

Congratulations!

You have completed your Meditation Teacher Training..

Now.. the journey begins! It is essential for you to now practice all that you have learned during this course and apply any methods that you need to work more on, as well as keeping a balance in all methods so that in time you feel confident to teach.

**The whole aim is that “you become what you teach” – Tracee Cullen.**

Ultimately once we have achieved and learnt what we practice it becomes part of the process to impart knowledge to others, it is part of evolution and progression – collective consciousness & Unity.

Although we have covered in depth many aspects of meditation and incorporated a good understanding of the Yogic path, traditions that support these teachings and the full concept of meditation, the Mind, body & spirit.. there is still much more depth to these subjects and due to being a 7 Day course there are aspects that we have not been able to cover fully and some other aspects that require more time to work with and gain knowledge or practice.

It is therefore suggested that if you feel drawn to expand your knowledge and practice then the next step would be to increase the hours of certification studied for your continued development & knowledge.

## 100 hours & 200 hours – certification

Your next step should you feel you want to increase your practice and recognition is to take your 100 hours mediation or even 200 hours. Both of these courses are available for you to attend as an ‘add on’ in terms of just paying the difference for up to a year of the 7 Day course you have attended.

Although this is of course a great way for you to deepen your own practice and extend your knowledge it is not necessary as you have all that is required to teach your own mediation classes, workshops & retreats.