



Curriculum Vitae

PROFESSIONAL MEMBERSHIPS

- 8 September 2022** **Teacher Accreditation, [Breathworks UK](#)**
Breathworks Certification and Membership, No. 31878.
- 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.

EDUCATION - MEDITATION TEACHER TRAINING

2022

January **'Mindfulness for Health' 8-week Practice Course**

Co-teacher of Breathworks 8-week mindfulness-based pain management course, [Mindfulness for Health](#). Final element of the accredited Breathworks Teacher Training pathway. January 23 – March 14, 2022. Teachers: Megan Spencer & Michael Madigan. Supervisor: Mokshajyoti 'Mj' Stephens

2021

August **'Mindfulness for Stress' Course Supporter**

Support teacher of 8-week live online [Breathworks Mindfulness for Stress course](#). Element of the 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. Supervisor: Colette Power

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 (Step I)
(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.

EDUCATION - STUDY, RETREATS & PROFESSIONAL DEVELOPMENT

2022

September 24 - 25

Weekend Retreat with Ven. Robina Courtin

Recognising the Big Five: Ego-grasping, Attachment, Anger, Jealousy, and Pride.

At [Buddha House](#), Adelaide. Saturday & Sunday, September 24-25, 2022. Teacher: Ven. Robina Courtin.

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 - 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.**2017****October Day Of Mindfulness, Plum Village, FRA**[Plum Village](#), New Hamlet, Duras, FrancePart 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.

2017 continued

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

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: Amalacitta (Cate) Clark and Mokshajyoti “Mj” Stephens.

2016 continued

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.

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.

TEACHING EXPERIENCE**2022****November 27****Day Retreat**

Aldinga Beach

Co-teacher of Breathworks Practice Day

A day of mindfulness, deep rest, self-care and mindful movement practice and connection for former MfH students and others. Teachers: Megan Spencer and Michael Madigan

April 26 – current**Monthly MfH Check-in/Practice Group**

Online

Monthly

Extended Breathworks and mindfulness meditations + home practice review for former MfH students. Teachers: Megan Spencer and Michael Madigan

January**'Mindfulness for Health' 8-week course**

Online

Co-teacher of Breathworks 8-week course

Weekly, structured, teacher-led mindfulness-based pain management course, January 23 – March 14, 2022. Teachers: Megan Spencer & Michael Madigan. (Practice course for Breathworks teacher accreditation).

2021**August 8 – November 20****Saturday Drop-in sessions**

Guided group meditation

Teacher

Weekly guided meditation sessions with home practice review and inquiry.

January 17**'Pause Breathe Thrive' Day Retreat for Women**

'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 continued**January - current****Custom 1:1 Meditation Sessions and Programs**Private, Skype and in-person (COVID-safety permitting)
Teacher1:1 mindfulness meditation and compassion sessions customised to meet client's needs (75 mins).
Teaching a range of local, interstate and international clients in a variety of locations..**2019****Dec 17, 24 & 31****Guided meditation via Facebook Live x 3**Online meditation for Meditation Australia's FB community
TeacherGuided, 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)

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)
- 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)

2018 continued**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

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).

2017 continued**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).

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).

2016 continued**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)**Siegesaallee, Berlin-Tiergarten Park, (Germany)
TeacherGuided 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)
TeacherGuided 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 ProducerCreating 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).**PUBLIC SPEAKER****May – August 2020****Vodcast interview series (x 6 episodes)**Host/producer: 6 x monthly 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 monthly written member profiles of meditation teachers for Meditation Australia community.

14 June 2020
Teachers'

Co-host: 'Pain Management Awareness for Meditation

Meditation Australia PoD – national online panel discussion 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.

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)

DHARMA TALKS, PD FORUMS, SANGHA & MINDFUL LIVING LECTURES
continued

- 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



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