

# Teaching meditation in the classroom



## Free Zoom Information Session



Photograph by Wes Grant on Unsplash

## Graduate Certificate in Teaching Meditation

### Available via Zoom

The Graduate Certificate in Teaching Meditation is for those seeking to learn the methods and skills of teaching meditation and prayer in the primary and secondary classroom. 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:

- is supported by Catholic Education Melbourne as a sponsored area of study, and counts towards accreditation to teach in a Catholic school
- engages with the findings of the Enhancing Catholic School Identity (ECSI) project
- 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.

Please join us for a free information session for the **Graduate Certificate in Teaching Meditation**.

This session will outline the requirements and outcomes of the course which provides the skills for teaching meditation and prayer in the primary and secondary classroom.

**DATE & TIME:** 12 October: 7.30pm – 8pm

**REGISTRATION:** To receive a zoom link email Jenny Delahunt on [jenny.delahunt@ctc.edu.au](mailto:jenny.delahunt@ctc.edu.au)

#### Presenters

**Rev. Associate Professor John Dupuche** is a senior lecturer at Catholic Theological College.

**Dr Christopher Morris** is a lecturer and Head of the Department of Pastoral and Spiritual Studies at Catholic Theological College.

### Free “Teaching Meditation Resource” on attendance

Contact the Academic Records Office for enrolment information and appointments.

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