International Meditation Teachers & Therapists Association  
Practitioner Training Course

**Certificate in Meditation Teaching and Holistic Human Development**

**Module One   
Submission Form**

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| Your name |  |
| Teacher’s name |  |
| Submission date |  |

**Please answer all the questions on this Module Submission Form.**

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| 1a. Why is the regular practice of the full Body Relaxation Exercise so important? |  |
| 1b. Did you practice the full Body Relaxation Exercise every day this week? |  |
| 1c. What new or different experiences or insights did you have when practicing the full Body Relaxation Exercise this week? |  |
| 2. Please describe your personal Meditation space |  |
| 3. What are three words you feel would be effective when continually repeated (as a chant) to use a mantra Meditation? |  |
| 4. Do Gamma brain waves increase or decrease during Meditation? |  |
| 4a. What function do Gamma brain waves have? |  |
| 5a. Did you Practice the Mantra Meditation every day? |  |
| 5b. What mantra or word did you choose to use during your Meditation practice? |  |
| 5c. In a few words please describe your experience with mantra Meditation. |  |
| 5d. What do you see as being the main benefits of Mantra Meditation? |  |
| 6a. Did you practice the Zen Meditation every day? |  |
| 6b. In a few words please describe your experience with Zen Meditation. |  |
| 6c. What do you see as being the main benefits of Zen Meditation? |  |
| 7. Briefly explain what you feel you learned through interviewing three people about their Meditation experience. |  |
| 8. Briefly explain what you hope to gain from completing this training course. |  |
| 9. How far back do artefacts date the existence of the Meditation style known as Tantra? |  |
| 10. Where is Meditation thought to first have originated? |  |
| 11. Who was the American doctor whose research in the 1970’s established the efficacy of Meditation in the western world? |  |
| 12. What response does the nervous system cause to occur in the body when under stress? |  |
| 13. Does Meditation lower or elevate the heart rate? |  |
| 14. What are the four brain waves experienced during different levels of Meditation? |  |
| 15. What does Zen Meditation focus on? |  |
| 16. List some of the benefits of establishing a regular Meditation routine. |  |
| 17. Did you enjoy working through this module? |  |
| 18. Is there any aspect of this module you disliked, did not understand or, had issues with? |  |
| 19. How do you feel you have grown or developed professionally through this module? |  |
| 20. How do you feel you have grown or developed personally through this module? |  |
| 21. Is there anything you require assistance with or need to discuss? |  |