



Mindfulness and Compassion Teacher Training Course 2023 - 2024

Knowledge

This training is for those who want to teach mindfulness and compassion aligned with the deep wisdom teachings of the Buddha. It is also for those who want to engage in an ongoing program of study to deepen their own journey of awakening.

The course will develop an understanding of the principles and application of the practices underlying meditation, mindfulness and the Boundless Heart qualities of; loving kindness, compassion, joy and equanimity.

This **two year training course** is particularly suited for those who are interested in incorporating and teaching mindfulness and compassion in various areas of work and life: allied health, yoga, fitness, spiritual communities, social work, conflict resolution, social activism, counselling, psychology and corporate work.

On successful completion of the training a diploma will be awarded to those who have demonstrated the required knowledge, skill and understanding.

The Mindfulness component includes:

- ✦ Understanding the theoretical, philosophical and practical aspects of mindfulness based on the four foundations of mindfulness
- ✦ Applying mindfulness in daily life to free oneself from habitual reactive tendencies
- ✦ Deepening your personal mindfulness practice to develop insight and wisdom
- ✦ Developing skills and confidence in leading individual and small group sessions

The Boundless Heart component includes:

- ✦ Training in the Boundless Heart qualities of; Loving-kindness, Compassion, Joy and Equanimity
- ✦ Understand the theoretical, philosophical and meditative practices of the Boundless Heart

Awakening

- ✦ The role of compassion in healing emotional and psychological stress and suffering
- ✦ Applying models, guidance and mentoring in teaching skills

This training course is also the foundational program for those who want to enter the path of becoming an Insight Meditation Dharma teacher and continue to deepen their journey of awakening.

This is a two year training course

Structure for each year:

- ✦ 4 weekends workshops (non-residential) workshops can be attended in-person or on-line. One workshop per year ideally should be attended in-person.
- ✦ 3 Webinar sessions between modules per year
- ✦ Online small group Mentoring sessions
- ✦ Peer based study and practice groups (on-line)
- ✦ In addition, participants are required to attend at least one 5 or 7 day Insight Meditation retreat each year (not included in the price)

Cost for Each Year

Annual payment \$2500 for each year which can be paid in quarterly instalments

If you are a health professional 23 hrs of PD hours will be awarded each year

Dates for the weekend workshops

2023	2024
Wrk 1: 18-19 Feb	Wrk 5: 17-18 Feb
Wrk 2: 20-21 May	Wrk 6: 18-19 May
Wrk 3: 19-20 August	Wrk 7: 17-18 Aug
Wrk 4: 18-19 November	Wrk 8: 23-24 Nov

Application

As this is a teacher training a prescribed level of prior experience is required. For more information on the curriculum, entry requirements and application form visit:

www.insightmeditationinstitute.org

Guiding Teachers for the Training Course



Subhana Barzagli is an authorised Insight and Zen meditation teacher with over forty years' experience in Buddhist meditation. Subhana is a guiding teacher in the Insight tradition and a founding Director of IMI. Inc. She leads regular Insight Meditation and Zen retreats in Australia and overseas and has a private psychotherapy practice in Sydney.



Alan Bassal has been studying and practicing Buddha's teachings for over 35 years beginning in the Vipassana meditative tradition and then developing in Eastern and Western Insight. He is a certified mindfulness based psychotherapist. Alan's teachings are eclectic and practical, he encourages people to awaken to each moment and find the fulfilment they seek. Alan is a founding Director of the Insight Meditation Institute Inc. and chairman of Sydney Insight Meditators.



Sabina Rabold is an experienced and qualified psychotherapist and clinical supervisor in private practice as well as a university lecturer in postgraduate Counselling and Psychotherapy programs. She is passionate about the interface between Buddhism and Psychotherapy as well as the practicality and beauty of applied Buddhism. Sabina has been a meditator for most of her life and has studied Buddhism deeply for over two decades. She offers dharma talks, workshops and seminars on many dharma-inspired topics and teaches mindfulness and insight meditation. Sabina is a teacher and mentor on the M&C course

To apply and see more information go to: www.insightmeditationinstitute.org
or Email: insightmeditationinstitute@gmail.com