



Australian Meditation and Holistic Counselling College

Empower Your Mind, Transform Lives
AMHCC

Finding Stillness

An 8-Week Guided Meditation Journey

Your Journey Begins Here

Information Guide

Welcome

Thank you for your interest in **Finding Stillness**.

Life can often feel busy, demanding and overwhelming. Many of us know we would benefit from slowing down, yet we're not always sure where to begin.

Finding Stillness has been created to provide a supportive, welcoming space where you can learn meditation in a practical and enjoyable way, regardless of your previous experience.

Over eight weeks, you'll be guided through a carefully designed journey that combines meditation, mindfulness, reflection and practical strategies to help you cultivate greater calm, clarity and balance in everyday life.

Whether you are completely new to meditation or returning after time away, this program will help you build a sustainable practice that supports your wellbeing long after the program has finished.

Is Finding Stillness Right for Me?

This program is ideal for you if you:

- Feel overwhelmed, stressed or mentally busy.
- Would like to create more calm and balance in your life.
- Have always wanted to learn meditation but weren't sure where to begin.
- Have tried meditation before but struggled to stay consistent.
- Are looking for practical tools to support your emotional wellbeing.
- Enjoy learning in a supportive and encouraging group environment.

No previous meditation experience is required.

What You'll Learn

Week Topic

Week 1 Beginning the Journey



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Week 2 Understanding the Mind

Week 3 Understanding Stress

Week 4 Living with Presence

Week 5 Compassion and Self-Care

Week 6 Exploring Meditation Practices

Week 7 Building Sustainable Habits

Week 8 Continuing Your Journey

Each session combines practical learning, guided meditation, discussion and personal reflection to help you gradually develop confidence in your meditation practice.

What You'll Receive

As a participant, you'll receive:

- Eight live 90-minute online sessions via Zoom.
- A professionally designed Finding Stillness Participant Journal, posted directly to you.
- Guided meditation practices.
- Weekly reflection activities.
- Home meditation practice suggestions.
- A supportive learning community.
- A Certificate of Completion.
- An exclusive graduate pathway into the Australian Meditation & Holistic Counselling College's Meditation Teacher Training.

Learning Outcomes

By the end of the program, you will be able to:

- Develop a regular and sustainable meditation practice.
- Understand the foundations of meditation and mindfulness.
- Use practical meditation techniques to support relaxation and emotional wellbeing.
- Better understand how stress can affect the mind, body, breathing and attention.
- Apply mindfulness in everyday situations.



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- Explore different meditation practices and begin identifying which approaches best support you.
- Continue your meditation journey with confidence.

Program Details

Founders Rate: \$695

Available for the inaugural Finding Stillness intake.

Duration: 8 Weeks

Delivery: Live online via Zoom

Session Time: Tuesdays, 7:00 pm to 8:30 pm (AEDT*)

Commencing: Tuesday 13 October 2026

Class Size: Limited to 12 participants to maintain a supportive and interactive learning experience.

*Please check your local time zone if joining from outside Victoria.

Meet Your Facilitator

Natalee Hudson

Founder and Principal

Australian Meditation & Holistic Counselling College

With more than 25 years of experience in community services, education and holistic wellbeing, Natalee is passionate about helping people develop practical skills that support resilience, emotional wellbeing and personal growth.

Her warm, compassionate and evidence-informed teaching style creates a welcoming environment where participants feel comfortable learning at their own pace.

Your Journey Begins Here

Finding Stillness is more than learning how to meditate.

It's an opportunity to slow down, reconnect with yourself and develop practical skills that can support your wellbeing for years to come.

We would be delighted to welcome you into our next intake.

Reserve your place today and begin your journey towards greater calm, clarity and balance.