




Australia

The following meditation teachers are registered with the International Meditation Teachers Association. They have provided information in regard to their level of experience and their commitment to providing high quality, ethical service. Having said that, the IMTA is not affiliated with, nor can it take responsibility for the actions of any individual member.

QLD


Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
A Healthy Mindset	ahealthymindset@outlook.com 0439 590 969 www.ahealthymindset.com	<ul style="list-style-type: none"> - Mindfulness & Meditation Teacher -Hart Life Coaching -Diploma of Clinical Hypnosis and Psychotherapy -Australian Hypnotherapy Association 	<ul style="list-style-type: none"> -Learn to Meditate (Mindfulness) -Learn to Meditate (Spiritual)
As One Body and Mind 	asonebodyandmind@bigpond.com 0409 090 116 http://as1bodyandmind.com 	<ul style="list-style-type: none"> -The IMTTA Certificate in Meditation Teaching and Holistic Human Development -Autonomic Nervous System Realignment Postgraduate Course -Advanced Holistic Counselling -Workplace Stress Management -Chronic Pain -Depression & Anxiety -Weight Management -Kids Meditation 	<ul style="list-style-type: none"> -Holistic Counselling -Meditation Therapy

<p>Body & Soul Natural Therapies</p> 	<p>bhawken@me.com 0421 571 833 www.bodyandsoulnaturaltherapies.com</p>	<p>-Certificate in Holistic Counselling - Chair Yoga and Meditation Teaching</p>	<p>-Mindfulness -Zen -Focus -Guided Visualisation</p>
<p>Gabriele Tabikh Meditation Teacher</p>	<p>gabrieletabikh@msn.com 07 4632 0082</p>	<p>IVHHD Certificate in Meditation Teaching & Holistic Human Development.</p>	<p>-Concentrative Meditation -Mindfulness Meditation -Creative Visualization - Guided Meditation Zen Meditation -TM Meditation -Chakra and Mantra Meditation -Body Scan Meditation -Concentrative Breath Meditation -Progressive Relaxation Meditation</p>
<p>Greg Doyle - Astral Traveller, Author, Healer</p>	<p>astralgreg@gmail.com 0466 188 998 www.gregdoyleastral.com</p>	<p>-Reiki Master -Diploma of Arts in Music (VCA)</p>	<p>-Astral travel workshops -Meditation classes -Healing sessions (Reiki Master)</p>
<p>Head This Way</p>	<p>www.headthisway.com.au susie@headthisway.com.au</p>	<p>Registered Meditation Teacher (Meditation Assoc of Australia) Registered Yoga Teacher (350 hour) Clinical Nutritionist Master of Health Science</p>	<p>Meditation Classes (private or group) Yoga Classes (private or group) Nutrition Services</p>

NSW

Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
Ancient Energy Healings	ancientenergyhealings@hotmail.com.au 0415 131 235	<ul style="list-style-type: none"> -Cert. in Meditation Teaching -Cert. in Children's Meditation -Cert. in Chair Yoga -Cert. in Holistic Counselling -Touch for Health Kinesiology Practitioner -Master Reiki Teacher and Practitioner -Cert. in Spiritual/Energy Healing -Cert. in Metaphysics and Personal Development -Cert. in Law of Attraction Basic -Bachelor of Education (Early Childhood) -Master of Teaching (Early Childhood) 	<ul style="list-style-type: none"> -Teenage Relaxation classes -Children's Mindfulness and Meditation -Meditation Training and Chair Yoga -Corporate Stress Management; Senior's Discovery Courses -Holistic Counselling -Touch for Health Kinesiology -Reiki Healing -Reiki Attunement Workshops -Spiritual/Energy Healing -Metaphysical Counselling.
Be Consulting co	chelsea@beconsultingco.com 0419 727 053 www.beconsultingco.com.au	<ul style="list-style-type: none"> -Bachelor of Commerce -Diploma of Positive Psychology and Well-being 	Mindfulness & Meditation Classes

Holliestic Human Development	hollie@holliestic.com.au 0428 307 144 www.holliestic.com.au	IVHHD Diploma in Meditation Therapy	Meditation Guidance Sessions, Workshops & Classes (Refer to website for services & details)
Joann Willoughby	joannwilloughby@gmail.com 0405 221 592 www.australianschoolofreiki.com	-Clinical Hypnotherapy diploma -Diploma of Counselling Life purpose coaching -Registered Nurse -Reiki master / teacher	-Clinical Hypnotherapy -Life purpose coaching -Reiki certification -Reiki Treatments -Meditation lessons group and email.
Lotus Cottage Counselling and Wellbeing Services	lotuscottagecounselling@gmail.com 0408 027 805	-Postgraduate Diploma Psychology -IVHHD Certificate in Meditation Teaching and Holistic Human Development -Prepare/Enrich couples and relationship Counselling	-Meditation Classes -Holistic Counselling -Generalist Counselling -Couples Counselling
Lucinda Jones ;The Mindful Nurse Australia	Themindfulnurseau@bigpond.com 0410 465 161	-Certificate in Mindfulness & Meditation -Certified Mindfulness & - Meditation Teacher -Cert IV Life Coach -Registered Nurse	-Learn to Meditate (Mindfulness) -Learn to Meditate (Spiritual)
Meditation in Education (Samsara Healing Australia Pty Ltd)	ma.malone@bigpond.com 0413 213 887	Certificate in Mindfulness and Meditation Teacher Training	-Classes, Groups and Workshops in Mindfulness and Meditation -Focus on Mindfulness in Schools for Students and Teachers, written programs and workshops/classes.
Mem's Soul Food	mem@memssoulfood.com.au 0433 601 344 www.memssoulfood.com.au	-Hart Life Coaching -Diploma in Mindfulness Meditation Teacher	-Personal & Life Coaching -Meditation & Counselling

 <p>Trudie Moore Soul Surgery</p>	<p>soulsurg@pnc.com.au 0403 544 863 https://www.soulsurgery.net.au</p>	<p>-Diploma in Shamanic Healing Practice -Certificate - Past Life Regression -Certification in Clinical Hypnotherapy</p>	<p>-Individual Guided Meditation Instruction -Guided Meditation for small groups -Guided meditation recordings for Adults - & Children (Available from website)</p>
<p>Yoga with Jacquie</p>	<p>jcowell1964@gmail.com 0417 420 601</p>	<p>Diploma of Yoga Teaching 350 hours</p>	<p>Meditation classes & Yoga Nidra</p>
<p>Mind Body Energy</p>	<p>info@mindbodyenergy.com.au 0418557811</p>	<p>BA. Accredited Mindfulness Meditation Teacher Member of Meditation Association of Australia</p>	<p>Mindfulness classes for children of all ages, teens and adults, 8 week Mindfulness Based Stress Reduction Programs for corporates.</p>

VIC

Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
<p>Breath Energy Meditation</p>	<p>journeytobeing@gmail.com 0449 256 993</p>		<p>-Breath Energy Mediation -Meditation for holistic life transformation -Meditation for Stress Management -Importance of reading right books for spiritual evolution -Importance of vegetarianism in ones life</p>
<p>Julie Symons</p>	<p>julietlouise6@bigpond.com 0403 560 552</p>	<p>Mindfulness for Wellbeing and Peak Performance. Continuing Professional Development (CPD) 2015</p>	<p>-Mindfulness & Meditation 6 week course -Weekly Meditation Classes -Relaxation Meditation</p>

		Mindfulness & Meditation Teacher Training, Hart Life Coaching, 2015	-Mantra Meditation -Private Mindfulness Meditation Coaching
Never Ending Transformations	sj_ingram@yahoo.com.au 0476 300 435	-Cert IV in Clinical Hypnotherapy -Diploma in Counselling.	-Meditation and Mindfulness Classes, for beginners, and more advanced practitioners -Clinical Hypnotherapy -Life Coaching -Counselling
Paul Manning 	pmanning73@gmail.com 0422 965 483	Hart Life Coaching Mindfulness & Meditation Teacher	-Mindfulness and Meditation Teacher -One on One Programs -Group Sessions -Workshops -Qigong -Nutrition 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
Shining Light Counselling	samantha@shininglightcounselling.com 0424 658 372. http://www.shininglightcounselling.com/home	- The IMMTA certificate in mediation for children -The IMTTA certificate in meditation for management of pain and healing	-Breathing exercises: Breathwork -Progressive Muscle Relaxation -Body Scan -Zen Meditation -Guided Visualisation/Creative Visualisation -Mindfulness Meditation

		<ul style="list-style-type: none"> -The IMTTA diploma in meditation therapy and holistic counselling -The IVHHD Certificate in Meditation Teaching & Holistic Human Development (Meditation Teaching, Chair Yoga Instructions & Holistic Counselling) -Bachelor of Arts (Psychology) Honours -Bachelor of Arts (Psychology & Counselling) -Bachelor of Social Science (Psychology & Counselling) -Level 1 - Telephone Counselling Training -Grief Counselling Certificate -Certificate in Counselling Skills -Certificate of Achievement, 98.5 Sunshine FM Careline Training Course 	<ul style="list-style-type: none"> -Mantra (Affirmation) Meditation -Movement Meditation
<p>Stephanie Beauverd</p>	<p>hello@stephaniebeauverd.com 0412 855 842 www.stephaniebeauverd.com</p>	<ul style="list-style-type: none"> -Certificate in Meditation Teaching and Holistic Human Development -Diploma in Mindfulness Therapy -Graduate Diploma of Counselling -Bachelor of Social Science/Psychology 	<ul style="list-style-type: none"> -Mindfulness One-on-one Programs and Group Courses -Casual Meditation classes

WA

Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
Carnarvon Dharma and Meditation Centre	meditation@iinet.au 0418 909 109 www.dharmadatu.org.au	-Ordained Buddhist -Meditation Instructor Certification -Dip Psychology -Dip Clinical Hypnotherapy and Psychotherapy -Reiki Master	Meditation Classes
Kāma Wellness	cameronfraser400@yahoo.com.au 0424 692 009	-The Transcendental Meditation Program of Maharishi Mahesh Yogi Certificate of Instruction -Certificate in Chakra Meditation (Bhuta Shuddhi) -Bachelor of Arts (Cum Laude) in Psychology	-Beginners guided meditation classes -Chakra Meditation (Bhuta Shuddhi) classes.
Shanthi Bhavana Meditation & Yoga	info@shanthibhavana.com 0466 480 369 www.shanthibhavana.com	-Diploma - "Hatha Yoga Teacher" - -Diploma - "Restorative Yoga" Teacher -Certificate Chair Yoga	-Weekly classes in Yoga and Meditation -Classes, events and workshops can be found on the website

		<ul style="list-style-type: none"> -Certificate - "Meditation & Counselling" -Graduate Diploma Film Music -Certificate - "Massage Therapy" 	
Meditation Coaching Potentials	<p>(new site about to be launched in coming weeks)</p> <p>meditationcoachingpotentials.com.au lorraine@successspirit.com.au 0408379703</p>	<p>Cert IV in Coaching & Mentoring. Cert IV in Training & Assessment, Qualified in NLP, qualified Mindfulness facilitator</p>	<p>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</p>

SA

Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
Empowered Heart	<p>cynthia@empoweredheart.com.au 0409 908 235 www.empoweredheart.com.au</p>	<ul style="list-style-type: none"> -IVHHD Certificate in Meditation Teaching and Holistic Human Development -Smart Bowen Diploma of Bowen Therapy -Reiki Master Practitioner 	<ul style="list-style-type: none"> -Meditation classes for relaxation, stress release, self-development, balancing chakras, learning to meditate and more. -Private meditation consultations. -Meditation Mp3's. -Bowen Therapy. -Empowerment coaching and counselling. -Reiki.

		-International Emissaries Attunement Guild - Attunement Teacher & Practitioner -Intuitive Life Coach - Divine Order of the Sacred Rose	-Attunement. -Chair Yoga
Refresh Restore Release	anniemargaretsmith@gmail.com 61 884310351	Certificate 2 in meditation teaching	Weekly classes - Meditation theory and practice

ACT

Business Name	Contact Information	Formal Qualification	Meditation Styles, Courses, Classes & Services Offered
Fit In Happiness	fitinhappiness@gmail.com 0424 541 362	-Bachelor in Primary Teaching with a Minor in Health and Movement -Certified Zumba Instructor -Certified Bluearth Instructor -Certified Rock and Water Instructor	Food Coaching, Zumba classes -Guided Meditation/Relaxation -Fit in Happiness - the Outdoor Project

		-Certificate IV in Food coaching -Certified Mindfulness and Meditation Teacher	
Moments of Peace	momentsofpeace444@gmail.com 0481 141 844	-The IMTTA Diploma in Meditation Therapy and Holistic Counselling -Master Practitioner in Hypnotherapy, NLP, Life Coaching and Timeline Transformations	