

# Ascentis **Level 3 Certificate** in **Meditation Teaching** **Rule of Combination**



<b>Ofqual Number:</b>	<b>601/3007/6</b>
Ofqual Start Date:	01/04/2014
Ofqual Review Date:	31/07/2021
Ofqual Certification Review Date:	31/07/2022

# Qualification Overview

This qualification is intended to train teachers of meditation so that they can lead meditation sessions and set up, running a meditation business in line with the principles of the British School of Meditation, with whom the qualification was developed.

## Aims

The aims of this qualification are to enable learners to:

- Understand the benefits of meditation
- Understand meditation techniques
- Lead meditation sessions
- Set up a business in line with the British School of Mediation

## Target Group

This qualification is aimed at learners who are interested in running a meditation business.

## Regulation Codes

Ofqual Regulation Number: 601/3007/6

## Assessment Method

All units are internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria. They are internally assessed and verified by the centre and then externally verified by Ascentis.

# Rule of Combination

## Ascentis Level 3 Certificate In Meditation Teaching

Learners must achieve 15 credits. All units are mandatory.

### Unit Group M (Meditation Teaching Units)

Title	Level	Credit Value	GLH	Unit ref
Running a Meditation Business	3	3	21	F/506/1514
Leading a Meditation Session	3	3	21	J/506/1515
Scientific Evidence Supporting the Benefits of Meditation	3	3	21	K/506/1524
Types and Techniques of Meditation	3	3	21	M/506/1511
Understand the Benefits to Health and Wellbeing of Meditation	3	3	21	T/506/1512

### Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 105.

### Total Qualification Time (TQT)

The total qualification time for this qualification is 150.

### Age Range of Qualification

This qualification is suitable for learners aged 18+ and 19+.

# Contact & Further Information

New Centres please email [hello@ascentis.co.uk](mailto:hello@ascentis.co.uk) or call 01524 845046

Existing Centres please visit the Login area of our website to view the full specification.

Product Development for enquiries please email [development@ascentis.co.uk](mailto:development@ascentis.co.uk)