

# Leading prayer and meditation in your parish - free information session



## Please join us for a free online information session for the Graduate Certificate in Teaching Meditation

The Graduate Certificate in Teaching Meditation is for those seeking to learn the methods and skills of teaching meditation and prayer in a variety of parish situations. The course focuses on the personal practice and benefits of meditative prayer, and facilitation and discernment approaches allowing students to apply their learning in their own context.

### The Graduate Certificate in Teaching Meditation:

- teaches processes for leading groups effectively
- helps participants navigate the interface between mindfulness, wellbeing and Christian meditation
- fulfils the membership requirements for Meditation Australia
- may be completed in one year or over a longer period.

This session will outline the requirements and outcomes of the course which provides the skills for teaching meditation and prayer in a variety of parish situations.

**DATE & TIME:** 12 October: 7.00pm – 7.30pm

**REGISTRATION:** [Click here to register online](#)

### Presenters

**Rev. Assoc. Prof. John Dupuche** is a senior lecturer at Catholic Theological College.

**Dr Christopher Morris** is a lecturer and Head of the Department of Pastoral and Spiritual Studies at Catholic Theological College.

### CTC Open Days

Bringing to you your study options for 2022. For more see [ctc.edu.au/open-days](http://ctc.edu.au/open-days)

### Free “Teaching Meditation Resource” on attendance

Contact the Academic Records Office for enrolment information and appointments.

+61 3 9412 3333 | [jenny.delahunt@ctc.edu.au](mailto:jenny.delahunt@ctc.edu.au) | 278 Victoria Parade East Melbourne | [ctc.edu.au](http://ctc.edu.au)

CRICOS: 01037A