

Meditation Teacher Training Courses



Dr Isabelle Cunningham

Whether you have decided to complete a Meditation Teacher Training Course with Inner Voyage or a different course provider there are some important factors you may like to take into consideration to ensure the Meditation Teacher Training Course you choose is right for you.

Firstly why do a Meditation Teacher Training Course at all? Many people do run meditation classes without qualifications and often do manage to have a group of students who regularly attend and do get some benefits from these classes.

However, I would think of these more as meditation groups than actual classes, as the teacher's knowledge is usually limited to their own personal experience.

Meditation and its practical and therapeutic applications through a very wide range of styles has been thoroughly researched, particularly over the last two decades. There is so much important information available now that a teacher who has graduated from an accredited Meditation Teacher Training Course, will be in a better position to ensure all of their students have all of their needs met and get to learn and practice meditation styles that are best suited to their individual needs. Also like any therapy the misuse of meditation (through lack of knowledge) can cause just as much damage in untrained hands as it can provide good in the hands of knowledgeable teacher.

As far as business success goes, people like to know the person they are paying to teach or guide them has taken the time to learn about meditation thoroughly and has achieved accreditation in their field.

Once you have decided to undertake an accredited Meditation Teacher Training Course you might like to look at whether or not the course provider is coming from the same place as you are, ethically. Do they follow strict religious or spiritual paths or teach a specific or sectarian style?

Will this sit well with you or could it limit the styles of meditation you will be able to teach?

Also, is the course accredited and do you feel a connection to the way the Meditation Teacher Training Course providers present themselves? Do they offer any assistance or support for you once you have completed their course to assist you in setting up and running your own business?

How is the Meditation Teacher Training Course material presented? Will you be required to attend any classes in person or can you work through your Meditation Teacher Training Course at times that suit you from your own home? Is there flexibility so you will be able to take time off without falling behind if your personal circumstances get in the way of your commitment to study?

Finally, you may need to consider cost involved in completing your Meditation Teacher Training Course. Are the fees reasonable? Is the value of the content worth the fee the college is charging? In thinking about this you might need to look at the level of support you will receive as a student along with the value of the certificate you will gain (accreditation and recognition) and also the amount of support or assistance you will receive from your Meditation Teacher Training Course provider once you have graduated from your course and are looking for guidance in setting up and working in your wonderful new career!

Namaste
Isabelle