



Mindfulness and Compassion Teacher Training Program

Knowledge

This is a professional training program to support those who want to teach meditation, mindfulness and compassion aligned with the deep wisdom teachings of the Buddha.

This **two year** program is particularly suitable for those who are interested in incorporating mindfulness and compassion in their work in allied modalities such as; health, yoga, fitness, group work, social work, conflict resolution, social activism and counselling.

The program is designed to support you to deepen your own meditation practice as well as to develop your knowledge and skills to teach Mindfulness and Compassion in various settings. A diploma will be awarded on successful completion of the program.

The mindfulness component includes:

- ✦ Understanding the theoretical, philosophical and practical aspects of mindfulness based on the four foundations of mindfulness
- ✦ The use of movement practices to engage the somatic experience
- ✦ Establishing familiarity with current research findings on the effects of meditation
- ✦ Developing skills and confidence in leading individual and small group sessions and responding to questions

The compassion component includes:

- ✦ Training in the Boundless Heart qualities of; Loving-kindness, Compassion, Joy and Equanimity
- ✦ The role of compassion in healing emotional suffering
- ✦ Meditation practices of the heart to bring about freedom by cultivating forgiveness, compassion, loving kindness, gratitude, generosity and joy
- ✦ Establish familiarity with the compassion based psychological sciences of the west
- ✦ Models and guidance to teach compassion

Skills

Awakening

This program is also the foundational program for those who want to enter the path of becoming an Insight Meditation Dharma teacher and continue to deepen their journey of awakening.

This is a two year program

Structure for year one:

- ✦ 4 weekends face to face (non-residential)
- ✦ 4 on line group mentoring sessions of 2.5 hrs
- ✦ 2 one-on-one individual mentoring sessions
- ✦ Peer based study and practice groups (on line)
- ✦ In addition participants are required to attend at least one 5 or 7 day Insight Meditation retreat each year (not included in the price)

Cost for Year One

Annual payment \$2350 (incl GST), or
Four quarterly payments of \$615 (incl GST)

If you are a health professional
10 days of PD hours will be
awarded each year

Dates for 2019

Weekend modules

- 1) 23 - 24 February
 - 2) 25 - 26 May
 - 3) 24 - 25 August
 - 4) 23 - 24 November
- See website for 2020 dates



Application

This is a teacher-training program and a level of prior experience is required.

For more information on the curriculum, the requirements and application form visit:
www.insightmeditationinstitute.org

Teachers for the program



Subhana Barzagli is an authorised Insight and Zen meditation teacher with over forty years' experience in Buddhist meditation. Subhana is a guiding teacher for the insight tradition and the Sydney Zen Centre. She regularly leads both Insight and Zen retreats in Australia and overseas and has a psychotherapy practice in Sydney.

Alan Bassal has been studying and practicing Buddha's teachings for over 35 years beginning in the Vipassana meditative tradition and then developing in Eastern and Western Insight. He is a certified mindfulness based psychotherapist. Alan's teachings are eclectic and practical, he encourages people to awaken to each moment and find the fulfilment they seek.



See more info at: www.insightmeditationinstitute.org
or Email: alangbassal@gmail.com