



# Australia

Australian Capital Territory - ACT	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Jasmine Johnson - Holistic Health Practitioner	info@jasminejohnson.com.au +61 484 101 606 www.jasminejohnson.com.au	Holistic Counselling Meditation Teaching Holistic Human Development Chair Yoga Instruction	Holistic Counselling (face to face or online) Holistic Health & Empowerment Courses (one on one or group sessions, face to face or online) Holistic Health & Empowerment Workshops Meditation Classes
	Moments of Peace	momentsofpeace444@gmail.com 0481 141 844	Bachelor of Applied Science Advanced Diploma in Meditation Therapy and Holistic Counselling Master Practitioner of Hypnotherapy	Holistic Counselling Meditation Teaching and Therapy Children's Meditation Anxiety and Stress Management Corporate Stress Management Women's Mid-life Health and Well-being Trauma Counselling Hypnotherapy

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	<b>Denise Jarvie</b>	info@denisejarvie.com +61 410 643 671 www.denisejarvie.com	Reiki Master Seicham Master Advanced Tarot Reader Cert IV in Remedial Therapy The IMTTA Diploma in Meditation Therapy and Holistic Counselling	Monthly Meditation Gatherings Meditation Mentoring Meditation Therapy Reiki Soul Readings
	<b>Equilibrium Meditation</b>	daniel@equilibrium-meditation.com www.equilibrium-meditation.com	Mindful Self-Compassion Teacher Mindfulness Teacher	Mindful Self-Compassion, 8-week workshop Mindfulness, 8-week workshop
	<b>Hart Life Coaching</b>	anne@hartlifecoaching.com.au www.hartlifecoaching.com.au	Life Coaching Cert IV Training and Assessment	Online courses

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	<b>Mind Body Energy</b>	info@mindbodyenergy.com.au 0418 557 811	Bachelor of Arts Accredited Mindfulness Meditation Teacher  Member of Meditation Association of Australia	Mindfulness classes for children of all ages, teens and adults 8-week Mindfulness Based Stress Reduction  Programs for corporates
	<b>Project Balance</b>	rebecca.harnett@gmail.com 61 438 076 622	Certificate in Meditation Teaching  Certificate in Holistic Human Development  Bachelor of Health Science (Rehabilitation Counselling)	Meditation of Chronic Pain Workshops  Meditation for Anxiety Workshops  Meditation for Teenagers  Meditation for Beginners
	<b>Solano J. Domingos</b>	solanojd@gmail.com	Advanced Diploma in Management  Reiki Practitioner	Transformative Meditation  Mindfulness Training  Relaxation Techniques

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	<b>Trudie Ann Moore</b>	soulsurg@pnc.com.au	Certification in Clinical Hypnotherapy  Diploma of Business	One-on-one Tuition in meditation - weekly classes  Hypnotherapy
	<b>Soul Surgery</b>	0403 544 863 www.soulsurgery.net.au		
	<b>Virginia Rudenno</b>	virginia@masteringyourself.com.au +61 402 056 036 www.masteringyourself.com.au	Advanced Diploma of Meditation Therapy & Holistic Counselling  Certificate IV Chair Yoga Instructor	Corporate stress management meditation courses  Meditation sessions - beginners to advanced  Chair yoga and/or balance exercises
Hazelbrook	<b>Lotus Cottage Counselling Services</b>	lotuscottagecounselling@gmail.com 02 4758 7006	Bachelor of Science  Postgraduate Diploma Psychology  Certificate of Meditation and Holistic Human Development Counselling	General Counselling  Relationship Education  Pre-Marriage Counselling(Prepare/Enrich)  Bringing Baby Home Program  Beginners Meditation Training

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
Newcastle	<b>Samsara Healing Australia</b>	ma.malone@bigpond.com 0413 213 887	Certificate in Mindfulness and Meditation Teacher Training	Meditation and Mindfulness classes and programs for individuals, groups, schools and corporate  Specialising in children's and weight loss meditation

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Queensland - QLD	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Achieve Potentials  Achieve Potentials	admin@achievepotentials.com.au  0409 373 162  www.achievepotentials.com.au	Meditation and Mindfulness Teacher Certificate	Mindfulness & Meditation group workshops and coaching  Individual Mindfulness and Meditation Coaching
	As One Body and Mind 	asonebodyandmind@bigpond.com  0409 090 116  www.as1bodyandmind.com	The IMTTA Certificate in Meditation Teaching and Holistic Human Development  Certificate in Autonomic Nervous System Realignment Therapy  Certificate in Advanced Holistic Counselling  Certificate in Workplace Stress Management Certificate in Meditation for Chronic Pain and Healing	Holistic Counselling  Meditation Therapy

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Queensland - QLD	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
			Certificate in Meditation for the Management of Depression & Anxiety  Certificate in Meditation for Weight Management  Certificate in Meditation for Children	
	Gabriele Tabikh  Meditation Teacher	gabrieletabikh@msn.com  07 4632 0082	The IMTTA Certificate in Meditation Teaching and Holistic Human Development	Concentrative Meditation  Mindfulness Meditation  Creative Visualization  Guided Meditation  Zen Meditation  TM Meditation  Chakra and Mantra Meditation  Body Scan Meditation

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Queensland - QLD	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
				Concentrative Breath Meditation Progressive Relaxation Meditation
	Greg Doyle Astral Traveller Author Healer	astralgreg@gmail.com 0466 188 998 www.gregdoyleastral.com	Reiki Master Diploma of Arts in Music (VCA)	Astral travel workshops Meditation classes Healing sessions (Reiki Master)
	Head This Way	susie@headthisway.com.au www.headthisway.com.au	Registered Meditation Teacher (Meditation Association of Australia) Registered Yoga Teacher (350 hour) Clinical Nutritionist Master of Health Science	Meditation Classes (private or group) Yoga Classes (private or group) Nutrition Services
	Simone Townsend	simonetownsend@gmail.com	Mindfulness & Meditation Teacher Certificate	Individual Mindfulness & Meditation Coaching Sessions for Women

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South Australia - SA	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
Auburn SA 	Body & Soul Natural Therapies	bhawken@me.com  0421 571 833  www.bodyandsoulnaturaltherapies.com	Adv Dip Holistic Counselling & Meditation Teaching  Dip Remedial Massage  Ear Candling Practitioner  Aromatouch Practitioner	Meditation: Individual & group classes by appointment  Holistic Counselling  Remedial Massage  Sinus treatment/ear candling
	Empowered Heart	cynthia@empoweredheart.com.au  +61 409 908 235  www.empoweredheart.com.au	The IMTTA Certificate in Meditation Teaching and Holistic Human Development  Diploma of Bowen Therapy  Reiki Master Practitioner  Attunement Teacher and Practitioner	Meditation Teacher  Bowen Therapist including Chakra Bowen  Reiki Practitioner  Attunement Teacher and Practitioner  Life Coach  Classes on Meditation for stress release and more

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# Australia

	Refresh Restore Release	anniemargaretsmith@gmail.com  61 808 8431 0351	Graduate Diploma in Health Counselling  Certificate 2 in Teaching Meditation	Weekly classes during school terms in rural SA
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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Awakened Mind	bodhaka@gmail.com  +61.447977088  www.bodhaka.org	Master of Information Systems  Graduate Diploma of Management  Certificate IV Workplace Training and Assessment  30 years of Meditation experience as a practitioner and 7 years as an instructor	Meditation for Executives  Meditation for School Teachers and Students  Meditation for the General Public  Some of Meditation methods I am using to help people includes but not limited to: Anapanasathi Metha bawana Kayanupassana Chithanupassana Wedananupassana Chanting and vibration (Manthra) Imagination Working with Chi (Energy)

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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Julie Symons	julietlouise6@bigpond.com  0403 560 552	Bachelor of Community Welfare & Counselling, Monash University, 2017  Meditation Teacher Training, Hart Life Coaching  Mindfulness for Wellbeing and Peak Performance, Monash University	Mindfulness & Meditation 6-week course  Weekly Meditation Classes  Relaxation Meditation  One on One meditation coaching
	Serenity Life Coaching & Holistic Living	serenitycoaching01@gmail.com  0419 503 549  www.serenitylifecoachingholisticliving.com	Diploma of Life coaching  Certificate in Aroma Touch  Certificate in Holistic Counselling  Certificate in Chair Yoga and Meditation	Mediation and chair Yoga  Life Coaching  Holistic Counselling  Aroma Touch
	Shelby Ingram	sj_ingram@yahoo.com.au  +61 0476 300 435	Certificate in Mindfulness and Meditation from Hart Life Academy - Anne Hart  Mindful Nutrition Diploma - Centre of Excellence	4 week introduction to Meditation and Mindfulness

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			Mindfulness Based Stress Reduction Diploma - Centre of Excellence	
	Shining Light Counselling	samantha@shininglightcounselling.com 0424 658 372 www.shininglightcounselling.com	PGrad IMTTA cert. Advanced Holistic Cnslg PGrad IMTTA CertMED Chn PGrad IMTTA CertMED Mgt Pain and Healing IMTTA DipMED Thrpy Holistic Cnslg PGrad IMTTA Cert Brain Body Med PGrad IVHHD Cert Autonomic Nervous System Realignment Thrpy PGrad IVHHD Cert Corporate Stress Mgt	Holistic Counselling Telephone Counselling Meditation Teaching and Therapy Stress Management Chair Yoga

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			PGrad IVHHD Cert MED Mgt Anxiety and Depression IVHHD Cert MED THR HHD IVHHD Cert Holistic Cnslg IVHHD Cert Chair Yoga Instruction BAPsych(Hons) BA(PsychCnslg) Cert Cnslg Skills Trained in Psychology CareLine (Telephone) Training	

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Western Australia - WA	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Barbara Elphick	bbelphizo@telstra.com  61 416 128 176	IMTTA Certificate in Meditation Teaching & Holistic Human Development  Meditation Teaching  Chair Yoga Instructions  Holistic Counselling  IMTTA Postgraduate Certificate in Meditation for the Management of Pain and Healing	Meditation  Chair Yoga  Holistic Counselling  Pain Management and Healing
	Meditation Coaching Potentials	meditationcoachingpotentials.com.au  0408 379 703 lorraine@successspirit.com.au	Cert IV in Coaching & Mentoring  Cert IV in Training & Assessment Qualified in NLP  Qualified Mindfulness Facilitator	Individual & Group Meditation Coach & Mentor  Mindfulness in Daily Life  Maintaining Self-care Boundaries  Wisdom Heart Program for mature aged women to embrace the value of your life

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	Sri Shanthi Bhavana Yoga Wellness	<a href="mailto:info@shanthibhavana.com">info@shanthibhavana.com</a>  61 466 480 369  <a href="http://www.shanthibhavana.com">www.shanthibhavana.com</a>	Certified Yoga Teacher  Certified Meditation Teacher	Private & Group Yoga & Meditation sessions in Perth and Rockingham  All Classes can be found on the "CLASSES" page of our website: <a href="http://www.shanthibhavana.com">www.shanthibhavana.com</a>

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