

# Graduate Certificate in Teaching Meditation



Units are taught online via Zoom on Saturdays

The Graduate Certificate in Teaching Meditation is for those seeking to learn the methods and skills of teaching meditation and prayer in a variety of settings. The course focuses on the personal practice and benefits of meditative prayer, and facilitation and discernment approaches allowing students to apply their learning in their own context.

## The Graduate Certificate in Teaching Meditation:

- teaches processes for leading groups effectively
- helps participants navigate the interface between mindfulness, wellbeing and Christian meditation
- fulfils the membership requirements for Meditation Australia
- may be completed in one year or over a longer period.
- is a recognised course for sponsored study by Melbourne Archdiocese Catholic Schools (MACS). Other teachers should contact their local Catholic Education Office.

## Course Structure

3 postgraduate units:

- DS8600C Meditation: The Evolving Tradition
- DS9611C Teaching Meditation and Prayer
- DS9620C Meditation and Wellbeing

For more information see the [GCTM timetable](#) on our website.

## 2023 Fees

- Postgraduate: \$2,882 per unit
- Audit: \$650 per unit

Ask us about payment options, including FEE-HELP.

Contact the Academic Records Office for enrolment information and appointments.  
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