

OUR MINDFULNESS TEACHERS TRAINING

At the Mindfulness Association we offer three levels of Mindfulness teacher training:

LEVEL 1 – INTRODUCTORY TEACHING SKILLS - This is the entry point to our Mindfulness teacher training pathway. Participants are trained to guide the key practices of Mindfulness sitting practice (Settling, Grounding, Resting and Support), Bodyscan and Mindful movement. They are also trained in Mindful enquiry into experience after the end of a practice. This course takes place over 2 weekends over 4 months.

LEVEL 2 – MBLC TEACHING SKILLS RETREAT – After completing Level 1 and 6 months of informal teaching practice, the 5 day MBLC retreat teaches participants to deliver our eight week Mindfulness Based Living Course (MBLC). If you are assessed as 'Ready to Teach' after the retreat you will have all you need to begin teaching the MBLC: detailed lesson plans, the MBLC manual and guided audio.

Levels 1 and 2 training meet the Training Pathway Requirements of the UK Good Practice Guidelines.

LEVEL 3 – CBLC TEACHING SKILLS RETREAT – This 5 day retreat is for those who teach the MBLC and teaches participants to deliver our eight week Compassion Based Living Course (CBLC).



OUR TRAININGS
ARE RECOGNISED
AND RESPECTED

We work to develop and adhere to best
practice within the UK

COURSE LOCATIONS

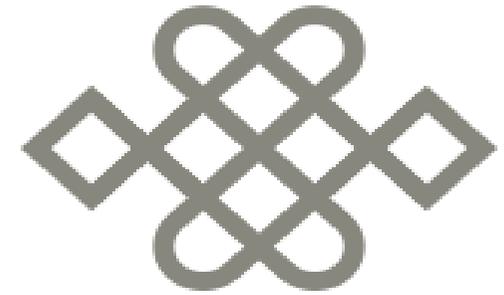
SAMYE LING – near Lockerbie in Scotland
ITALY & POLAND

ABOUT MINDFULNESS

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgmental way. It can be developed through systematic training and promotes a way of being that helps us take better care of ourselves and others, and lead healthier lives. It enables us to access inner resources for coping effectively with stress, difficulty and illness. The Mindfulness trainings this we offer are entirely secular.

OUR TRAINERS

Our trainers meet the UK Good Practice Guidelines for Mindfulness Teachers and are all long term committed Mindfulness meditation practitioners. They either meet or are working to meeting the UK Good Practice Guidelines for Trainers of Mindfulness teachers. In addition to this they are all trained in Compassion and so are equipped to be sensitive to and respond skillfully to any personal challenges that may arise in your Mindfulness practice.



MINDFULNESS
ASSOCIATION

Finding freedom in our minds to
flourish in our lives



LEVEL 2 MINDFULNESS
TEACHER TRAINING

MINDFULNESS BASED
LIVING COURSE (MBLC)
TEACHING SKILLS
RETREAT

www.mindfulnessassociation.net

ABOUT THE MINDFULNESS ASSOCIATION

At the Mindfulness Association we recognise how Mindfulness frees us from the conditioning that governs and limits our lives. This results in the flourishing of our human potential to make choices about how we live in connection with ourselves and our world. People are able to transform their lives through training in being present, responding with compassion and seeing deeply their habitual patterns of thoughts, feelings and behaviour.

Our objectives are to offer high quality long term trainings in Mindfulness, which help people to establish a regular and beneficial mindfulness practice and which help people to bring mindfulness into all aspect of their daily lives.

ELIGIBILITY CRITERIA AND PREPARING FOR THIS RETREAT -

To join this retreat you need to have:

- completed our Level 1 Teacher Training;
- attended the teaching skills training on the Year End retreat of the University of Aberdeen MSc in Studies in Mindfulness; or
- already be qualified to teach another Mindfulness Based Approach and be familiar through practice with the MBLC curriculum.

After completing the Level 1 Teacher training, please leave a gap of at least 6 months before doing the MBLC retreat to continue to develop your familiarity with the MBLC curriculum and to continue with informal teaching practice, preferably under group supervision.



LEVEL 2 TEACHER TRAINING – MINDFULNESS BASED LIVING COURSE (MBLC) TEACHING SKILLS RETREAT

This is an in-depth training retreat over five days exploring each of the stages of the MBLC 8 week course. There will be a strong focus on participants getting ‘hands on’ experience of giving presentations, leading guided practices and enquiry on each of the sessions of the 8 week course with detailed feedback by the workshop tutors.

The rationale behind this retreat is to go through the 8 week course in a step by step manner ensuring that participants understand the rationales behind the practices and the way they fit together as a whole, and have experience in actually delivering them.

Feedback from participants and tutors on this course is given with reference to the domains of the Mindfulness Based Interventions Teaching Assessment Criteria (MBI-TAC), which are explored during this retreat. Live sessions delivered by the participants will be self-assessed by the participants and discussed with tutors who will also making an assessment. Participants meeting the advanced beginner level of the MBI-TAC will be awarded a certificate of readiness to teach the MBLC at the end of this retreat.

During this course participants receive the curriculum including detailed lesson plans of the MBLC and the course manual, which they can copy and hand out to their course participants, as well as access to the audio of guided practices for the training.

Therefore, participants have all they need to begin to deliver the MBLC course by the end of this retreat.

JOINING THE UK LISTING OF MINDFULNESS TEACHERS

Completing the Level 1 and Level 2 training meets the teaching pathway requirements of the UK Good Practice Guidelines for Mindfulness Teachers. To then join the UK Listing you would need to teach two MBLC courses under at least monthly supervision and attend a 5 day Mindfulness practice retreat. Once you are on the UK Listing there are ongoing supervision, training, practice and annual retreat requirements.

THE MINDFULNESS BASED LIVING COURSE (MBLC)

The Mindfulness Based Living Course is a weekly Mindfulness course based on the Mindfulness Association’s Level 1 Mindfulness Training. It is an eight week course consisting of eight classes, which are typically two hours long, preceded by an introductory class before the eight week course begins and concluded by follow up class after the eight week course ends. A day of Mindfulness practice is also typically included between weeks 6 and 7. The weekly themes are:

- Introductory Session – What is Mindfulness and Why Practice It?
- Week 1 – Start Where We Are
- Week 2 – The Body as a Place to Stay Present
- Week 3 – Introducing Mindfulness Support
- Week 4 – Working with Distraction
- Week 5 – Exploring the Undercurrent
- Week 6 – Attitude of the Observer
- Day of Practice
- Week 7 – Self-acceptance
- Week 8 – A Mindfulness Based Life
- Follow Up – The Rest of Your Life

For more information, please contact:

info@mindfulnessassociation.net