



Curriculum Vitae

PART I: PROFESSIONAL MEMBERSHIPS

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| 29 October 2017 | Registered Member, Meditation Association of Australia
Membership Number: M1305 |
| Aug 2019 – Aug 2020 | Board Member, Meditation Association of Australia
Peak industry body for Meditation Teachers in Australia. |

PART II: EDUCATION - MEDITATION TEACHER TRAINING

2018

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|--------------|---|
| March | Breathworks Introductory Teacher Training (TTi)
(Certificate of Completion) |
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[Breathworks – Mindfulness and Compassion Training](#) (UK) 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.

2016

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|--------------|--|
| April | Mindful Self-Compassion Teacher Training
(Certificate of Attendance) |
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[Center for Mindful Self-Compassion](#) (UCSD) at Hartzler Park, Bowral, NSW, Australia. A 7-day immersive Mindful Self-Compassion teacher training course ([Step 1](#)). Teachers: Dr. Christopher Germer, Steve Hickman and Tina Gibson.

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| April | Meditation Teacher Training (Guided Imagery & Contemplation), Module 2
(Certificate of Completion) |
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[The Gawler Foundation](#), Victoria, Australia. 5-day mindfulness meditation teacher training course. Teachers: Ian and Ruth Gawler.

2011

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|--------------|---|
| March | Mindfulness Based Stillness Meditation Teacher Training, Module I
(Certificate of Completion) |
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[The Gawler Foundation](#), Victoria, Australia. 5-day Mindfulness-Based Stillness Meditation teacher training course (MBSM). Teachers: Paul and Maia Bedson.

PART III: OTHER EDUCATION - STUDY, RETREATS & PROFESSIONAL DEVELOPMENT

2020

June 2020 – ongoing Nheurodharma Online Program

8-week self-paced online course

Dr. Rick Hanson

Neuroscience, ancient Buddhist wisdom and meditation practice. Teacher: [Dr. Rick Hanson](#).

April 23 – May 03 The Whole Path: Kindness, Meditation & Wisdom

6-week online course

Tricycle online courses

[Tricycle](#) education, 6-week online course about meditation and Buddhist practice. Teacher: Sharon Salzberg.

Feb 15-20

Everything's Connected Retreat

5-day silent retreat

Five-day silent residential retreat facilitated by [Breathworks Mindfulness and Compassion Training](#) meditation teachers, Vidyamala Burch and Sona Fricker. To be held at Rocklyn Ashram Retreat Centre; connecting with mindful acceptance, kindness and compassion. (Certificate of Attendance & PD).

Jan 8-Feb 19

Embodied Trauma-Informed Contemplative Teaching

7-week online course

Kristy Arbon Heartworks

A training - and community - instructed by certified MSC & SSC teacher [Kristy Arbon](#) for contemplative teachers (including meditation teachers) wishing to develop confidence around working “in a trauma-informed way and being a part of collective healing in community”.

2018

June

The Boundless Heart with Sharon Salzberg

(Certificate of Completion)

[Tricycle](#), online education, 9-week online 'metta' (Loving-kindness) meditation course. Teacher: Sharon Salzberg.

October

Day Of Mindfulness, Plum Village, FRA

[Plum Village](#), New Hamlet, Duras, France (part of Autumn Retreat 2017). The former home of, Thich Nhat Hanh, and the intentional community ('sangha') of Zen Buddhist monks and nuns. A full [day](#) of community mindfulness practice, sangha and dharma talks at New Hamlet. Teachers: Plum Village sisters and Senior Plum Village Dharma Teachers, including [Sister “Eleni”](#) (Sr. Chân Từ Nghiêm).

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.

June

Maintaining A Mindful Life 4-week online course

[Future Learn](#) and Monash University online education. 4-week online mindfulness meditation course. Teachers: Dr. Craig Hassed and Dr. Richard Chambers. (Follow up to 'Mindfulness for Wellbeing and Peak Performance' course – see below).

PART III: OTHER EDUCATION - STUDY, RETREATS & PROFESSIONAL DEVELOPMENT**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**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.**June****Online Mindful Self-Compassion (OMSC)**[USD Center for MSC](#) online education. 10-week online Mindful Self-Compassion 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****Death & Rebirth Retreat**[Atisha Buddhist Centre](#), Bendigo, Australia. 2-day residential 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.**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 residential 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.

PART III: OTHER EDUCATION - STUDY, RETREATS & PROFESSIONAL DEVELOPMENT**2015 continued****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 residential 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 residential Buddhist study retreat. Teacher: Ven. Robina Courtin

2011**September****Healing Meditation Retreat**

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

2010**June****Living in Balance Meditation Retreat**

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

2009**September****Healing Mediation Retreat**

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

PART IV: TEACHING EXPERIENCE**2020 January - current****Custom 1:1 Meditation Sessions and Programs**

Private, Skype and in-person (COVID-safety permitting)
Teacher (local, interstate and overseas clients)

One-hour 1:1 mindfulness meditation session customised to meet client's needs (1 hour)

2019**Dec 17, 24 & 31****Guided meditation via Facebook Live x 3**

Online meditation for Meditation Australia's FB community
Teacher

Guided, weekly, 30-minute online 'live' practices to [Meditation Australia's Facebook](#) community. (Meditation Australia is the peak industry body for Australian meditation teachers). Made available afterwards as a free online resource. Gratitude, Loving-kindness and Intention Setting practices, 30 minutes each.

PART IV: TEACHING EXPERIENCE**2019 continued**

December 11 **Rest, Restore + Replenish Mini-Retreat**
Aldinga Beach (South Australia)
Teacher

End-of-year, 3-hour, group mini-retreat: looking back over the last year with gratitude, looking forward to to New Year with intention, including restful, restorative mindfulness practices. (3 hours)

Sept 11-Oct 23 **Unplug Drop-in Group Meditation**
Aldinga (South Australia)
Teacher

Six-week program of weekly, guided, group 'drop-in' meditation sessions, with a variety of mindfulness practices, in a private studio in Aldinga Arts Eco-Village (open to the public). (6 x 75 minute sessions, evenings)

August 29 **Custom 1:1 Meditation Session via Skype**
Private, Aldinga Beach (South Australia)
Teacher

One-hour 1:1 mindfulness meditation session customised to meet client's needs (1 hour)

August 24 **Wake Up Your Creativity 2.5 hour workshop**
Fleurieu Arthouse, McLaren Vale (SA)
Workshop teacher

Mindfulness and creativity workshop commissioned by Fleurieu Arthouse during the annual 2019 SALA (South Australia Live Arts) public program (2.5 hours)

May – July **Custom group guided 30-minute sessions via Zoom.**
Telematic Studio, Cementa Inc., 3 x 30 minutes
Teacher

Guided group meditation for remote (international) online artist studio program. (1.5 hours)

July – Sept 2019 **Custom 1:1 Meditation Session via Skype**
Private, Germany
Teacher

1.5-hour 1:1 mindfulness meditation session customised to meet client's needs (22 hours)

2018

October 29 **Custom 1:1 Meditation Session via Skype**
Private (interstate)
Teacher

One-hour 1:1 mindfulness meditation session customised to meet client's needs (1 hour)

July 26 **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).

PART IV: TEACHING EXPERIENCE**2018 continued****July 25****Group Meditation Session**

Private house, Ormond (Australia)

Guided group mindfulness meditation session with an emphasis on self-care, stillness and connection
Included guiding meditations and facilitating group discussion (1.5 hours).

July 23**'Self-Care Is Awesome'**

The Avenue Studios, Bendigo (Australia)

Co-teacher of guided mindfulness meditation session with an emphasis on self-care. Included guiding meditations, mindful movement and facilitating group discussion (1.5 hours).

June 29**Custom 1:1 Meditation Session**

Private, Aldinga Beach, (South Australia)

Teacher

Custom 1:1 mindfulness meditation session customised to meet client's needs (2.5 hours).

June 16**Mindful Walking in Nature**

Gemtree wetlands, McLaren Flat (South Australia)

Teacher

Group guided mindful walking in nature demonstration (1 hour).

June 9**Meditation complimentary offering**

Fleurieu Yoga, Aldinga (South Australia)

Teacher

Complimentary mindfulness meditation for Aldinga Historic Township Street Opening Celebration
(30 mins)

May 14**Mindful Walking in Nature 'taster'**

Gemtree Wetlands, McLaren Flat (South Australia)

Teacher

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

May 5 – June 9**Drop-in meditation at Fleurieu Yoga**

Aldinga (South Australia)

Teacher

Weekly drop-in sessions with guided meditation /practices followed by inquiry and group conversation. (6 x 1-hour sessions)

May - July**Custom 1:1 Meditation Sessions**

Private, 4 x 1.5-hour sessions via Skype (interstate)

Teacher

Custom 1:1 'mindfulness for stress' weekly sessions for two participants (6 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)

PART IV: TEACHING EXPERIENCE**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 inquiry and group conversation. (6 x 2 hours.)

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).

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).

PART IV: TEACHING EXPERIENCE**2017 continued****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)

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)

PART IV: TEACHING EXPERIENCE**2015**

January 19 **Custom Workshop and Consultation**
 Private, Berlin (Germany)
 Teacher
 Custom one-on-one 'mindfulness for stress' workshop for individual participant (2.5 hours)

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).

November 11 **Meditation Excursion (Meditation For Creativity)**
 Siegesaallee, 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)**
 Tempelhoferfeld (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 V: PUBLIC SPEAKER

May - August 2020 **Vodcast interview series (x 6 episodes)**
 Host/producer: 6 x montly online in-depth interviews with inspiring meditation teachers for the Meditation community.
 Speakers: Dr. Elise Bialylew, Dr. Rick Hanson, Melli O'Brien, Krusty Arbon, Ken & Elizabeth Mellor and Jess Huon.

May - August 2020 **Online member profiles Meditation Australia members**
 Interviewer/editor: 6 x monthyl written member profiles of meditation teachers for Meditation Australia community.

PART V: PUBLIC SPEAKER continued

- 14 June 2020** **Co-host: 'Pain Management Awareness for Meditation Teachers'**
Meditation Australia PoD – national online panel discussion for
for MA members and community (PD).
Speakers: Lisa Forde (ch-host); Helen Perry, Tony Dunin & Jo Dunin
- February 2020** **Interviewer: 'Pain & The Body'**
30-minute video interview with Vidyamala Burch, co-founder,
Breathworks, in mindfulness-based pain management.
Produced for Meditation Australia.
- 26 July 2019** **Speaker: Well-being in the Music Industry panel.**
Indie-Con Music Conference, Lot Fourteen, Adelaide.
Speakers: Corinne Wilkie (facilitator), Harry Angus (*Cat
Empire*), Dr. Oscar Serrallach
- 22 July 2018** **Panel Facilitator: Meditation & Neuroplasticity: Where Are
We Now?**
Speakers: Dr. Rick Hanson, Dr. Craig Hassad, Andrew Fuller,
Dr. Neil Bailey.

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

- 01 June, 2018** **Native American approaches to Hearing Voices**
Presented by Prof. Lewis Mehl Madrona (US)
Peer discussion after forum
Humane Clinic, Morphett Vale, SA (Australia).
- 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)
- 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)
- 16 March 2012** **"Be Your Own Therapist"**
Venerable Robina Courtin
St. Andrews Church Hall, Bendigo, Australia