



NEW SOUTH WALES

Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
1 Kynwoor Road, Naradhan	Fiona Hart IMTTA Certificate in Meditation Teaching and Holistic Human Development	kynwoor@gmail.com 0427 969 842 Certificate in Meditation Teaching and Holistic Counselling	Meditation Teacher Chair Yoga Instructor Holistic Counselling
2099	Trudy Biernat IMTTA Certificate in Meditation Teaching and Holistic Human Development	trudy.eleven@gmail.com 0407 771 987	Meditation Teacher Chair Yoga Instructor Holistic Counselling
2560	Claudia Rodriguez Mifsud IMTTA Certificate in Meditation Teaching and Holistic Human Development	jedimindeducation@gmail.com +61 431 219 058 Bachelor of Science in Interdisciplinary Social Science Munay-Ki Rites Initiate	Reiki Meditation Teacher Chair Yoga Instructor Holistic Counselling
38 Croobyar Rd Milton	Romani Healing IMTTA Certificate in Meditation Teaching and Holistic Human Development	sarabethsheriff2013@gmail.com 0406 311 789	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Albion Park	Inside Out Holistic Health IMTTA Certificate in Meditation Teaching and Holistic Human Development	insideoutholistichealth@outlook.com 0400 047 725	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Albury NSW 2640	Trutality Empowerment IMTTA Certificate in Meditation Teaching and Holistic Human Development	trutalityempowerment@gmail.com 0410 001 671	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Ambarvale	Alpha Body Connections IMTTA Certificate in Meditation Teaching and Holistic Human Development	alphabodyconnections@live.com 0423 098 903 Alpha Body Connections 21 Throsby Way Ambarvale 2560 NSW	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Armidale	Sahmmsa Mu IMTTA Certificate in Meditation Teaching and Holistic Human Development	SiMu@outlook.com.au 0401 324 064 Certificate in Holistic Counselling Certificate in Chair Yoga Instruction	Meditation Teacher Chair Yoga Instructor Holistic Counselling




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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Armidale, New England, NSW	Mrs Violet Atkinson	maudie_atkinson@hotmail.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0420 778 774	Chair Yoga Instructor Holistic Counselling
Batemans Bay	Heart 2 Heart Healing	shimmering_blue@hotmail.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0415 158 720	Chair Yoga Instructor Holistic Counselling
Baulkham Hills, Sydney	Artemis Meditation and Holistic Counselling	lenorepearsonholistic@gmail.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0408 408 384	Chair Yoga Instructor
		Diploma in Meditation Teaching and Holistic Counselling	Holistic Counselling
		Chair Yoga	
		Postgraduate Certificate in Meditation for Children	
		Postgraduate Certificate in Meditation for Depression and Anxiety	



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Blue Mountains	<p>Being, Breath and Body Meditation</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>kerryvee@hotmail.com</p> <p>0410 557 086</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Bradbury	<p>Transpired Mind - Wellness Clinic</p> <p>Leonie Phillips</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>transpiredmind@gmail.com</p> <p>0414 244 616</p> <p>Diploma Clinical Hypnotherapy</p> <p>Diploma NLP Practitioner</p> 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p> <p>Angelic Reiki Master Teacher</p>
Camden NSW	<p>8 Limb Yoga Studio</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>8limbyogastudio@gmail.com</p> <p>0419 498 932</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>





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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Campbelltown	Ashley Karstunen IMTTA Certificate in Meditation Teaching and Holistic Human Development	ashleykarstunen@hotmail.com	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Campbelltown NSW	Grace and Harmony IMTTA Certificate in Meditation Teaching and Holistic Human Development	graceandharmony2@outlook.com 0409 594 521	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Campbelltown	Helen Grdic IMTTA Certificate in Meditation Teaching and Holistic Human Development	helen.grdic@gmail.com 0404 827 026	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Campbelltown	<p>Illuminate Meditation</p> <p>Sarah Gillett</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>illuminate.meditation@gmail.com</p> <p>0416 006 142</p> <p>Chakradance™ Facilitator</p> 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p> <p>Chakradance Sessions</p>
Campbelltown	<p>The Meditation Space</p> <p>Susanne Jones</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>meditation@exemail.com.au</p> <p>+61 410 453 725</p> 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Castle Hill	<p>Melanie Ferguson</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>teacher.melanieferguson@gmail.com</p> <p>0481 460 663</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>




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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Casuarina	<p>Find the Peace Within</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>findthepeacewithin@gmail.com</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p> <p>Pre-natal Blissful Birthing courses and workshops</p>
Charlestown	<p>Meraki</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>merakimindfulnessliving8@gmail.com</p> <p>0407 236 504</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Coffs Harbour NSW	<p>Holistic Counselling Services</p> <p>IMTTA Advanced Diploma in Meditation Therapy and Holistic Counselling</p>	<p>holisticcounselling@hotmail.com</p> <p>0403 153 493</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Cronulla	<p>Robyn Parkes</p> <p>@ Biomechanics Healthcare</p> <p>IMTTA Diploma in Meditation Therapy and Holistic Counselling</p>	<p>robyparkes@hotmail.com</p> <p>(02) 9527 3322</p> <p>www.robyparkes.ntpages.com.au</p> <p>Certificate in Meditation for Children</p> <p>Certificate in Meditation for the Management of Depression and Anxiety</p> <p>Certificate in Meditation for the Management of Pain and Healing</p> <p>Certificate in Meditation for Weight Management</p> <p>Certificate in Autonomic Nervous System Realignment Therapy</p>	<p>Certified Holistic Human Development & Mediation Teacher</p> <p>Certified Holistic Counselling</p> <p>Diploma Remedial Massage & Sports Therapies</p> <p>Weight Management Meditation</p> <p>Brain Body Medicine</p> <p>Meditation for management of Anxiety & Depression</p> <p>Meditation for Healing & Management of Chronic Pain</p>
			



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Dee Why	Dawn Whitten IMTTA Certificate in Meditation Teaching and Holistic Human Development	dawnart1970@hotmail.com 0413 619 420	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Doonside/Oakdale NSW	Inner Peace Mindfulness College IMTTA Certificate in Meditation Teaching and Holistic Human Development	info@innerpeacemindfulnesscollege.com 0425 254 610	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Eastern Suburbs Sydney	Jane Otton IMTTA Certificate in Meditation Teaching and Holistic Human Development	janeotton8@gmail.com 0410 456 500	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Goulburn	Connie Morgan Wellbeing for Life IMTTA Certificate in Meditation Teaching and Holistic Human Development	conlor@aapt.net.au 0431 839 669	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Hazelbrook	<p>Mountain Cottage Counselling and Wellbeing Service</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>mountaincottagecounselling@gmail.com</p> <p>02 4758 9220</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Horsfield Bay	<p>Lesley Walshaw</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>lesleywalshaw1@gmail.com</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Hurstone Park	<p>Elizabeth Ryan</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>ryan_elizabeth@hotmail.com</p> <p>0402 147 342</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Huskisson	<p>Connected Holistic Healing Therapies</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>hello@connectedholistic.com</p> <p>0431 147 450</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>





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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Illawarra	WISE HEART Holistic Practice & Mentorship IMTTA Certificate in Meditation Teaching and Holistic Human Development	wiseheartholisticpractice@gmail.com 0413 845 416	Meditation Teacher Chair Yoga Instructor Holistic Counselling





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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Illawarra Region	<p>Little Masterminds (Meditation for Children)</p> <p>IMTTA Advanced Diploma in Meditation Therapy & Holistic Counselling</p> 	<p>amy@littlemasterminds.com.au</p> <p>0499 550 780</p> <p>www.littlemasterminds.com.au</p> <p>Postgraduate Certificates in:</p> <ul style="list-style-type: none"> Meditation for Children Prenatal Meditation Meditation for the Management of Depression & Anxiety Meditation for Management of Chronic Pain & Healing Meditation for Women in Transition and Women's Mid-Life Health & Wellbeing Meditation for Weight Management Autonomic Nervous System Realignment Therapy Brain Body Medicine Certificate in Chair Yoga Instruction 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>




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Inverell	<p>Gina's Divine Guidance & Healing</p> <p>Live the life of Peace & Joy that you Dream of</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p> 	<p>gina.divineguidance@gmail.com</p> <p>0457 574 099</p> <p>www.ginasdivineguidanceandhealing.com</p> <p>www.facebook.com/angelcardreadingsbygina</p> <p>Certificate in Meditation Teaching</p> <p>Holistic Human Development</p> <p>Holistic Counselling</p> <p>Chair Yoga Instruction</p> <p>Certified Master Reiki Practitioner</p> <p>Certified Psychic Medium</p> 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Jerrabomberra	<p>Virginia Coster</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>virginia.coster1@gmail.com</p> <p>0429 902 427</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Lane Cove, Sydney	The Holistic Tree	info@theholistictree.org	Meditation Teacher
	Raj Patel IMTTA Diploma in Meditation Teaching and Holistic Human Development	0431 256 715 www.theholistictree.org BSc (Biochemistry & Chemistry) – Salford University, UK Diploma – Business Operations – AIM, Sydney Cert IV – Training & Development, Sydney Diploma in Counselling (Health Services) – Sydney University Certificates – Reiki I & II	Chair Yoga Instructor Holistic Counselling Reiki
			
Macarthur	Lindell Richards IMTTA Certificate in Meditation Teaching and Holistic Human Development	graceandharmony2@outlook.com 0418 401 091	Meditation Teacher Chair Yoga Instructor Holistic Counselling




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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Malua Bay	Kim Young IMTTA Certificate in Meditation Teaching and Holistic Human Development	kl.young@bigpond.com 0402 116 567	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Mid North Coast NSW	Sally Turnbull IMTTA Certificate in Meditation Teaching and Holistic Human Development	upsized.MindCapacity@gmail.com 0427 343 890	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Narellan Vale	Erin Bailey IMTTA Certificate in Meditation Teaching and Holistic Human Development	solutions@erin-bailey.com 02 4648 3883	Meditation Teacher Chair Yoga Instructor Holistic Counselling
New South Wales	Danielle Perry IMTTA Diploma in Meditation Teaching and Holistic Human Development	daniperry72@hotmail.com 0457 679 654	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
New South Wales	<p>Valentina Buscemi</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>valentina.buscemi84@gmail.com</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Newcastle, Lake Macquarie and surrounding areas	<p>Positive Perceptions</p> <p>Stacey Gardiner</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>positiveperceptions@icloud.com</p> <p>0421 137 740</p> 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Newcastle/Lake Macquarie NSW	<p>Melle Mathiske</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>melmathiske@gmail.com</p> <p>0414 996 879</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
North Bondi	<p>Inner Harmony</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>carole_hammerschmidt@yahoo.com</p> <p>0411 756 670</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
NSW Mid-North Coast	Kris Simeon	kristine.simeon@bigpond.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0417 688 823	Chair Yoga Instructor Holistic Counselling
Paddington NSW	6th Verse Pty Ltd	catherine.t@6thverse.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0409 552 268	Chair Yoga Instructor Holistic Counselling
Penrith	Flower of Love Healing	floweroflovehealing@gmail.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0415 285 235	Chair Yoga Instructor Holistic Counselling
Port Macquarie	Anthony J Abi-Saab	saabind@la.com.au	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0417 851 612	Chair Yoga Instructor Holistic Counselling



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Port Macquarie	<p>Kelsey Petherick</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>kelseypetherick1@gmail.com</p> <p>0448 154 445</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Sanctuary Point	<p>Meditation & Holistic Health Training College</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>info@meditationandholistichealth</p> <p>0419 237 543</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Seven Hills NSW 2147	<p>Elysian Beings</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>elysianbeings@gmail.com</p> <p>0417 480 478</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Shellharbour	<p>Shellharbour Holistic Counselling and Therapies</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>shellharbourholistic@mail.com</p> <p>0423 260 628</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>



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Shoalhaven Area	Karen Woods IMTTA Certificate in Meditation Teaching and Holistic Human Development	karenwds@shoal.net.au 0429 644 939	Meditation Teacher Chair Yoga Instructor Holistic Counselling
South Coast, NSW, Australia	Samari Holistic Wellbeing IMTTA Certificate in Meditation Teaching and Holistic Human Development	927bram@gmail.com 0412 929 696	Meditation Teacher Chair Yoga Instructor Holistic Counselling
South Western Sydney	Marlies van Dijck IMTTA Certificate in Meditation Teaching and Holistic Human Development	marliesvandijck1964@hotmail.com 0418 650 790	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Southern Highlands and Sydney	WILD SOUL WARRIOR IMTTA Certificate in Meditation Teaching and Holistic Human Development	wild.soul.warrior@gmail.com 0401 259 563	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Sutherland Shire	<p>Kim Byron</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p> <p>IMTTA Diploma in Meditation Therapy and Holistic Counselling</p>	<p>kim-byron@hotmail.com</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Sutherland Shire	<p>Life Balancing Clinic</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>andjelict@me.com</p> <p>0419 437 044</p> <p>Chair Yoga Instructor</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Sydney	<p>Carla Bryan</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>carla_bryan@hotmail.com</p> <p>0434 016 510</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Sydney	<p>i.BeyondBliss Holistic Wellness</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>i.beyondbliss@gmail.com</p> <p>0452 600 633</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>




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Sydney	Ms Suzanne Price IMTTA Certificate in Meditation Teaching and Holistic Human Development	suzpriceyogi@gmail.com 0414 313 931	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Sydney	Purple Earth Circle IMTTA Certificate in Meditation Teaching and Holistic Human Development	purpleearthcircle@gmail.com 0439 480 636	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Sydney	Sam Petrou IMTTA Certificate in Meditation Teaching and Holistic Human Development	info@sampetrou.com.au 0488 144 166 www.sampetrou.com.au	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Sydney	The Heartspace Connect IMTTA Certificate in Meditation Teaching and Holistic Human Development	info@theheartspaceconnect.com 0401 606 731	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Sydney, New South Wales	<p>Words & Wellbeing</p> <p>Katherine Pinczuk</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>katherine.pinczuk@gmail.com</p> <p>0418 207 220</p> 	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Sydney, Australia	<p>Virginia Rudenno</p> <p>IMTTA Advanced Diploma in Meditation Therapy and Holistic Counselling</p>	<p>virginia@masteringyourself.com.au</p> <p>+61 402 056 036</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>
Sydney, NSW	<p>Valissa Bentley</p> <p>IMTTA Certificate in Meditation Teaching and Holistic Human Development</p>	<p>valissabentley@gmail.com</p> <p>0424 445 256</p>	<p>Meditation Teacher</p> <p>Chair Yoga Instructor</p> <p>Holistic Counselling</p>



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Tamworth	Wendy Welzel IMTTA Certificate in Meditation Teaching and Holistic Human Development	wendee.wellbeing@gmail.com 0407 602 625	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Wagga Wagga	Anavah Mindfulness and Meditation IMTTA Certificate in Meditation Teaching and Holistic Human Development	anavah.mindfulness@gmail.com 0420 282 695 Certificate in Meditation Teaching and Holistic Counselling Chair Yoga Instructor	Meditation Teacher Chair Yoga Instructor Holistic Counselling
Wagga Wagga	Rachael Greenway IMTTA Certificate in Meditation Teaching and Holistic Human Development	rachaelgreenway1@gmail.com 0424 824 890	Meditation Teacher Chair Yoga Instructor Holistic Counselling



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Location	Name and Qualifications	Contact Details and Further Qualifications	Services and Classes Offered
Yamba and surrounds	Colleen Bylos	cbylos@hotmail.com	Meditation Teacher
	IMTTA Certificate in Meditation Teaching and Holistic Human Development	0429 454 342	Chair Yoga Instructor
		Certificate in Teaching Meditation for Children	Holistic Counselling
		Certificate IV in Business	Flower Therapy Healer
		Bachelor of Social Welfare	Sekhem Practitioner Level I
	Certificate in Natural Health	Heal Your Life Workshop Leader	