for their certificate. Please note there is about 50 hours of written work to. This includes essays, reports, presentations, a student led meditation practical a business plan and a journal of your daily practise.



Venue - Chester

Quaker Meeting House, Union
Walk, Frodsham Street,
Chester, CH1 3LF.

Tel: 01244 316554



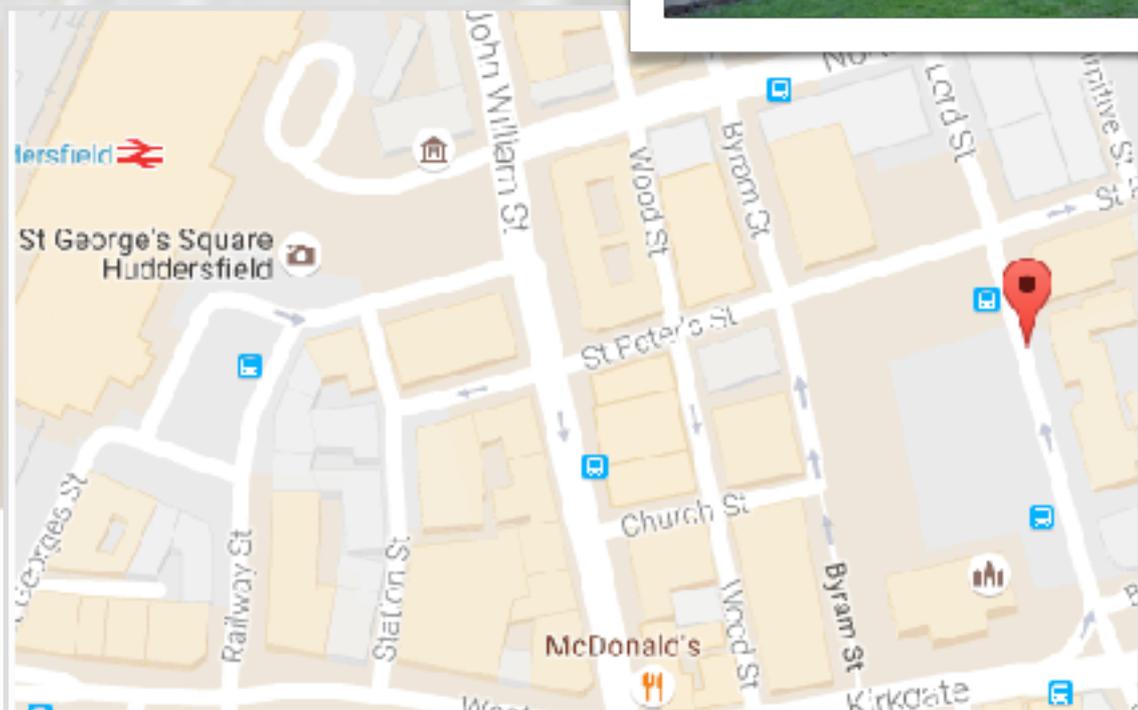
The venue is a fully staffed, purpose built facility offering a warm and welcoming atmosphere. Centrally located in the heart of the historic city of Chester. Close to the Cathedral, and City walls. Easily reached by public transport, the Park & Ride bus service and car parking. Chester is bursting with must see treasures, 2000 years of history, spectacular shopping, plenty of cafes, restaurants and accommodation. We can help you find accommodation if required.

To find out more about the area, go to the Visit Chester website -
www.visitchester.com

Venue - Huddersfield

Huddersfield Mission, 3-13
Lord Street, Huddersfield,
HD1 1QA

Tel: 01484 421461



The birthplace of the late Prime Minister Harold Wilson, this colourful market town showcases an impressive legacy that includes award-winning Victorian architecture, the ancient Castle Hill monument and musical excellence. Today it has evolved into an exciting hotbed of food, festivals and family fun.

Our venue the Huddersfield Mission is just three minutes from the railway station and on a bus route. We will be ideally located in the heart of Huddersfield. Leeds is just 30 minutes away.

To find out more about the area, go to the Visit Huddersfield website -
www.visithuddersfield.com

Why Choose the British School of Meditation?

1 ACCREDITATION

You will receive a Level 3 Qualification (Diploma) in Meditation Teacher Training. Externally accredited by the Open College Network, trading as [Ascentis](#). It is equivalent to A level standard. On successful completion of the course you will receive a certificate from Ascents and a Diploma from BSoM (The British School of Meditation).

2 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 a UK wide recognised course.

3 FACE TO FACE TRAINING

We give you five days face to face training and expect about 50 hours of written work to be completed.

4 HIGHLY QUALIFIED TRAINERS

You will be supported by Simon an experienced and qualified teacher. Simon has passed with Distinction the BSoM Meditation Teacher Training course and studied for the BSoM Trainer Trainer qualification which is also externally accredited by Ascentis with Ofqual recognition.

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.

6 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 monthly 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 (www.drdavidhamilton.com).



Entry Requirements

In order to teach you are required to have some foundation of meditation as it is not only about knowledge but experience too. Therefore, our students are required to have a regular meditation / mindfulness practice (preferably every day), with at least six months experience. We also ask that you have access to a computer, an email account and be computer literate as all the assignments need to be word processed and submitted via email.

Course Dates for Chester 2017

Course One

Part 1: February, Wednesday 1st, Thursday 2nd and Friday 3rd

Part 2: March, Thursday 30th and Friday 31st

Course Two

Part 1: April, Wednesday 26th, Thursday 27th and Friday 28th

Part 2: June, Thursday 29th and Friday 30th

Course Three

Part 1: October, Wednesday 4th, Thursday 5th and Friday 6th

Part 2: December, Thursday 7th & Friday 8th

Course Dates for Huddersfield 2017

Course One

Part 1: February, Thursday 23rd

Part 2: April, Wednesday 5th and Thursday 6th

Part 3: May, Wednesday 17th and Thursday 18th

Course Two

Part 1: September, Thursday 7th

Part 2: October, Wednesday 18th and Thursday 19th

Part 3: November, Wednesday 29th and Thursday 30th





Course Fees

The cost of the course is £990, payable over 3 instalments.

The first instalment is £200 and due upon registration.

The 2nd instalment of £395 is due 14 days before the 1st course date and the final instalment is due 14 days before the 2nd course date. Please note the deposit is non refundable.

Testimonials

See what people are saying about this course [here](#).

Your Next Step...

More information on the British School of Meditation is available at www.teaching-meditation.co.uk.

Should you wish to apply to attend the course, we need to arrange a telephone interview, where we gain a picture of your current personal meditation practice. A place on the course is not confirmed until we have the completed enrolment form and deposit.

Please let me know if you have any questions or wish to to arrange a telephone interview.

Meditation Teacher Training courses with the British School of Meditation will help you to become fully equipped to teach your own meditation courses.

Get in touch now and begin your journey
to become an accredited Meditation
Teacher with the BSoM.

