## **Mindfulness and Compassion  ​Teacher Training Program 2020 – 2022**

<https://www.insightmeditationinstitute.org>

Simonette along with 24 other candidates, completed the two year inaugural first in Australia professional training – the curriculum covered traditional Buddhist texts and Secular Mindfulness and Compassion research.

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| **MINDFULNESS** **The mindfulness stream includes:**   * **\***Understanding the theoretical, philosophical and practical aspects of mindfulness based on ​   the Satipatthana Suta; mindfulness of body, feelings, mindstates, dharma teachings   **\*** The use of movement practices to engage the somatic experience **\***Deepening your personal mindfulness practice and realisation **\***Applying mindfulness in daily life to free oneself from habitual reactive tendencies **\*** Establishing familiarity with current research findings on the effects of mindfulness meditation **\*** Developing skills and confidence in leading individual and small group sessions and    responding to questions |  |



**​BOUNDLESS HEART**  
**Training in the compassion stream includes:**

* Training in the Boundless Heart qualities of; Loving-kindness, Compassion, Joy and Equanimity
* Understand the theoretical, philosophical and meditative practices of the Boundless Heart
* The role of compassion in healing emotional and psychological suffering
* Deepening and inquiring into your personal experience of the open heart
* Establish a familiarity with current research findings on the effects of mindfulness self-compassion
* Models, meditations and mentoring to support teaching the Boundless Heart practices