

Develop your skills in meditative practice.

*With the growth in interest in meditation
we are delighted to offer professional development
for those leading and guiding meditation.*

NEW!

Graduate Certificate in Guiding Meditation

Entry Requirements: Bachelor's Degree (or equivalent)

*The Graduate Certificate in Guiding Meditation develops skills in meditative practice
in the Catholic tradition suitable for use in schools and other contexts.*

- **DS318 Meditation in the Christian Tradition**

This unit will study meditative techniques, ancient and modern, such as mantras and stillness, music and iconography.

- **DS328 Applied Meditation**

This unit explores the spiritual life by examining the developmental stages and meditation techniques appropriate for various age groups. Students explore various approaches including mantra, scripture, symbols, mandala, visualisation, body work and spiritual journaling with an emphasis on Christian meditation. Students will engage in professional experience in leading meditation.

- **DS338 Meditation and Wholeness**

This unit investigates the power of words to both heal and injure in contexts of body, mind and spirit. This study places Christian meditation in the wider context of other meditative traditions illustrated by way of a field work exercise.

Tuition fees payable on invoice or through FEE-HELP*

Eligible for CEO Sponsorship



All sessions at Catholic Theological College.

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