



~ MINDFULNESS MEDITATION ~

PART I: TEACHING EXPERIENCE

2018

May 14 **Mindful Walking in Nature 'taster'**
Gemtree Wetlands, McLaren Flat, South Australia
Teacher

Guided mindful walking in nature demonstration, individual (30 mins).

May 5 – June 9 **Drop-in classes**
Fleurieu Yoga, Aldinga, South Australia
Teacher

Weekly drop-in sessions with guided meditation / exercises followed by debrief and group conversation. (6 hours)

May 3 – May 10 **Custom Meditation Sessions**
2 x 1.5 private sessions via Skype, Victoria (Australia)
Teacher

Custom 1:1 'mindfulness for stress' weekly sessions for 2 x individual participants (3 hours)

April 28 **Meditation 'taster'**
Fleurieu Yoga, Aldinga, South Australia
Teacher

Promotional, free, mindfulness meditation session for the public. Included guided practice and group discussion. (1 hour)

2017

October 7 **Mindfulness & Meditation At Work**
The School of Life, Berlin (Germany)
Teacher

Introductory half-day workshop about the benefits of bringing mindfulness and meditation into the workplace and to personal work practice. Guided practices, discussion and resources. (4 hours).

July 19 – October 11 **Sangha**
Tempelhof & Neukölln, Berlin (Germany)
Teacher / Facilitator

Fortnightly drop-in community sangha meetings: 45-minute guided meditation followed by debrief and group conversation. (6 x 2 hours.)



TEACHING EXPERIENCE 2017 cont'd.

September 23

Open Your Heart Day Retreat

Dieffenbachstr. Meditation Space, Berlin (Germany)
Co-Teacher

Co-teacher of Day Retreat, including guiding meditations, mindful movement, participant support, facilitating group discussion and debrief (6 hours).

September 6

Custom Workshop and Consultation

Private, Berlin (Germany)
Teacher

Half-day private mindfulness and meditation workshop 'Focus & Flow at Work', focusing on productivity and creativity. Custom one-on-one workshop for two participants (4 hours).

July 22

MBSR Practice Day

Dieffenbachstr. Meditation Space, Berlin (Germany)
Teaching Assistant

Including guiding meditations and participant, teacher and operational support (7 hours)

May 7 – July 9

MBSR 8-week course

Körper Raum, Mitte, Berlin (Germany)
Teaching Assistant

Including guiding meditations and participant, teacher and operational support (8 x 2.5-3 hours).

May 13

Express Yourself

Körper Raum, Mitte, Berlin (Germany)
Mindfulness Teacher & Co-Facilitator

Co-teaching one-day creativity workshop. Including guiding and facilitating group mindfulness exercises, meditation practices and mindful movement. Facilitating group discussion, inquiry and debrief (8 hours).

April 19

Mindfulness & Meditation At Work

The School of Life, Melbourne (Australia)
Teacher

Introductory half-day workshop about the benefits of bringing mindfulness and meditation into the workplace and to personal work practice. Guided practices, discussion and resources. (3.5 hours).



TEACHING EXPERIENCE *cont'd.*

April 12

Mindfulness & Meditation At Work
The School of Life, Sydney (Australia)
Teacher

Introductory half-day workshop about the benefits of bringing mindfulness and meditation into the workplace and to personal work practice. Guided practices, discussion and resources. (3.5 hours).

March 11

Mindfulness & Meditation At Work
The School of Life, Berlin (Germany)
Teacher

Introductory half-day workshop about the benefits of bringing mindfulness and meditation into the workplace and to personal work practice. Guided practices, discussion and resources. (3.5 hours).

March 4

Express Yourself
Körper Raum, Mitte, Berlin (Germany)
Mindfulness Teacher & Co-Facilitator

Co-teaching one-day creativity workshop. Including guiding and facilitating group mindfulness exercises and meditation practices. Facilitating group discussion, inquiry and debrief (8 hours).

January 22

Open Your Heart Day Retreat
Dieffenbachstr. Meditation Space, Berlin (Germany)
Co-Teacher

Co-teacher of Day Retreat, including guiding meditations, mindful movement, participant support, and facilitating group discussion and debrief (6 hours)

2016

Oct 30 - Dec 18

Open Your Heart Day Drop-in Meditation Classes
Körper Raum, Mitte, Berlin (Germany)
Co-Teacher

Co-teaching weekly guided 2-hour meditation classes. Conducting inquiry and facilitating group discussion and debrief (8 x 2 hours)



TEACHING EXPERIENCE *cont'd.*

October 22

Express Yourself

Körper Raum, Mitte, Berlin (Germany)
Mindfulness Teacher & Co-Facilitator

Trial of one-day creativity workshop. Co-teacher, including guiding and facilitating group mindfulness exercises and meditation practices. Facilitating group discussion, inquiry and debrief (7 hours).

April 20

Mindfulness & Meditation At Work

The School of Life, Melbourne (Australia)
Teacher

Introductory workshop about the benefits of bringing mindfulness and meditation into the workplace and to personal work practice (3.5 hours).

April 17

Mindful Walking and Movement

White Hills Botanical Gardens, Bendigo (Australia)
Teacher

Sunday morning mindful walking and/or moving in nature, group, Bendigo (2 hours).

April 10

Mindful Walking and Movement

White Hills Botanical Gardens, Bendigo (Australia)
Teacher

Sunday morning mindful walking and/or moving in nature, group, Bendigo. (2 hours)

January 19

Custom Workshop and Consultation

Private, Berlin (Germany)
Teacher

Custom one-on-one 'mindfulness for stress' workshop for individual participant (2.5 hours)

2015

November 24

Mindfulness In The Workplace

Paypal Germany (Berlin)
Teacher / Facilitator

'Mindfulness in the Workplace': an introductory workshop at Paypal Berlin about the benefits of bringing mindfulness and meditation into the workplace, presented to staff and management, as part of their Work/Life Balance program (3.5 hours).



TEACHING EXPERIENCE *cont'd.*

November 11

Meditation Excursion (Meditation For Creativity)

Siegesaullee, Berlin-Tiergarten Park, (Germany)

Teacher

Guided group meditation practice 'off site' as part of the Meditation For Creativity course ('add-on').
Walking meditation practice in nature; 'looking at one thing' practice (2 hours).

October 1

Meditation Excursion (Meditation For Creativity)

Tempelhofer Airfield Park, Berlin (Germany)

Teacher

Guided group meditation practice 'off site' as part of the Meditation For Creativity course ('add-on').
Walking meditation and group sitting practice (2 hours).

Sep 26 – Nov 7

Meditation For Creativity

Körper Raum, Mitte, Berlin (Germany)

Teacher

Seven-week MBSM meditation training course combining practices to benefit creativity and expression (7 x 1.5 – 2 hours per week)

July 18-19

Deep Storytelling: creating a culture of connection

Impact Hub (Berlin)

Mindfulness Teacher/Co-Facilitator/Podcast Producer

Creating community connection via the application of 'design thinking' and empathic storytelling. I taught 'The Empathy Interview' module, which included mindfulness and kindness exercises, deep listening and clarity of communication practices. These were applied during the creation of an "empathy in storytelling" [podcast](#) with the workshop participants, which I produced (2 x 6 hours).

PART II: EDUCATION, TRAINING & PROFESSIONAL DEVELOPMENT

2018

Breathworks Introductory Teacher Training (TTi)

(Certificate)

[Breathworks](#) at Vijayaloka Buddhist Centre, Sydney, Australia. A 7-day immersive teacher training retreat and study course, for the 8-week Breathworks 'Mindfulness for Health' course. Stage one of the accredited Breathworks Teacher Training pathway. Teachers: Vidyamala Burch, Amitasraddha Barchett and Sona Fricker.



EDUCATION, TRAINING & PD 2017 cont'd.

October Day Of Mindfulness Plum Village

[Plum Village](#), New Hamlet, Duras, France (part of Autumn Retreat 2017). Home to Thich Nhat Hanh and the community of Zen Buddhist monks and nuns. A full [day](#) of community mindfulness practice, sangha and dharma talks at Teachers: Plum Village sisters and Senior Plum Village Dharma Teachers.

September Introduction to Mindfulness as a Health Care Intervention

(Certificate of Completion)

[Breathworks](#) – Mindfulness CIC, Manchester, UK. 3-day Professional Development course. Teachers: Mokshajyoti “MJ” Stephens and Narapa “Steve” Johnson

July Mindfulness Based Stress Reduction 8-week course (Certificate Of Completion)

Praxis für Heilkunde, Berlin, Germany. 8-week mindfulness meditation course. Teacher: [Signe Glahn](#), qualified MBSR teacher.

April Mindful Self-Compassion Teacher Training (Certificate of Attendance)

[Center for Mindful Self-Compassion](#) (UCSD) at Hartzler Park, Bowral, NSW, Australia. 7-day teacher training course. Teachers: Christopher Germer, Steve Hickman and Tina Gibson.

2016

December Mind And Body Are One (Part I), Thich Nhat Hanh (Certificate of Completion)

[Sounds True](#), online education, 12-week online mindfulness course. Teacher: Thich Nhat Hanh

November - The Boundless Heart with Sharon Salzberg Ongoing (self-paced)

[Tricycle](#), online education. 8-week online 'metta' (LK) meditation course. Teacher: Sharon Salzberg.

July Mindful Self-Compassion 5-day Intensive (CPD) (Certificate of Professional Development)

[Centrum voor Mindfulness](#), Amsterdam. 5-day MSC intensive. Teachers: Christine Brähler, Rob Brandsma and Mila de Koning



EDUCATION, TRAINING & PD 2016 cont'd.

June Online Mindful Self-Compassion (OMSC)

[USD Center for MSC](#) online education. 10-week online MSC course with weekly live class. Teachers: Kristy Arbon and Marcella Cox.

June Meditation Summit

[Sounds True](#), online education. 7-day online meditation lecture series. Teachers: various

May Neuroscience Training Summit

[Sounds True](#) online education. 7-day online lecture series. Teachers: various

April What Is A Mind?

[Future Learn](#) & University of Cape Town online education. 6-week online course. Teacher: Prof. Mark Solms.

April Meditation Teacher Training (Guided Imagery & Contemplation), Module 2
(Certificate of Completion)

[The Gawler Foundation](#), Victoria, Australia. 5-day meditation teacher training course. Teachers: Ian and Ruth Gawler.

April Death & Rebirth Retreat

[Atisha Buddhist Centre](#), Bendigo, Australia. 2-day Buddhist study retreat. Teacher: Ven. Robina Courtin

February Introduction to Compassion as a Health Care Intervention
(Certificate of Completion)

[Breathworks](#) – Mindfulness CIC, Manchester, UK. 3-day PD course. Teachers: Cate Clark and Mokshajyoti “MJ” Stephens



EDUCATION, TRAINING & PD 2016 cont'd.

January **The Power of Awareness**
(Certificate of Completion)

[Sounds True](#) online education. 7-week online mindfulness and meditation course. Teachers: Tara Brach & Jack Kornfield.

January **Respira Vida Breathworks 5-day Silent Retreat**
(Certificate of Completion, CPD)

[Breathworks](#) (Spain). 5-day silent mindfulness and meditation retreat. Teachers: Kate Fitzroy and Dharmakirti Zuazquita.

2015

October **The Mindfulness Summit**

Presented by [Mrs Mindfulness](#) (Byron Bay, Australia), a daily, international online mindfulness conference. 31-day series of mindfulness talks and meditation practices. Teachers: various.

September **Mindfulness for Wellbeing and Peak Performance**
([Statement of Participation](#), CDP)

[Future Learn](#) and Monash University online education. 6-week online meditation course. Teachers: Dr. Craig Hassed and Dr. Richard Chambers.

May **Vajrasattva Retreat**

[Atisha Buddhist Centre](#), Victoria, Australia. 10-day Buddhist study retreat. Teacher: Ven. Robina Courtin

October **Discovering Buddhism**

[Atisha Buddhist Centre](#), Bendigo, Australia. 3-week Buddhist study course (and one practice day.)
Teacher: Ven. Gyatso.

2012

March **Karma & Emptiness with Ven. Robina Courtin**

[Atisha Buddhist Centre](#), Victoria, Australia. 3-day Buddhist study retreat. Teacher: Ven. Robina Courtin



EDUCATION, TRAINING & PD *cont'd.*

2011

September **Healing Meditation Retreat**

[The Gawler Foundation](#), Victoria, Australia. 3-day meditation retreat. Teachers: Paul and Maia Bedson.

March **Mindfulness Based Stillness Meditation Teacher Training, Module I**

(Certificate of Completion)

[The Gawler Foundation](#), Victoria, Australia. 5-day meditation teacher training course. Teachers: Paul and Maia Bedson.

2010

June **Living in Balance Meditation Retreat**

[The Gawler Foundation](#), Victoria, Australia. 6-day meditation retreat. Teachers: Paul and Maia Bedson.

2009

September **Healing Mediation Retreat**

[The Gawler Foundation](#), Victoria, Australia. 3-day meditation retreat Teachers: Paul & Maia Bedson.

PART III: DHARMA TALKS, PD FORUMS, SANGHA & MINDFUL LIVING LECTURES

27 May, 2018 **“Human-to-Human Relationships”**
Presented by Matthew Ball and Stephanie Mitchell
Peer discussion after forum
Humane Clinic, Morphett Vale, SA (Australia).

23 June, 2016 **“Live Mindfully” Zen-tradition Sangha**
Thich Nhat Hanh tradition
Berlin-Kreuzberg, (Germany)

5 May, 2016 **“Emotional Intelligence At Work”**
Alain de Botton
Presented by The School of Life, Berlin
Palais Kulturbrauerei, Prenzlauerberg (Germany)



DHARMA TALKS, PD FORUMS, SANGHA & MINDFUL LIVING LECTURES *cont'd.*

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| 21 April, 2016 | “Overcoming Fear & Conflict with Mindfulness”
Venerable Robina Courtin
Ulumbarra Theatre, Bendigo (Australia) |
| 18 February, 2016 | “Live Mindfully” Zen-tradition Sangha
Thich Nhat Hanh tradition
Berlin-Kreuzberg, (Germany) |
| September 2012 | “Meditation & Health”
Ian Gawler
Malvern Church, Melbourne (Australia) |
| 27 May, 2012 | “What Makes Humans Tick?”
Venerable Robina Courtin
16th Street Actors Studio, Melbourne (Australia) |

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