

Ascentis **Level 3 Certificate** in **Meditation Teaching** **Overview Specification**



Ofqual Number:	601/3007/6
Ofqual Start Date:	01/04/2014
Ofqual Review Date:	31/07/2027
Ofqual Certification Review Date:	31/07/2028

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.

Rules 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 or call 01524 845046

Existing Centres please visit the Login area of our website www.ascentis.co.uk to view the full specification.

Product Development for enquiries please email development@ascentis.co.uk