



# NEUROMEDITATION INSTITUTE

## Level 1 Certification Packet

*Using brain-based principles  
to individualize and enhance meditation  
for mental health*

Train in NeuroMeditation Concepts & Methods

Individualize NM for Specific Populations

\*Materials that are included in this program may include interventions and modalities that are beyond the authorized practice of your profession or license. You are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.



# NeuroMeditation Institute

## Level 1 Certification Packet

### Overview

The Level 1 certification process in NeuroMeditation (NM) is open to all experience levels and backgrounds and was specifically developed to provide foundational training in the concepts, theories, science, and methods of NM.

The heart of this certification involves achieving a basic understanding of NeuroMeditation through didactic and experiential learning. Level 1 certificants should be comfortable with the four styles of NeuroMeditation, their connection to mental health concerns, and basic approaches toward implementing these practices in an individualized manner.

### Benefits of Becoming NeuroMeditation Trained - Level 1

- Use the NMI-1 credential after your name, identifying successful training and achievement.
- Digital certificate of Level 1 Certification.
- Listed on the NMI website provider index.
- Access to our research document library on Zotero.
- Receive 15% affiliate commission when your students/clients register for any of the 6-week groups or the Level 1: Foundations course.
- Eligible to pursue Level 2 certification.
- 10% off Level 2 certification courses.

### NeuroMeditation Certification Process, Requirements, & Eligibility

#### 1. Complete One of These:

##### a) Level 1: Foundations of NeuroMeditation Workshop:

These are offered several times each year as a five-week virtual workshop for \$250, or complete this through our “learn at your own pace” distance education format for \$175.

##### b) EEG Equipment Training:

Our self-paced courses are for BrainMaster (\$375), Divergence (\$295), or NewMind (\$375) equipment and software. Some need a separate monthly software subscription.

#### 2. Complete an Experiential Class:

We offer classes in each of the Four NeuroMeditation styles (Focus, Mindfulness, Open Heart, & Quiet Mind) for \$150 each through our self-paced online learning classes.

#### 3. Submit the Online NeuroMeditation Institute Certification Application Form.

Optional: To further enhance your learning, we recommend reading the book, “Meditation Interventions to Rewire the Brain” which supplements the course material. This can be purchased through the NeuroMeditation Institute or at Amazon.com.

NeuroMeditation Institute

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## Certification Period

After submitting your application, the NMI office will check that all requirements have been met. Once the application is approved, certification status will be granted. There is no certification fee for Level 1. You will receive a “welcome” e-mail from us that includes information on affiliate and discount codes, how to access Zotero, plus the digital version of your Level 1 certificate.

## Level 1 Certification Checklist

	Complete the <i>Level 1: Foundations of NeuroMeditation</i> Workshop or one of the three EEG Equipment Training courses.
	Complete one of the four self-paced meditation style classes.
	<b><i>Once the previous 2 requirements have been completed</i></b> , submit the NeuroMeditation Institute Certification Application Form: <a href="https://forms.gle/k9HkmMhEh9wSX7gC9">https://forms.gle/k9HkmMhEh9wSX7gC9</a>

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