



Curriculum Vitae



PART I: PROFESSIONAL MEMBERSHIPS

29 October 2017 (current) **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

2021

August **Mindfulness for Stress Course Supporter**

Support teacher of 8-week live online [Breathworks MfS course](#). Element of the accredited Breathworks Teacher Training pathway. August 4 – September 22, 2021. Teacher: Kristen Armour.

May **Breathworks Mindful Movement Training Workshop**

[Breathworks Mindful Movement Teacher Training Workshop](#) (UK): one-day live online + self-study teaching practice over 2 weeks + 2 hour live online plenary session. Element of the accredited Breathworks Teacher Training pathway. May 8 – 29, 2021. Teacher: Steve Smith.

February **Breathworks Advanced Teacher Training (TTa)**
(Certificate of Completion)

[Breathworks – Mindfulness and Compassion Training](#) (UK) . A 10-week live, online, integrative teacher training study course for the 8-week Breathworks 'Mindfulness for Health' and 'Mindfulness for Stress' courses. Stage Two of the accredited Breathworks Teacher Training pathway. Teachers: Ginny Wall, Stanter Kandola and Anjali Chatterjee.

2018

March **Breathworks Introductory Teacher Training (TTi)**
(Certificate of Completion)

[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.

2017

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

[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.

2016

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

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

2011

March **Mindfulness-Based Stillness Meditation Teacher Training, Module I**
(Certificate of Completion)

[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

2021

January 26 **Meditation Retreat Day**
The Art of Loving Kindness

At [Buddha House](#), Adelaide - a day of meditation to calm and focus the mind and generate loving kindness. Teacher: Venerable Thubten Dondrub.

2020

June 2020 - **Neurodharma 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.

PART III: OTHER EDUCATION - STUDY, RETREATS & PROFESSIONAL DEVELOPMENT**2017****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).

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

PART III: OTHER EDUCATION - STUDY, RETREATS & PROFESSIONAL DEVELOPMENT**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**2021 August 8 - ongoing****Saturday Drop-in sessions**

Guided group meditation

Teacher

Weekly guided meditation sessions with home practice review and inquiry.

January 17**Pause.Breathe.Thrive Womens Day Retreat**

'Heartland', Aldinga Beach (South Australia)

Mindfulness Teacher

Co-teacher of nourishing day retreat for menopausal women (COVID-safe). Included guiding meditations, mindful movement and facilitating group discussion (6 hours).

2020**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)

2020 January - current**Custom 1:1 Meditation Sessions and Programs**

Private, Skype and in-person (COVID-safety permitting)

Teacher

1:1 mindfulness meditation and compassion sessions customised to meet client's needs (1 hour – 75 mins). Teaching a range of local, interstate and international clients in a variety of locations..

PART IV: TEACHING EXPERIENCE**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.

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)

PART IV: TEACHING EXPERIENCE**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).

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)

PART IV: TEACHING EXPERIENCE**2018 continued****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)

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

PART IV: TEACHING EXPERIENCE**2017 continued**

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).

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).

PART IV: TEACHING EXPERIENCE**2016 continued****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)

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)**

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)**

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)

PART IV: TEACHING EXPERIENCE**2015 continued****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.

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 Hassed, 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).

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

- 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

