



## Mindfulness and Compassion Teacher Training Program 2021 - 2022

### Knowledge

This program is for those who want to teach mindfulness and compassion aligned with the deep wisdom teachings of the Buddha. It is also for those who want to engage in an ongoing program of study to deepen their own journey of awakening.

The course will develop an understanding of the principles and application of the practices underlying meditation, mindfulness and the Boundless Heart qualities of loving kindness, compassion, joy and equanimity.

This **two year** program is particularly suited for those who are interested in incorporating and teaching mindfulness and compassion in various areas of work and life. In such areas as; allied health, yoga, fitness, group work, social work, conflict resolution, social activism, counselling and corporate work.

On successful completion of the program a diploma will be awarded to those who have demonstrated the required knowledge, skill and understanding.

#### The Mindfulness component includes:

- ✦ Understanding the theoretical, philosophical and practical aspects of mindfulness based on the four foundations of mindfulness
- ✦ Applying mindfulness in daily life to free oneself from habitual reactive tendencies
- ✦ Deepening your personal mindfulness practice and realisation
- ✦ Developing skills and confidence in leading individual and small group sessions

#### The Boundless Heart component includes:

- ✦ Training in the Boundless Heart qualities of; Loving-kindness, Compassion, Joy and Equanimity
- ✦ Understand the theoretical, philosophical and meditative practices of the Boundless Heart

### Skills

- ✦ The role of compassion in healing emotional suffering
- ✦ Models, guidance and mentoring in teaching skills

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 each year:

- ✦ 4 weekends workshops (non-residential). Minimum of two attended face to face the others can be attended via Zoom
- ✦ 4 Webinar sessions of 2hrs each
- ✦ 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 Each Year

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

If you are a health professional  
23 hrs of PD hours will be awarded each year

#### Dates for 2021

Weekend modules

- 1) 20 - 21 February
- 2) 22 - 23 May
- 3) 21 - 22 August
- 4) 20 - 21 November



## Application

A level of prior experience is required.  
For more information on the curriculum, the requirements and application form visit:  
[www.insightmeditationinstitute.org](http://www.insightmeditationinstitute.org)

## Teachers for the program



**Subhana Barzaghi** 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](http://www.insightmeditationinstitute.org)  
or Email: [alambassal@gmail.com](mailto:alambassal@gmail.com)