SOUTHWEST INSTITUTE of HEALING ARTS
graduating great people worldwide

Certificate of Excellence

Mindful Meditation Facilitator (MM-IDL)

100 Classroom Hours | 15 Instructional Weeks

6.00 Credit Hours | 15-17 Calendar Weeks

This 100-hour online Certificate of Excellence will allow students to explore various meditation techniques, reframe their understanding of meditation, practice mindful meditation, and cultivate the skills necessary to guide clients through mindful meditation. Serving as a mindful meditation facilitator offers a unique opportunity to support others in discovering their personal doorway into meditation and ultimately, into presence. You will learn about deepening your personal meditation practice holding space through conscious connecting, developing language that invites permission and safety, incorporating guided meditation scripts into client sessions, and following your intuitive intelligence to guide clients through meditation. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Mindful Meditation Facilitator						
Code	**Course**	**Clock**	**Credit**	**Pre-Req**	**Synch**	**Date**
MM 101-OL	Mindfulness: Introduction	30	2.00	N/A	N/A	
MM 301-OL	Mindful Meditation Techniques	30	2.00	MF 101-OL	Optional	
MM 401-OL	Mindful Meditation Facilitator	40	2.00	MF 301-OL	Optional	
	Subtotal	100	6.00			

Student _____ Date: _____

Advisor _____ Date: _____

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.