



# **PROFESSIONAL COURSE SYLLABUS**

**DEVELOPING MINDFULNESS AND  
MEDITATION TO SUPPORT AGE AND STAGE**

**HOW TO TEACH CHILDREN MEDITATION WHO  
HAVE SEN – ADHD, AUTISM OR TRAUMA**

**A ‘MEDITATION TOOLKIT’ THAT CAN  
STRUCTURE BESPOKE SESSIONS**

**USING MANDALAS TO GUIDE AND DEVELOP  
EMOTIONAL ENERGY**

**GROUNDING WITH MUDRAS AND MOVEMENT**

**EXPLORING LABYRINTHS TO HELP CHILDREN  
SELF-REGULATE THEIR ENERGY**

**WORKING WITH NATURE, STONES/CRYSTALS**

**USING THE SENSES, COLOUR AND DAY-TO-  
DAY MINDFULNESS**

**HOW TO INTUITIVELY GUIDE MEDITATIONS  
TO MATCH THEIR ENERGY**



# **PROFESSIONAL COURSE SYLLABUS**

**USING THE SENSES, COLOUR AND DAY-TO-  
DAY MINDFULNESS**



**HOW TO INTUITIVELY GUIDE MEDITATIONS  
TO MATCH THEIR ENERGY**



**TIPS FOR TEACHING KIDS/TEENS WHO DON'T  
WANT TO LEARN MEDITATION**



**EXPLORING THE ENERGY BODY STRUCTURE  
AND HOW IT HELPS TEACH MEDITATION**



**WHICH MINDFUL ACTIVITIES ARE SAFE TO  
USE WITH DIFFERENT NEEDS**



**HOW TO SUPPORT THE FAMILIES OF  
CHILDREN WITH SEN**

**HOW TO HELP YOUNG PEOPLE PROCESS  
TRAUMA THROUGH MEDITATION**



# **PROFESSIONAL COURSE SYLLABUS**

**HOW TO SET UP A PROFESSIONAL  
MEDITATION TEACHING PRACTICE  
WORLDWIDE**



**TIPS ON HOW TO RUN MEDITATION SESSIONS  
ONLINE (USING ZOOM/WHATSAPP) FOR KIDS  
OR TEENS**



**CERTIFICATION TO GAIN INSURANCE TO  
TEACH MEDITATION PROFESSIONALLY**

**ACCESS TO MASTERCLASSES TO ADVANCE  
YOUR SKILLS**

**INSURABLE THROUGH BCMA UK OR IICT**



**ACCREDITED BY IMMA, BCMA AND IICT**

**[WWW.CONNECTED-KIDS.COM](http://WWW.CONNECTED-KIDS.COM)**