

# 200-Hour Buddhist Psychology and Art Therapy Meditation Teacher Training



Embark on a Journey of Mindful Awakening!  
Step into the profound world of meditation and Buddhist wisdom with our exceptional 200-Hour Meditation Training program. Discover the transformative power of mindfulness, compassion, and profound insights as you delve into the depths of Buddhist teachings and practices.

## Deepen Your Meditation Practice

Join us on a path of self-discovery and inner peace. Our 200-Hour Meditation Training program is carefully crafted to provide you with a comprehensive understanding of meditation techniques, infused with the wisdom of Buddhist teachings. Through guided practice, you will cultivate a still and tranquil mind, expanding your awareness and gaining insights into the nature of suffering and impermanence.

## Explore the Healing Power of Art Therapy

We believe in the integration of art as a transformative tool for healing and self-expression, inspired by Buddhist principles. Our program uniquely incorporates Art Therapy, allowing you to explore the depths of your emotions and thoughts through creative expression. Discover the therapeutic benefits of engaging with various art mediums while embracing the concepts of impermanence, non-attachment, and the interconnectedness of all things.

## Embrace Buddhist Wisdom for Everyday Life

Immerse yourself in the profound teachings of Buddhism, guiding you toward a more awakened and meaningful existence. Learn about the Noble Truth of Suffering and discover how attachment and desire contribute to human suffering.

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### Cultivate Compassion and Mindfulness

Compassion and mindfulness lie at the heart of Buddhist teachings. Develop deep empathy and loving-kindness for yourself and others, nurturing a sense of interconnectedness and harmony. Explore the transformative practice of mindfulness, cultivating present-moment awareness and non-judgmental observation of your thoughts, feelings, and sensations.

### Your Path to Mindful Awakening Begins Here

Whether you are an experienced meditator, a therapist seeking to integrate Art Therapy with Buddhist principles, or simply someone seeking inner peace and self-transformation, our 200-Hour Meditation Training with a focus on Buddhist wisdom and Art Therapy is perfect for you. Unlock the profound teachings of mindfulness, compassion, impermanence, and non-self, while embracing the therapeutic power of art.

Email us now at [tiffany@thesoulcompass.com](mailto:tiffany@thesoulcompass.com) to reserve your spot and embark on a transformative journey of self-discovery inspired by Buddhist wisdom and the healing essence of art!

CEC credits also available.