International Meditation Teachers & Therapists Association
Practitioner Training Course

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

 **Module Two
Submission Form**

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

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| 1a. Did you practice the Full Body Relaxation Exercise every day this week? |  |
| 1b. What new or different experiences or insights did you have when practicing the Full Body Relaxation Exercise this week? |  |
| 2a. Did you Practice the Zen Meditation every day? |  |
| 2b. In a few words please describe your experience with Zen meditation. |  |
| 3. Do you feel you have developed a thorough understanding of what the Fight-or-Flight Response (FFR) is and why and how it works?  |  |
| 4. Did you find the video presentation on the Fight-or-Flight Response helpful? |  |
| 5. What link do you see between our modern lifestyles and why many people remain in the Fight-or-Flight Response (FFR) for prolonged periods? (Particularly due to ‘perceived’ danger) |  |
| 6. Considering the changes that occur in the body during the Fight-or-Flight Response (FFR), what connection can you see with the development of disease and disorders when prolonged periods are spent in the Fight-or-Flight Response?  |  |
| 7. What did you find from the information about the Fight-or-Flight Response (FFR) that will be useful and how do you feel it will be helpful in treating stress and teaching meditation? |  |
| 8. Briefly describe (*20-50 words*) what was easy and/or difficult in writing 1000 words about the Fight-or-Flight Response?**PLEASE NOTE:**  *It is not necessary to submit your FFR essay! The task is an exercise in learning to express the FFR in your words.* |  |
| 9. What was your score on the Rahe Stress Scale?  |  |
| 10. Did you use the Stress Management Journal this week?  |  |
| 11a. What, if any, significant discoveries were made about your own stress patterns through using the stress management journal? |  |
| 11b. What was your score in the Stress Quiz? |  |
| 12a. Are there any areas you plan to address as a result of completing the Stress Quiz? |  |
| 12b. Did you enjoy exploring the idea of stress this week? |  |
| 13. Did you discover anything or, develop any new ideas, that you feel will assist you in treating people with stress? Please describe. |  |
| 14. What do you understand of the difference between Mindfulness Meditation and Concentrative Meditation? |  |
| 15. Please describe your experience with the concentrative meditation style this week. |  |
| 16. Please describe your experience with the chakra meditation style this week. |  |
| 17. Please describe your experience with the Mindfulness meditation style this week. |  |
| 18. Did you especially enjoy anything about this module? If so, write a brief account. |  |
| 19. Is there any aspect of this module you disliked, did not understand or, had issues with? |  |
| 20. How do you feel you have grown or developed professionally through this module?  |  |
| 21. How do you feel you have grown or developed personally through this module?  |  |
| 22. Is there anything you require assistance with or need to discuss? |  |