



Meditation Teacher Training – Info Sheet & Registration form

Become a Certified Meditation Teacher

Led by a Deepak Chopra–certified meditation teacher with over 10 years of teaching experience.

Program Duration: 4 months (16 weekly live sessions)

Format: Online, cohort-based with live instruction, practice teaching, and mentorship

Start Date: 23rd February 2026

Cohort Size: 10 participants

Price: \$2,497 (pay-in-full) or payment plan available

Why This Training?

Teaching meditation requires more than personal practice. Our program equips you with:

- **Skillful teaching techniques** – guide meditations with confidence
 - **Practice teaching sessions** – receive direct feedback on your instruction
 - **Ethics & scope-of-practice** – teach responsibly and safely
 - **Certificate of Completion** – recognised by your instructor and peers
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Programme Highlights

- 16 weekly **90-minute live sessions**
 - Supervised **practice teaching** in small groups
 - **Mentorship and feedback** from an experienced teacher
 - Training in **trauma-informed, ethical, and inclusive practices**
 - **Supportive cohort community** for peer learning
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Weekly Session Breakdown (Sample)

Week 1–4: Personal practice integration, foundational meditation techniques

Week 5–8: Teaching methodology, guiding short and full-length meditations

Week 9–12: Group facilitation, addressing student challenges, ethics & inclusivity

Week 13–16: Supervised teaching, feedback, reflection, and certification preparation

Who Should Apply

- Experienced meditators ready to step into teaching
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How to Register

Complete the registration form below and email it to info@lifestylecombo.com. Once confirmation of acceptance on the programme has been sent to you, a payment link will be sent for you to submit your payment. A receipt and confirmation will be sent following payment.

Payment Options:

- Pay in full: \$2,497
- Payment plan available: 4–6 monthly installments

Registration Deadline: 13th February 2026

Limited Spaces: Only 10 participants per cohort



Registration Form

Name: _____

Email: _____

Phone Number: _____

Meditation Experience (years/practices): _____

Why do you want to teach meditation?

Availability: Can you attend all 16 weekly sessions? Yes No

- **Payment Option:**

Pay in Full (\$2,497)

Payment Plan (4–6 months) – **Payment plan:** \$449 × 6 months (\$2,694 total), or
\$649 × 4 months (\$2,596 total)

Agreement:

I understand this training equips me to teach meditation responsibly and does not qualify me as a licensed therapist or healthcare provider.

Signature: _____ **Date:** _____

Once completed, please send the completed form to info@lifestylecombo.com and you will received confirmation directly from a member of the team who will process your registration.

Thank you from

Lifestyle Combo Ltd

