

**MASTER THE 8 PILLARS OF MINDFULNESS**

**BECOME A FULLY QUALIFIED**

# **MINDFULNESS & MEDITATION TEACHER**



With Patricia Maddalena



**PREPARED AND PRESENTED BY**

PATRICIA MADDALENA NLP MASTER, TRAINER, INTEGRATION THERAPIST AND  
MINDFULNESS & MEDITATION TEACHER

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# PATRICIA MADDALENA



## A LITTLE BIT ABOUT ME

I'm Patricia Maddalena an NLP Master Trainer and Integration Therapist since 2004. I am passionate about Mindfulness and Meditation and as a busy mum of three, it has been an essential ingredient in my life.

I am dedicated to the power of positive psychology and how it empowers and improves lives in homes, schools, offices and communities everywhere.

I trust you will get as much out of this course as I do and you will share everything you learn with your own family, students and communities.

# COURSE AIMS...

This Mindfulness & Meditation course is a complete, 8-session mindfulness training template for professionals. It includes everything you need to deliver high-quality mindfulness training. There have been over 3,000 peer-reviewed research studies that have validated the benefits of mindfulness, and we have made sure that everything in this training package is underpinned by rigorous science. We also always include references and credits.

- It is a comprehensive 8-session mindfulness training package
- Includes everything you need to offer mindfulness training
- Is based on scientific research and fully referenced
- Comes complete with videos, worksheets, exercises, and slides
- Can be taught under your branding (incl. white label rights)

There is a rising demand for the tools and techniques mindfulness has on offer and so this course intends to help more people experience the powerful effects of mindfulness, through you.

I've decided that the best way to reach more people is to teach other practitioners to deliver this Mindfulness & Meditation training.

This online package will allow you to personalize a demonstrated, science-based, 8-session mindfulness training and use it to inspire the lives of your clients and students.

By the end of this in-depth online training, you will be able to deliver an eight-session mindfulness program, under your branding, with expertise, confidence and ease.

Mindset Matters  
Make It Your Own

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# WHO IS IT FOR?

This Mindfulness and Meditation course is a complete mindfulness training package for practitioners who want to infuse their coaching, therapy, teaching or yoga classes and retreats with mindfulness.

This template is designed as a comprehensive ready-to-go training package for people who want to teach mindfulness to their clients, peers, students or trainees. However, the information in the package can be adapted for the self, individuals, groups, as well as children and young people.

Use your own experience and expertise to adapt the tools to your particular scenario. Always use M&M ethically and professionally (but you know that!).

- Therapists
- Coaches
- Trainers Psychologists
- Healthcare Professionals HR
- Managers
- Facilitators
- Yoga & Pilates Teachers

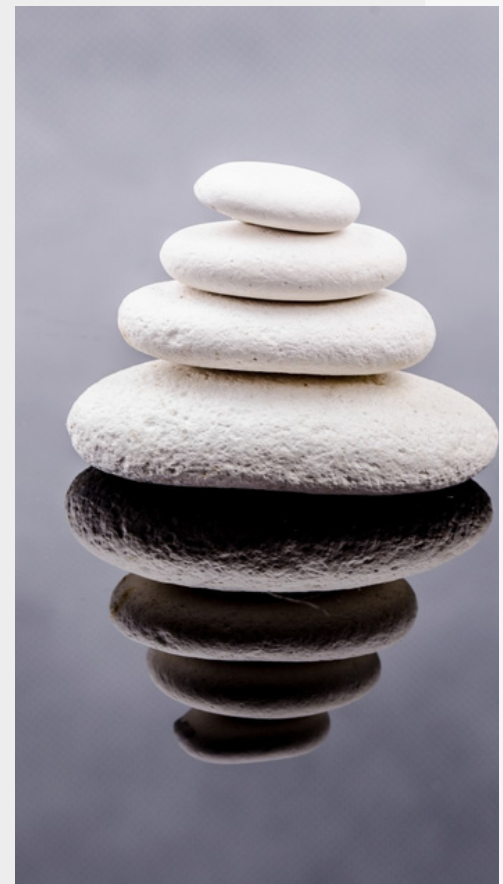
## MASTER THE 8-PILLARS OF MINDFULNESS

You will learn to teach the '8 Pillars of Mindfulness':

- Attention and the Now
- Automatic patterns and reactivity
- Judgment
- Acceptance and conflict
- Goals and the future
- Compassion
- The Ego - Identity
- Integration - how to integrate mindfulness into daily life

PLUS learn effective teaching practices, such as:

- How to prepare for mindfulness training so you're calm and confident
- How to create an optimal learning environment for your participants
- How to guide meditations
- How to evaluate exercises and provide feedback
- How to deliver presentations, exercises and workshops for maximum impact.







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# WHAT YOU GET

You get everything you need to run these Mindfulness and Meditation courses either online or out in the real world through weekly classes, workshops and retreats.

Includes:

- An Instruction Manual for You as a Practitioner
- 8 In-depth class plans
- '8 Pillars of Mindfulness' Video Course
- Eight PowerPoint presentations
- Eight PDF-workbooks for each session for your students
- Homework sheets
- Expert Guided Meditations scripts and audio
- Many various meditations and mindfulness activities
- Resource links and other materials
- Support & Ask the Instructor Anything
- A Complete 'Train the Trainer' Course
- White Label Rights: Use Your Own Brand

£1200

Now £900

"The primary cause of unhappiness is never the situation  
but your thoughts about it."  
Eckhart Tolle



### FAQ

#### **WHAT FORMAT IS IT?**

This is a digital product so you'll access all the elements from the website. You can download the package straight to your computer all you need to do is login to access them with your email and the password you set.

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#### **IS THIS COURSE USEFUL IF I'M NOT ACTUALLY A PRACTITIONER BUT I'M INTERESTED IN THE SUBJECT?**

Yes, although you may want to start with the 8-week online training and then if you feel you would like to share this with your community you can upgrade to become a mindfulness and meditation teacher.

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#### **CAN I CANCEL MY PURCHASE?**

As this course is a digital product we cannot offer you a refund. Please ask as many questions as you like to make sure that this course is for you. We are happy to help you in anyway we can.

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#### **WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?**

Simply email me on [trish@livingfree.eu](mailto:trish@livingfree.eu) or you can find me over in our private Facebook group for that ongoing support.

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# FAQ

## WHAT YOU PUT IN YOU GET OUT



## FAQ

### WHAT CAN I DO WITH THIS PACKAGE?

You can download, customize, and print the materials for personal or professional use, such as in coaching or a classroom setting. You can include the meditations into your yoga classes or run workshops and retreats. You may add your logo, adjust or brand all the materials as you see fit.

### WHAT CAN'T I DO WITH THIS PACKAGE?

You cannot publish the materials publicly (online or offline) or resell the package as it is. For example, creating your own course from these templates and offering it under your own brand is allowed. Taking the whole or a part of this course and packaging it as is and reselling it, is not allowed.

## CONTACT INFO

When in doubt, please contact me at [trish@livingfree.eu](mailto:trish@livingfree.eu)