



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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Australia

New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Denise Jarvie	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
	Eluney	ipatoblanco@gmail.com +61 0403 552 782	Certificate in Meditation Teacher Certificate in Chair Yoga Instruction Certificate in Holistic Counselling	Meditation Classes 7 Hood Clos, North Nowra - 2541 - NSW North Nowra Community Centre Every Monday 5:30 to 6:30pm
	Hart Life Coaching	anne@hartlifecoaching.com.au www.hartlifecoaching.com.au	Life Coaching Cert IV Training and Assessment	Online courses
	Mind Body Energy	info@mindbodyenergy.com.au	MBSR Teacher	MBSR-8 Week

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
		+61 418 557 811 www.mindbodyenergy.com.au		Corporate and Community Programmes Mindfulness Coaching Zen Warrior Mindfulness for Kids classes Yoga Nidra/iRest Practitioner
	Project Balance	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
	Virginia Rudenno	virginia@masteringyourself.com.au +61 402 056 036 www.masteringyourself.com.au	Advanced Diploma of Meditation Therapy and Holistic Counselling Certificate IV Chair Yoga Instructor Diploma of Business	Corporate stress management meditation courses Meditation sessions - beginners to advanced Chair yoga and balance exercises
Bungendore	Michele Bland, Counselling, Hypnotherapy and Meditation	michelembland@gmail.com +61 0481 041 084	Certificate in Holistic Human Development	Counselling Hypnotherapy

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
		www.everybodysgotaproblem.com	Holistic Counselling Chair Yoga Meditation Teacher Modern Hypnotherapy Degree in Education	Guided Meditation Meditation Coaching Chair Yoga
Hazelbrook	Lotus Cottage Counselling Services	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
Newcastle	Samsara Healing	ma.malone@bigpond.com 0413 213 887	Meditation and Mindfulness Teacher	Group Classes \$15 Individual Class \$30 Children's and Workplace Meditation
NSW / Seaham	The Mindful Nurse Australia	themindfulnurseau@bigpond.com +61 410 465 161	Masters of Life Coaching	Mindfulness Meditation Classes focusing on the stress response empowering health and well-being for all.

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International Meditation Teachers Association
APPROVED TRAINING PROVIDER

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	 THE MINDFUL NURSE KINDNESS • CARING • COMPASSION	www.themindfulnurseaustralia.com.au	Certificate in Mindfulness & Meditation Reiki Practitioner / Master / Teacher Registered Nurse	Private or group sessions available as required



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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 Certificate in Meditation for the Management of Depression & Anxiety	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 Weight Management Certificate in Meditation for Children	
	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)
Toowoomba	Gabriele Tabikh	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
	Tess Martin Coaching	tessmartincoaching@gmail.com 0438 032 197	Mindfulness & Meditation Teacher Certificate Cert IV in Life Coaching Bachelor of Business	Meditation and mindfulness classes / workshops / courses

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South Australia - SA	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Empowered Heart	cynthia@empoweredheart.com.au +61 409 908 235 www.empoweredheart.com.au	Diploma in Bowen Therapy Reiki Master Practitioner Diploma of Meditation Therapy & Holistic Counselling Attunement Teacher & Practitioner	Meditation Energy Healing Bowen Therapy Holistic Counselling Human Design
	Refresh Restore Release	anniemargaretsmith@gmail.com 61 884 310 351	Certificate 2 in Meditation Teaching	Weekly classes - Meditation theory and practice
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

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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Hari Puppala	journeytobeing@gmail.com +61 0449 256 993 www.breathuniverse.com		Breath Energy Meditation Meditation for holistic life transformation Meditation for Stress Management Importance of reading right books for spiritual evolution Importance of vegetarianism in one's life
Sunbury	Judith Te Huia	jnh_tehuia@bigpond.com +61 422 142 729 www.judithtehuia.com	Bachelor Nursing Diploma Transpersonal Counselling Cert 4 Health (Nursing)	Holistic Counselling Meditation
	Shining Light Counselling	samantha@shininglightcounselling.com 0424 658 372 www.shininglightcounselling.com	The IMTTA Certificate in Meditation for Children The IMTTA Certificate in Meditation for Management of Pain and Healing The IMTTA Diploma in Meditation Therapy and Holistic Counselling	Breathing exercises: Breathwork Progressive Muscle Relaxation Body Scan Zen Meditation

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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
			<p>The IMTTA Certificate in Meditation Teaching & Holistic Human Development (Meditation Teaching, Chair Yoga Instructions & Holistic Counselling)</p> <p>Bachelor of Arts (Psychology) Honours</p> <p>Bachelor of Arts (Psychology & Counselling)</p> <p>Bachelor of Social Science (Psychology & Counselling)</p> <p>Level 1 - Telephone Counselling Training</p> <p>Grief Counselling Certificate</p> <p>Certificate in Counselling Skills</p> <p>Certificate of Achievement, 98.5 Sunshine FM Careline Training Course</p>	<p>Guided Visualisation/Creative Visualisation</p> <p>Mindfulness Meditation</p> <p>Mantra (Affirmation) Meditation</p> <p>Movement Meditation</p>



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Western Australia - WA	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
Geraldton	Barbara Krokosz	barbarakrokosz1@gmail.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
	Sri Shanthi Bhavana Yoga Wellness	info@shanthibhavana.com 61 466 480 369 www.shanthibhavana.com	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: www.shanthibhavana.com

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