



**Inner Voyage Holistic Human Development**  
Holistic Therapist & Meditation Teacher Training College

## Become a qualified practitioner & run your own holistic wellbeing practice

- Train for a new career in the holistic wellbeing field
- Add new modalities to your existing Natural Therapies practice
- Improve your own life in a self empowering and holistic way

Inner Voyage offers a range of professional online training courses and ongoing practitioner support to provide you with all the skills and guidance you need to create the career and lifestyle you are dreaming of.

### CONTACT US

Ph: 07 5471 2886  
E: [info@inner-voyage.com](mailto:info@inner-voyage.com)  
[www.inner-voyage.com](http://www.inner-voyage.com)

### Pursue a career as a:

Meditation teacher  
Meditation therapist  
Chair yoga instructor  
Trigger Point Therapist  
Autonomic Nervous System  
Realignment Therapist  
Mind/body medicine consultant  
Holistic counsellor

	Certificate course	Diploma course	Advanced diploma	Practitioner registration
Total hours	120 hours	440 hours	760 hours	All the support and materials you need to set up and succeed in your own practice
Full-time	20hrs wk x 6 weeks			
Part-time	10hrs wk x 12 weeks	10hrs wk x 44 weeks	10hrs wk x 20 months	
Core modules	Chair Yoga Holistic Counselling Meditation techniques	Certificate in Meditation Teaching & Holistic Human Development, Autonomic Nervous System Realignment Therapy, Brain Body Medicine, plus 2 electives	Certificate in Meditation Teaching & Holistic Human Development, Diploma in Meditation Therapy, plus 4 electives	Your digital practitioner kit includes: IVHHD web directory listing, marketing templates, lesson plans and student hand-out templates, business mentor support program
Assessments	Weekly	Certificate modules (weekly) Postgraduate modules (2 weeks)		
Course fee	\$997	\$1520	\$1797	
Payment plan	Yes	Yes	Yes	N/A
Practitioner registration	First year free (valued \$300)			We help you set up and run your own IVHHD business, for as long as you want us to!
Intake	Every six weeks			
Online study	You receive all the guidance and support you need to successfully complete your course from your teacher and mentor via email and phone.			
All our courses are accredited by the International Meditation Teachers Association (IMTA) and International Institute of Complementary Therapists (IICT)				



## Inner Voyage Holistic Human Development

Holistic Therapist & Meditation Teacher Training College

# Certificate in Meditation Therapy and Holistic Human Development

Three certificates in one:

- Certificate of Meditation Teaching,
- Certificate in Chair Yoga Instruction
- Certificate in Holistic Counselling and Life Coaching

## Course outcomes

When you have completed this intensive training course you will be qualified to work as a professional meditation teacher and holistic counsellor.

You will be able to work for yourself teaching meditation, chair yoga and positive life skills to community groups and individuals and in the corporate sector as a stress management consultant. You will also be able to provide holistic counselling services.

You may also seek employment, if you wish, in holistic healthcare centres, well-being clinics, health clubs, natural therapies centres and retreats, gymnasiums, respite centres, community centres and other areas which employ qualified holistic therapists with a focus on meditation therapy and positive self-development.

You will have the skills, qualifications and confidence to develop a solid general holistic wellbeing practice and will have ongoing practitioner support to assist you in successfully developing your practice.

You will be able to register for full membership with the International Institute of Complementary Therapists (IICT), the International Meditation Teachers Association (IMTA) and other recognised holistic and complementary therapist associations. You will also be able to obtain professional insurance.

**Extensions and deferrals** can be arranged provided your total study length does not exceed 24 weeks. This allows an additional 12 weeks to complete your course, if required. Longer deferrals are available under special circumstances at the Principal's discretion.

## Online study and support

This course is delivered online. All lesson packs and associated materials will be emailed to you and you will submit your course work via email. Associated audio and audio visual components can be accessed online or downloaded to your computer. This is a **high support course** and you will have as much personal contact with your teacher, student supervisor and student mentor as you wish, via email and telephone to ensure you receive the amount of guidance and support you need to successfully complete your course.

### Fast facts

- Online study and support
- Intake every six weeks
- Limited places available
- IICT and IMTA accredited
- Includes one year of Practitioner Registration FREE
- Total study hours: 120
- Part-time: 12 weeks (10 hrs wk)
- Full-time: 6 weeks (20 hrs wk)

### Course fee

Up front payment: \$997  
Payment plan: \$1250

### Payment plan

Deposit: \$100  
One payment of \$150 (due on course start date)  
4 payments of \$250 every 2 weeks

### Enrol here:

<http://inner-voyage.com/enrol.html>

## Postgraduate options

You can complete further post-graduate courses after graduating from the Certificate course.

These are available as standalone short courses. Fees are \$220 per course and require ten hours of study per week for eight weeks each.

Completion of four additional post-graduate courses will elevate your qualification to the Diploma of Meditation Therapy and Holistic Counselling.



The Foundation for Research, Equanimity and Evolution T/A

## **Inner Voyage Holistic Human Development** **Holistic Therapist & Meditation Teacher Training**

Ph: 07 5471 2886  
E: [info@inner-voyage.com](mailto:info@inner-voyage.com)  
[www.inner-voyage.com](http://www.inner-voyage.com)

### **Certificate in Meditation Therapy & Holistic Human Development**

Chair Yoga, Holistic Counselling and Meditation Techniques are a core component throughout all course modules.

#### **Module 1 - Foundation studies**

History & theory of meditation  
Developing meditation routines  
Deepening & refining your practice

#### **Module 2 - Stress: Understanding cause and effect**

Understanding stress  
Physiological responses to stress  
Psychological causes of stress

#### **Module 3 - Foundations of human happiness**

The psychology of happiness  
Subconscious programming & reprogramming  
States of mind & fundamentals of self-image

#### **Module 4 - Tools for healing**

Positive thinking skills  
Foundations of mind-body medicine  
Meditation as a healing tool  
Hypnotic states

#### **Module 5 - Meditation styles and techniques**

Poses & positions  
Breath work  
Chakras & energy meditations  
Guided meditations & visualization  
Mantras & affirmations in meditation

#### **Module 6 - Teaching**

Talking to groups/group leadership skills  
Answering questions about meditation  
Leading guided meditations  
Overcoming obstacles to meditation practice  
Creating safe & effective teaching environments

#### **Module 7 - Working with groups**

Teenagers  
People with disabilities  
Health care professionals & business clients  
Difficult clients

#### **Module 8 - Counselling and coaching skills**

Client-centred approach  
Active listening skills  
Identifying obstacles  
Case studies

#### **Module 9 - Running classes and workshops**

Basic meditation  
The Inner Voyage course (Meditation, stress management & personal development)  
Inner Voyage Teen Program (Meditation for teenagers)  
Choosing venues

#### **Module 10 - Corporate and community settings**

Corporate stress management & relaxation workshops  
Approaching community groups & organisations  
Volunteer & community work

#### **Module 11 - Small business management**

Ethics & professionalism  
Your public profile  
Fundamentals of customer service  
Maintaining student/client records  
Charging for your services  
Running a small home office

#### **Module 12 - Marketing; The key to success**

Understanding the power of branding, targeted marketing & advertising  
The internet - How to use free advertising for your business

**All courses are accredited with**



**THE INTERNATIONAL  
MEDITATION TEACHERS  
ASSOCIATION**





The Foundation for Research, Equanimity and Evolution T/A

## Inner Voyage Holistic Human Development Holistic Therapist & Meditation Teacher Training

Ph: 07 5471 2886  
E: [info@inner-voyage.com](mailto:info@inner-voyage.com)  
[www.inner-voyage.com](http://www.inner-voyage.com)

# Diploma in Meditation Therapy and Holistic Counselling

## Course outcomes

When you have completed this intensive training course you will be qualified to work as a professional meditation teacher and holistic counsellor.

You will be able to work for yourself teaching meditation, chair yoga and positive life skills to community groups and individuals and in the corporate sector as a stress management consultant. You will also be able to provide holistic counselling services.

You may also seek employment, if you wish, in holistic healthcare centres, well-being clinics, health clubs, natural therapies centres and retreats, gymnasiums, respite centres, community centres and other areas which employ qualified holistic therapists with a focus on meditation therapy and positive self-development.

You will have the skills, qualifications and confidence to develop a solid general holistic wellbeing practice and will have ongoing practitioner support to assist you in successfully developing your practice.

You will be able to register for full membership with the International Institute of Complementary Therapists (IICT), the International Meditation Teachers Association (IMTA) and other recognised holistic and complementary therapist associations. You will also be able to obtain professional insurance.

**Extensions and deferrals** can be arranged provided your total study length does not exceed 24 weeks. This allows an additional 12 weeks to complete your course, if required. Longer deferrals are available under special circumstances at the Principal's discretion.

## Postgraduate options

You can complete further postgraduate courses after graduating from the Diploma course. These are available as standalone short courses. Fees are \$220 per course and require ten hours of study per week for eight weeks each. Completion of four additional postgraduate courses will elevate your qualification to the Advanced Diploma.

This course includes:

### Certificate in Meditation Teaching and Holistic Human Development

- Certificate of Meditation Teaching,
- Certificate in Chair Yoga Instruction
- Certificate in Holistic Counselling and Life Coaching

### Diploma in Meditation Therapy

- Autonomic Nervous System Realignment Therapy
- Brain Body Medicine
- Plus two elective postgraduate certificate courses from the following list:

- Prenatal Meditation
- Meditation for Children
- Meditation for the Management of Pain and Chronic Healing
- Meditation for the Management of Depression and Anxiety
- Meditation for Weight Management
- Advanced Holistic Counselling
- Corporate Stress Management
- Meditation for Women in Transition, Midlife Health and Wellbeing
- Meditation for Men's Health and Wellbeing
- Advanced Marketing and Business Development Skills for the Holistic Practitioner

## Fast facts

- Online study and support
- Intake every six weeks
- Limited places available
- IICT and IMTA accredited
- Includes one year of Practitioner Registration FREE
- Total study hours: 440
- Part-time: 44 weeks (10 hrs wk)
- Full-time: 22 weeks (20 hrs wk)

## Course fee

Up front payment: \$1520

Payment plan: \$1800

## Payment plan

Deposit: \$100

\$260 (due on course start date)

4 payments of \$360 every 4 weeks

## Enrol here:

<http://inner-voyage.com/enrol.html>



The Foundation for Research, Equanimity and Evolution T/A

## **Inner Voyage Holistic Human Development**

### **Holistic Therapist & Meditation Teacher Training**

Ph: 07 5471 2886  
E: [info@inner-voyage.com](mailto:info@inner-voyage.com)  
[www.inner-voyage.com](http://www.inner-voyage.com)

# **Advanced Diploma in Meditation Therapy and Holistic Counselling**

## **Course outcomes**

On Completion of the Certificate component of this intensive accredited training course you will be qualified to work as a professional meditation teacher and holistic counsellor if you wish to do so, while working through to the advanced diploma level.

As you complete each of the postgraduate modules you will be able to specialise in those particular areas and offer a wider range of skills and services.

When you graduate, you will have the skills, qualifications and confidence to develop a solid general holistic wellbeing practice or a specialist practice, focused on one or more particular areas of interest. You'll also have ongoing practitioner support to assist you in successfully developing your practice.

You'll be able to register for membership with the International Institute of Complementary Therapists, the International Meditation teachers Association and other recognised holistic and complementary therapist associations. You will also be able to obtain professional insurance.

**Extensions and deferrals** can be arranged provided your total study length does not exceed 25 months. This allows an additional 5 months to complete your course, if required. Longer deferrals are also available under special circumstances at the Principal's discretion.

## **Postgraduate options**

Additional postgraduate courses are available as standalone short courses. Fees are \$220 per course and require ten hours of study per week for eight weeks each.

## **Fast facts**

- Online study and support
- Intake every six weeks
- Limited places available
- IICT and IMTA accredited
- Includes one year of Practitioner Registration FREE
- Total study hours: 760
- Part-time: 20 months (10hrs wk)
- Full-time: 10 months (20 hrs wk)

## **Course fee**

Up front payment: \$1797

Payment plan: \$1997

## **Payment plan**

Deposit: \$100

\$400 (due on course start date)

2 payments of \$500

3 payments of \$497

## **Enrol here:**

<http://inner-voyage.com/enrol.html>

Your complete Holistic Healthcare Practitioner Career Package includes:

## **Certificate in Meditation Teaching and Holistic Human Development**

- Certificate of Meditation Teaching,
- Certificate in Chair Yoga Instruction
- Certificate in Holistic Counselling and Life Coaching

## **Diploma in Meditation Therapy**

- Postgraduate Certificate in Autonomic Nervous System Realignment Therapy
- Postgraduate Certificate in Brain Body Medicine
- Two elective postgraduate certificate courses

## **Advanced Diploma in Meditation Therapy**

- Four elective postgraduate certificate courses

## **Post graduate courses available:**

- Prenatal Meditation
- Meditation for Children
- Meditation for the Management of Pain and Chronic Healing
- Meditation for the Management of Depression and Anxiety
- Meditation for Weight Management
- Advanced Holistic Counselling
- Corporate Stress Management
- Meditation for Women in Transition , Midlife Health and Wellbeing
- Meditation for Men's Health and Wellbeing
- Advanced Marketing and Business Development Skills for the Holistic Practitioner



## FAQs

### **How will this course help me add skills to my toolkit to develop my private practice and expand my career?**

All the modalities we teach are self-empowering therapies where practitioners teach their students and clients how to make the changes required for better health and more happiness. These include meditation, chair yoga, Trigger Point Therapy, holistic counselling and Autonomic Nervous System Realignment Therapy.

### **How will IVHHD help me to step forward and market myself effectively?**

When you graduate you'll receive FREE IVHHD Practitioner registration for one year, providing you with unlimited business support, mentoring and digital resources kit. Our practitioner manager is available via email and telephone to provide information and encouragement, such as brainstorming ways to attract more students and clients to your practice, increase income or help with ideas about working with clients.

### **How does IVHHD offer support and guidance for online courses?**

We are devoted to ensuring you receive all the guidance and support you need to successfully complete your course, through a range of support services. You will have one teacher to support you through the certificate level course and as much personal contact with your teacher, student supervisor and mentor via email and telephone. We also have a student community group on Facebook where many of our students connect, share information and receive support and inspiration.

### **What are the course outcomes and possible career paths?**

Some Inner Voyage graduates work for a variety of organisations including holistic healthcare centres, gyms, natural therapies centres and recreation facilities as chair yoga instructors, meditation teachers, stress management consultants and holistic counsellors.

Others set up their own holistic wellbeing practices or meditation schools and run a variety of meditation classes and may incorporate holistic counselling sessions and corporate stress management workshops.

Some of our graduates are already qualified in other therapies/modalities and working in their own wellbeing businesses. This course provides them with additional, complementary modalities to incorporate and expand their current practices as well as providing them with vital resources and business support as IVHHD practitioners.

## Practitioner registration

One year of FREE IVHHD Practitioner Registration is included to assist you in to successfully establish your new holistic practice.

The fee to re-register after the first year expires is \$300 per year if you wish to receive continuing support and assistance.

You can activate your Practitioner Registration on completion of your Certificate course and start working in your exciting new career immediately.

### **Registration includes**

1. Unlimited access to your own business mentor via telephone and email whenever you need it! So while you work for yourself, you never have to go it alone. You will be able to access support and advice in all matters relating to your business, such as small business management, marketing, teaching, counselling, dealing with difficult clients or just providing a sounding board or brainstorming partner and motivation when you need it.
2. IVHHD Practitioner Membership Certificate posted to you, to display.
3. Listing on our web directory to help guide prospective students and clients to your business.
4. Your own email address, eg [yourname@inner-voyage.com](mailto:yourname@inner-voyage.com)
5. Electronic marketing templates designed by our expert marketing team for all your print media advertising, flyers, brochures, posters and business cards.
6. Your guide book to setting up, marketing and running your Inner Voyage business.
7. Electronic templates for all your lesson plans and student handouts for the classes you will be qualified to teach.
8. Teacher's aids and guide books.
9. Booking forms and disclaimer forms templates.
10. Access to the IVHHD practitioners community on social media where you can communicate with other practitioners and receive regular inspiration and information.
11. A monthly newsletter to keep you up to date in your industry.
12. Opportunities to participate in our regular group advertising and marketing campaigns and features in national magazines, predominant web sites, expos and festivals, at affordable prices.