CERTIFICATE IN LEADING GUIDED VISUALISATION MEDITATION

INFORMATION FOR PROSPECTIVE STUDENTS

The Certificate in Leading Guided Visualisation Meditation will give you the skills needed to lead relaxation journeys to groups and individuals, even if you are relatively new to meditation. This course has been assessed and accredited by the CMA as part of the ISSAH Deep Relaxation Therapy Qualification.

Guided relaxation meditations are very popular as they allow beginners to enjoy relaxing meditation journeys, without having to learn any specific techniques, as they are guided through the full session by the group leader.

What is guided visualisation?

Guided visualisation is a specific type of meditation which will take clients into a state of deep relaxation. It will create a state within clients that will allow them to 'visit' and spend time in a beautiful place of peace, which will be a setting of your choice, such as a beach, a tropical rainforest or a woodland glade. Relaxing background music is played in order to enhance relaxation.

It provides a journeying experience which takes participants away from the 'here and now' and transports them to a place of peace, unlike other techniques which bring focus to the present moment. It will usually be carried out with the participants lying on yoga mats, covered by a blanket.

What will I learn?

During the course you will learn how to guide clients through progressive relaxation of the body and mind, create the correct state to achieve visualisation by bringing the imagination to life (similar to daydreaming), and allow clients to spend some time in this state of relaxation before bringing them back to full awareness.

Is this course suitable for me?

This course is ideal for anybody starting out on their meditation teacher journey, as it teaches the basic foundations for guiding relaxation sessions, giving you the skills and confidence needed to begin running your own sessions.

Previous students have included holistic practitioners, yoga teachers, health and beauty therapists, those who wish to blend sessions with their current work such as Reiki, relaxation, sound baths, those who wish to run groups on a commercial basis or as voluntary sessions, and even busy mums who wish to learn a relaxing technique for their children.

You will learn:

How to set up your meditation space correctly

How to guide clients into deep relaxation through progressive body and breath work

Using your voice effectively to encourage relaxation

The different brain states and how to induce the 'alpha' brain state

Visual, auditory and kinaesthetic inclusion for journeying

Correct music selection to enhance relaxation

Correct wording and placement within place of peace scripts

How to write your own scripts

Contra-indications, working safely and working within the law

Do I need any prior experience to attend this course?

This course is ideal for those with some relaxation or meditation experience, but it is also suitable for beginners, as you will learn all the skills you need in order to lead sessions effectively.

You will need to have a basic standard of reading and writing in order to complete the assessment.

Both class based and online based participants will require access to Zoom, as all support and assessment sessions are carried out via Zoom. A Facebook support group is available.

Alternative arrangements may be possible in certain circumstances for anybody who has specific needs – ask for further information.

What does the course include?

Class based courses

The price of your course includes all training, follow up support, your manual, assessment, and certification.

Class based courses are usually carried out over the course of one day with follow up online support and assessment.

Online courses

The price of your course includes all training, follow up support, your manual, assessment, and certification.

Your course manual and certificate will be sent via PDF. You can request a printed copy of your certificate to be posted at an additional cost of £4.25, to be made as an additional payment at the end of the course.

Online sessions are usually carried out over eight two hour evening sessions, though the final four evening sessions usually run for an extra half an hour to provide additional support as required. If there are any issues with online courses such as technical issues, which prevent the class from taking place, an additional session will be added at the end of the course.

Additional work required

In order to gain the certificate you will need to carry out some additional practice, completing three case studies with a volunteer recipient in your own time and completing one online session using your own script. You will also be given a short question paper to complete. You should allow 10 to 15 hours additional study time during the duration of the course in order to complete these.

Are there any contra-indications?

PTSD, psychosis, schizophrenia and epilepsy are contra-indicated conditions for this course. Please get in touch prior to booking if you have any of these conditions, as this course may be unsuitable for you. Any information given will be treated in the strictest confidence.

Is this course accredited?

This course is ISSAH Certified and accredited by the CMA as part of the Deep Relaxation Therapy Award.

What is the course cost?

This course is priced at £85 for the class based programme and £45 for the fully online programme (2026), unless booked at a discounted offer price.

How do I book?

Booking for class based courses can be made with an initial £25 deposit, with the balance due 10 days prior to course commencement. For places booked less than 10 days before the course start date full payment is due on booking.

Online courses are paid in full at the time of booking.