



KIDS MEDITATION TEACHER

Change your own life. Change the
lives of others.

10 week course (75 hours)
Begins: February 2022

Become a fully certified and accredited Kids
Meditation Teacher

Change The Lives Of The Next Generation

Promote emotional balance, and positive mental wellbeing. Build resilience and self esteem. We are currently living in challenging times. Kids in particular are struggling - emotional wellbeing and mental health is suffering, especially in the wake of the lockdowns.

More and more children and young people are reporting emotional difficulties, stress and anxiety.

We are in the middle of a mental health crisis.

Our training course will help you be part of the solution to that.

Be part of the Positive Mental Health Movement and teach meditation and mindfulness to kids - equip them with the coping strategies that they need, to cope in the world that they live in.

10 weeks online (live and interactive) training will teach you how to work with 3-8 year olds, 8-12 year olds and teens. Discover how to teach meditation to all 3 age groups and equip them with tools that they can carry with them through life.





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Hello Friend,

Our next Kids Meditation Teacher Training Course commences in February 2022.

The course is delivered over 10 weeks, as 10 consecutive modules and the total number of hours (including self study) is 75 hours.

- Become a fully Certified Kids Meditation Teacher and run your own classes, courses and workshops.

Our training is accredited and carries the weight of being CMA approved, which means that during training you can become a Student Member of the Complementary Medical Association, becoming a full member after graduation. This also allows you to seek professional practitioner insurance in order to practise with the public.

Plus, you receive our ongoing support once you are Certified, to help you with setting up, and running your successful business.



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How The Course Is Delivered

The course is delivered weekly, over a 10 week period.

Each week there will be a video class (one hour) and this will be held live on Zoom and recorded in case you cannot attend live.

When you enrol on the course you will receive access to an online teaching portal where the weekly content will be delivered.

Though the course is delivered in a group style structure, if life gets busy for you, you are welcome to study solo. All of the materials are uploaded to the Teaching portal and stay there. We understand that life can be unpredictable so we designed this course to be flexible.

Training groups are small so that you receive person centred teaching, and 1-1 guidance.

And our support is ongoing - when you are certified we support you with building and marketing your meditation business - the world needs you, so we want to help you 'get out there'.



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Upon Completion

When you have completed all 10 weeks you will be awarded a Certificate that carries our Certification, and also the Complementary Medical Association accreditation.

You will be able to call yourself a KIDS MEDITATION TEACHER or KIDS MEDITATION PRACTITIONER.

This allows you to market yourself as Kids, Children's, and Young Persons' Meditation Teacher and hold classes, workshops and one to one sessions within school settings, or with the public.

Our certification allows you to take out public liability insurance (required to practise) and also gives you the opportunity to become a full member of the Complementary Medical Association if you wish to be registered with a regulating body.

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After The Course

Providing that you have completed the course and met all of the criteria, we offer continued one to one (and group) support to you.

We don't want this certification to be just another piece of paper, gathering dust on your bookcase.

We want YOU and all that you have to offer, to be out there - in classes, in workshops, in classrooms, in online courses - the list of where you can take this is endless.

We offer free email support and monthly online drop in clinics, to help you stay on track, be inspired and motivated and take the necessary steps to get you and your business out there.

When you make the positive choice to train with us, you join a big happy family.

Not only will you start a new career, or enhance your current one - you will go on a rewarding and exciting personal journey.

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How To Enrol

If you have read this far and are interested in signing up to our next course intake, then we look very much forward to hearing from you.

[The enrollment page is here](#)

The total cost of the course is £597 but we currently have an early bird offer- **you can enrol on the course for just £397**. This offer ends on February 5th and the price increases.

This includes all training materials, class hours, ongoing support plus your certificate.

We keep the cost of our training as low as we can compared to other providers as we are passionate about making this accessible to as many people as possible. In 2022 we are proud to be part of the Positive Mental Health Movement and are working closely with Schools and Nurseries to create positive kids mental health awareness.

We believe that meditation and mindfulness are tools that are invaluable for life. Are you ready to join us?

[Go to the enrollment page to join us.](#)

Want to ask something? Email us at hello@stratfordschoolofmeditation.com

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