International Meditation Teachers & Therapists Association  
Practitioner Training Course

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

**Module Six  
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. 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 just a few words please describe your experience with Zen meditation this week. |  |
| 3. Please list five things that you have listed in your journal this week (that you are grateful for). |  |
| 4a. Have you been practicing the Chair Yoga postures each day? |  |
| 4b. What questions, observations or insights do you have about Chair Yoga and/or the Chair Yoga Postures? |  |
| 5. Did you practice *Shaking Down* and *Butterfly Breathing* at least once every day this past week? If you did, was it beneficial? |  |
| 6. Please describe your experience looking for a meditation class or yoga class you can attend prior to completing your lesson eight module? |  |
| **7. Ice Breakers:** List three of your favourite ice breakers. Describe each ice breaker and briefly explain what you see as being the purpose of the exercise and why you like it. |  |
| 8. What did you find useful in the information about managing groups? |  |
| 9. Did you find a venue that you feel will be suitable for you to use when you start teaching meditation? Please give a brief description. |  |
| 10. Did you find a venue that you feel will be suitable for you to use when you start your holistic counselling practice? Please give a brief description. |  |
| 11. Did you especially enjoy anything about this module? If so, write a brief account. |  |
| 12. Is there any aspect of this module you disliked or, did not understand or, had issues with? |  |
| 13. How do you feel you have grown or developed professionally through this module? |  |
| 14. How do you feel you have grown or developed on a personal level through this module? |  |
| 15. Is there anything you require assistance with or need to discuss? |  |