

# MEDITATION COACH CERTIFICATION

Leslie Hermann

HAS SUCCESSFULLY COMPLETED MEDITATION COACH CERTIFICATION

## Course Content

Module 1 : WHAT IS MEDITATION ?

Module 2 : THE DIFFERENT TYPES OF MEDITATION

Module 3 : BENEFITS OF MEDITATION

Module 4 : PRACTISING MEDITATION

Module 5 : PRANAYAMA BREATHING EXERCISES

Module 6 : LEADING A MEDITATION SESSION

Module 7 : WORKING AS A MEDITATION TEACHER

Module 8 : LEVELLING UP

Module 9 : DETAILED SCRIPTS AND MEDITATION WORKSHOPS



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