



Australia

Australian Capital Territory - ACT	Business Name	Contact Information	Formal Qualifications	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 Certificate IV in Food Coaching Certified Mindfulness and Meditation Teacher	Food Coaching Zumba Classes Guided Meditation/Relaxation Fit in Happiness - The Outdoor Project
	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	

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Ancient Energy Healings	ancientenergyhealings@hotmail.com.au 0415 131 235	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	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

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
			Bachelor of Education (Early Childhood) Master of Teaching (Early Childhood)	
	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
	Equilibrium Meditation	daniel@equilibrium-meditation.com www.equilibrium-meditation.com	Mindful Self-Compassion Teacher Mindfulness Teacher	Mindful Self-Compassion, 8-week workshop Mindfulness, 8-week workshop
	Hart Life Coaching	anne@hartlifecoaching.com.au	Life Coaching	Online courses

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
		www.hartlifecoaching.com.au	Cert IV Training and Assessment	
	Holliestic Human Development	hollie@holliestic.com.au 0428 307 144 www.holliestic.com.au	IMTTA 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 The IMTTA Certificate in Meditation Teaching and Holistic Human Development	Meditation Classes Holistic Counselling Generalist Counselling Couples Counselling

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New South Wales - NSW	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
			Prepare/Enrich Couples and Relationship Counselling	
	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
	Mind Body Energy	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
	Solano J. Domingos	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
	Trudie Ann Moore	soulsurg@pnc.com.au 0403 544 863 www.soulsurgery.net.au	Certification in Clinical Hypnotherapy	One-on-one Tuition in meditation - weekly classes Hypnotherapy
	Soul Surgery			
	Virginia Rudenno	virginia@masteringyourself.com.au +61 402 056 036 www.masteringyourself.com.au	Advanced Diploma of Meditation Therapy & Holistic Counselling Certificate IV Chair Yoga Instructor Diploma of Business	Corporate stress management meditation courses Meditation sessions - beginners to advanced Chair yoga and/or balance exercises
	Yoga with Jacquie	jcowell1964@gmail.com 0417 420 601	Diploma of Yoga Teaching 350 hours	Meditation classes & Yoga Nidra
Newcastle	Samsara Healing Australia	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
	A Healthy Mindset	ahealthymindset@outlook.com 0439 590 969 www.ahealthymindset.com	Mindfulness & Meditation Teacher Hart Life Coaching Diploma of Clinical Hypnosis and Psychotherapy Australian Hypnotherapy Association	Learn to Meditate (Mindfulness) Learn to Meditate (Spiritual)
	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	Holistic Counselling Meditation Therapy

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			Certificate in Meditation for Chronic Pain and Healing Certificate in Meditation for the Management of Depression & Anxiety Certificate in Meditation for Weight Management Certificate in Meditation for Children	
	Body & Soul Natural Therapies	bhawken@me.com 0421 571 833 www.bodyandsoulnaturaltherapies.com	The IMTTA Certificate in Meditation Teaching and Holistic Human Development (inc. Chair Yoga) Certificate in Holistic Counselling	Mindfulness Zen Focus Guided Visualisation
	Gabriele Tabikh Meditation Teacher	gabrieletabikh@msn.com 07 4632 0082	The IMTTA Certificate in Meditation Teaching and Holistic Human Development	Concentrative Meditation Mindfulness Meditation

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Queensland - QLD	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
				Creative Visualization Guided Meditation Zen Meditation TM Meditation Chakra and Mantra Meditation Body Scan Meditation 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)

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Queensland - QLD	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	Head This Way	<p>susie@headthisway.com.au</p> <p>www.headthisway.com.au</p>	<p>Registered Meditation Teacher (Meditation Association of Australia)</p> <p>Registered Yoga Teacher (350 hour)</p> <p>Clinical Nutritionist</p> <p>Master of Health Science</p>	<p>Meditation Classes (private or group)</p> <p>Yoga Classes (private or group)</p> <p>Nutrition Services</p>
	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
	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
	Refresh Restore Release	anniemargaretsmith@gmail.com 61 884 310 351	Certificate 2 in Meditation Teaching	Weekly classes - Meditation theory and practice

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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)
	Breath Energy Meditation	journeytobeing@gmail.com 0449 256 993		Breath Energy Mediation

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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
				<p>Meditation for Holistic Life Transformation</p> <p>Meditation for Stress Management</p> <p>Importance of reading right books for spiritual evolution</p> <p>Importance of vegetarianism in one's life</p>
	Julie Symons	julietlouise6@bigpond.com 0403 560 552	<p>Bachelor of Community Welfare & Counselling, Monash University, 2017</p> <p>Meditation Teacher Training, Hart Life Coaching</p> <p>Mindfulness for Wellbeing and Peak Performance, Monash University</p>	<p>Mindfulness & Meditation 6-week course</p> <p>Weekly Meditation Classes</p> <p>Relaxation Meditation</p> <p>One on One meditation coaching</p>

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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
	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

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	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 Mindfulness Based Stress Reduction Diploma - Centre of Excellence	4 week introduction to Meditation and Mindfulness
	Shining Light Counselling	samantha@shininglightcounselling.com 0424 658 372 www.shininglightcounselling.com	The IMTTA Certificate in Meditation for Children	Breathing exercises: Breathwork Progressive Muscle Relaxation

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			<p>The IMTTA Certificate in Meditation for Management of Pain and Healing</p> <p>The IMTTA Diploma in Meditation Therapy and Holistic Counselling</p> <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>Body Scan</p> <p>Zen Meditation</p> <p>Guided Visualisation/Creative Visualisation</p> <p>Mindfulness Meditation</p> <p>Mantra (Affirmation) Meditation</p> <p>Movement Meditation</p>

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Victoria - VIC	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
			Grief Counselling Certificate Certificate in Counselling Skills Certificate of Achievement, 98.5 Sunshine FM Careline Training Course	

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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
	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.
	Meditation Coaching Potentials	meditationcoachingpotentials.com.au 0408 379 703	Cert IV in Coaching & Mentoring Cert IV in Training & Assessment	Individual & Group Meditation Coach & Mentor

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Western Australia - WA	Business Name	Contact Information	Formal Qualifications	Meditation Styles, Courses, Classes & Services Offered
		lorraine@successspirit.com.au	Qualified in NLP Qualified Mindfulness Facilitator	Mindfulness in Daily Life Maintaining Self-care Boundaries Wisdom Heart Program for mature aged women to embrace the value of your life
	Shanthi Bhavana Meditation & Yoga	info@shanthibhavana.com 0466 480 369 www.shanthibhavana.com	Diploma Hatha Yoga Teacher Diploma Restorative Yoga Teacher Certificate Chair Yoga Certificate Meditation & Counselling Graduate Diploma Film Music Certificate Massage Therapy	Weekly classes in Yoga and Meditation Classes, events and workshops can be found on the website

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