



CENTRE FOR MINDFULNESS®

Prospectus



# Globally Accredited Mindfulness Teacher Training Course

*2023 - India*



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DIRECTORY  
PARTNER ORGANIZATION  
[mindfuldirectory.org](http://mindfuldirectory.org)

  
INTERNATIONAL  
MINDFULNESS  
TEACHERS ASSOCIATION



Mindfulness Teacher Training Prospectus  
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# ABOUT US

Centre for Mindfulness India is a subsidiary of Centre for Mindfulness (Singapore), established in 2015, is an **accredited Mindfulness Training Provider** and a specialised centre for Mindfulness Teaching and Training. We are accredited by the **International Mindfulness Teachers Association (IMTA)**. The Centre provides neuroscience and evidence-based mindfulness to industries, corporations, schools, and individuals through training, research, and education.

Modern research and our own experiences demonstrate that a little practice of Mindfulness on a daily basis can significantly reduce stress, increase happiness and enhance self-awareness. These findings and experiences inspired the birth of the Centre for Mindfulness to teach secular mindfulness to all audiences.

# WHAT WE DO

## Our Vision

To enhance the wellbeing of communities and organizations through Mindfulness.

## Our Mission

We teach Mindfulness as a secular and evidence-based practice to Organisations, Schools, and Individuals through professional training and education.

WE EMPOWER  
INDIVIDUALS TO BE  
AND ENHANCE  
THEIR WELLBEING,  
QUALITY OF LIFE,  
AND PERFORMANCE.

# MINDFULNESS

Mindfulness is the art and science of living in the present moment without losing focus on the future. It can be presented in a nutshell as the practice and disposition of Awareness, Attention, and Acceptance. Dr Jon Kabat-Zinn, the founder of secular Mindfulness defines Mindfulness as "paying attention in a particular way: on purpose, in the present moment, and non-judgmentally". Consistent practice of Mindfulness allows us to be self-aware while we go about the affairs of our lives.



## Testimonials

...it was worthwhile as there was a wealth of valuable knowledge and practices shared. It got me to understand what Mindfulness means, and how to be more Mindful and its benefits. The amount of assessments was sometimes surprising as it never stops. It has been a Big step forwards into my journey of Mindfulness. I can recommend this course, because they teach you all aspects of Mindfulness, and both the teachers are very open-minded and very helpful in every way. - Inge Freeth

The MTT training at CFM, far surpassed my expectations. I have learnt so much and feel a definite shift in my outlook and daily behaviour.

Dr Sunita Rai and Mr Kathirasan are both extremely knowledgeable and experienced in the field. I am impressed with their professionalism, dedication, and commitment. Mostly, I am impressed with their sense of humility and down to earth approach in delivery and style, embodying both deep insight and wisdom.

The content and planning of the curriculum leading up to the practicum is systematic, well organised and consistent. Hence it was easy to follow the class and reading materials provided. It is evident an immense amount of design and planning went into creating the content, structure and flow of the various modules and topics. - Devi Mirchandani

It's a great course! You will learn a lot about the theory of mindfulness, its history and philosophical foundations, the benefits of the practice and the latest research findings in this area - which will give you the knowledge and theoretical basis for the practices. You will also learn about the competencies of a mindfulness teacher, how to design different mindfulness-based programmes and will have the opportunity to practice the techniques under the supervision of the teachers... Sunita and Kathir have vast knowledge and years of practice and are incredibly loving and understanding. I'm very grateful to them. I got much more from the course than I expected. I highly recommend it. - Bia Burin

I enjoyed the entire process of the training and certification. It provided many opportunities to ground myself as a practitioner and the aspects that I appreciated the most were: (1) the clarity and distinctions about secular mindfulness & (2) the intentions and attitudes of being a mindfulness practitioner and coach. To anyone who is working with culturally diverse teams, and exploring taking on mindfulness as a practice, this is a certification programme that will enhance your growth and development. - Michelle Ow



... turned out to be a life changer for me. By wisely combining theoretical teaching and practical exercises it has allowed me to deepen my understanding of the origins of Mindfulness... As teachers Kathir and Sunita are truly embodying all the values of Mindfulness and are what make this teacher training unique... I highly recommend it! - Denoual Manuel

The teacher training course has deeply engaged me as it's an excellent mix of theoretical knowledge and frameworks, as well as the opportunities for the practical application / hands-on teaching and improvisation. The course format has also been designed well ... and group and individual practicum requirements have honed my skills and confidence in my ability to hold a group environment and informed me well of the core competencies that a Mindfulness Teacher needs to display. - Bhuvaneshwari

I was impressed by this particular teacher certification program as it offered authentic accreditation in secular mindfulness, including the following dimensions: psychological, philosophical and professional teachings...both Kathir and Sunita were highly skilled professionals with diverse educational and personal backgrounds. In addition, they were compassionate and caring towards each member of our group. This combination allowed for a nicely balanced training environment involving experiential, didactic and practical teachings. I appreciated the fact that we engaged in practical training from the first session and found the content and theory of classes, as well as the readings, appropriate and thought-provoking. Overall this program provided an exceeding quality of training and is highly recommended for future trainees. - Lisa Sanders

... it was truly enlightening. It was a personal development as much as it is a professional one. I benefited from it as a professional in my counselling work but more importantly, I benefited from it as a person, as a human being. I am grateful to have embarked on this journey with CFM. - Nicole Lum

Dr. Sunita and Kathir, besides being immensely knowledgeable and accomplished in their professional and educational backgrounds, their grace and simple humanity reflected that they truly embody what they teach... training course was an apt combination of didactic teachings, experiential learning, practical application and improvisations supported by very insightful and appropriate weekly readings. In a nutshell, if you are looking for an excellent, well-rounded, secular, accredited Mindfulness teacher training program, I highly recommend this! - Dr Priya Fafat



## 287 - hour Mindfulness Teacher Training

This is a globally accredited Mindfulness Teacher Certification Course, registered with and accredited by the International Mindfulness Teachers Association (IMTA). **Graduates of this course will be eligible to receive a personal credential as a Certified Mindfulness Teacher - Professional Level (CMT-P).** This credential will serve graduates for employment purposes and is the standard in the field.



### Flexibility

This program is more self-directed and self-paced as you can now opt for either a year-long program or one module at a time and complete it within 3 years. The overall goal of the certification program is to provide training, coaching, and supervision to those wishing to:

1. incorporate mindfulness into their profession and to teach mindfulness with individuals, groups, communities, or organisations; and
2. design and teach a 8 week evidence-based mindfulness course to diverse audiences

**Successful completion of this program provides a document of completion as a Certified Mindfulness Teacher and Facilitator.**



## Programme Goals

- To expand the availability of secular mindfulness training globally by training qualified individuals as mindfulness teachers and facilitators
- To provide participants with training and standards in teaching, designing and facilitating mindfulness programs
- To promote secular mindfulness as a means to enhance wellbeing and inspire purposeful living
- To teach mindfulness skills and practices for workshops with individuals, groups, communities, organisations and others
- To support participants in embodying mindfulness and facilitating their personal understanding and practice of secular mindfulness
- To create a global community of certified and qualified mindfulness teachers and facilitators







## Learning Outcomes

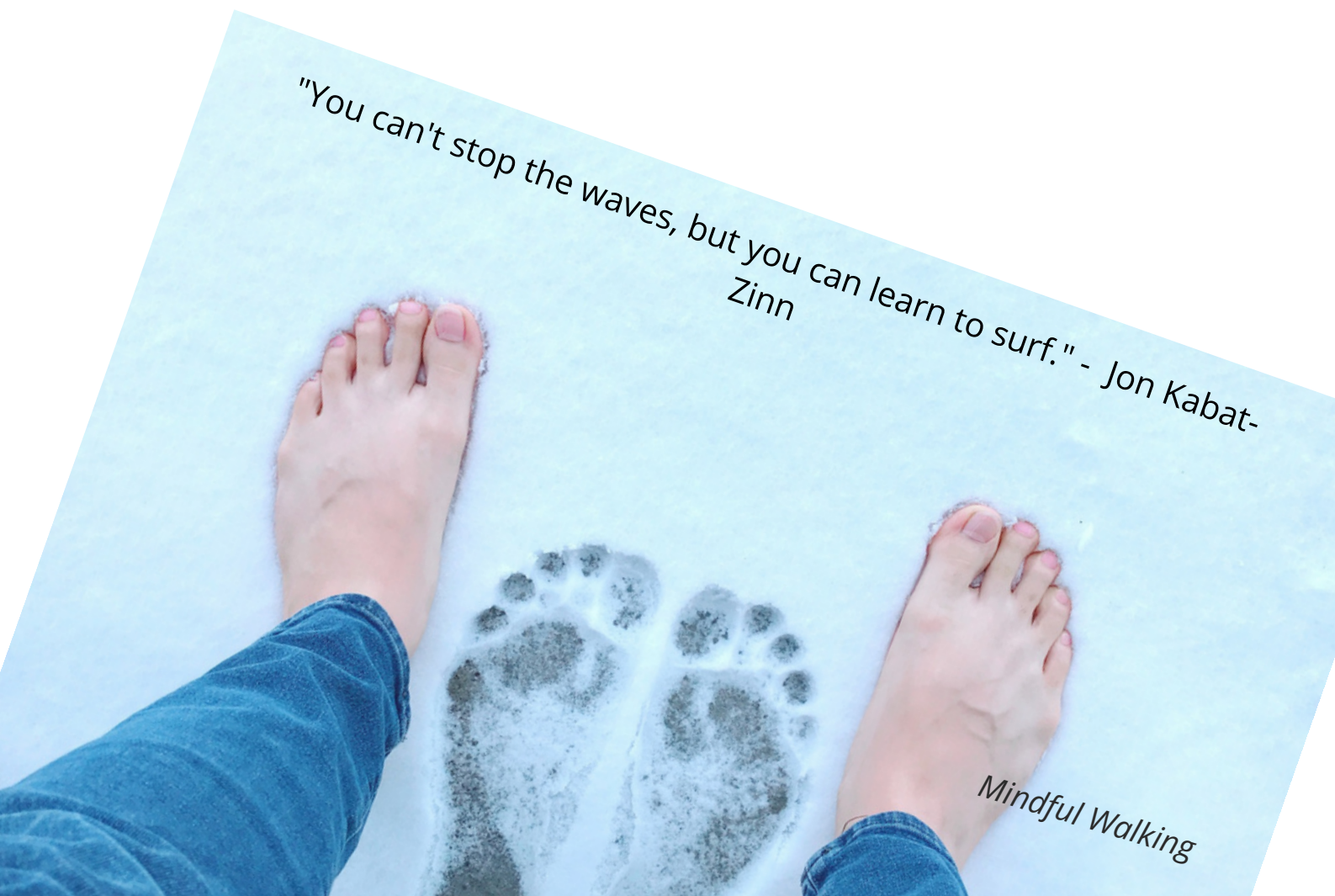
You will be able to:

- Lead mindfulness classes for diverse populations, which you are familiar with or desire to share, such as corporate/business settings or educational settings.
- Lead mindfulness coaching classes for individuals
- Lecture or deliver a talk for the public, a professional community or people in your field
- Demonstrate competence in teaching, designing and facilitating mindfulness-based courses and workshops
- Articulate the professional and ethical standards of adherence for a mindfulness teacher
- Articulate and demonstrate relevant teaching skills including clear instructions, creating positive group learning environment, creating safety, managing challenges and difficulties of self and participants and being flexible in curriculum delivery.
- Demonstrate good relational skills when teaching and with fellow teachers.
- Demonstrate the ability to develop customised curriculum by target audiences, organising and evaluating teaching materials for individual and group settings.
- Demonstrate competence in understanding the theoretical knowledge of Mindfulness, experiential learning, relevant qualities and attitudes of a teacher
- Demonstrate responsive and flexible pacing to cover an appropriate curriculum, as well as holding a group learning environment and managing challenges and difficulties.



## Why People Choose To Attend Our Mindfulness Teacher Training?

- Accredited programme by the International Mindfulness Teachers Association
- One of the few training programmes across the globe that includes cultural adaptation for Global, Indian and other Asian audiences
- Learn to teach research, evidence-based and secular Mindfulness to all audiences, and not limited to people with clinical needs such as Stress, Depression, Anxiety etc.
- An intensive and comprehensive 287 hour programme
- The programme is designed based on the mindfulness teacher competencies of the Universities of Bangor, Exeter and Oxford (MBI-TAC).
- Develop facilitation skills unique to Mindfulness for leading groups and individual coaching
- Learn to integrate mindfulness into other professional disciplines

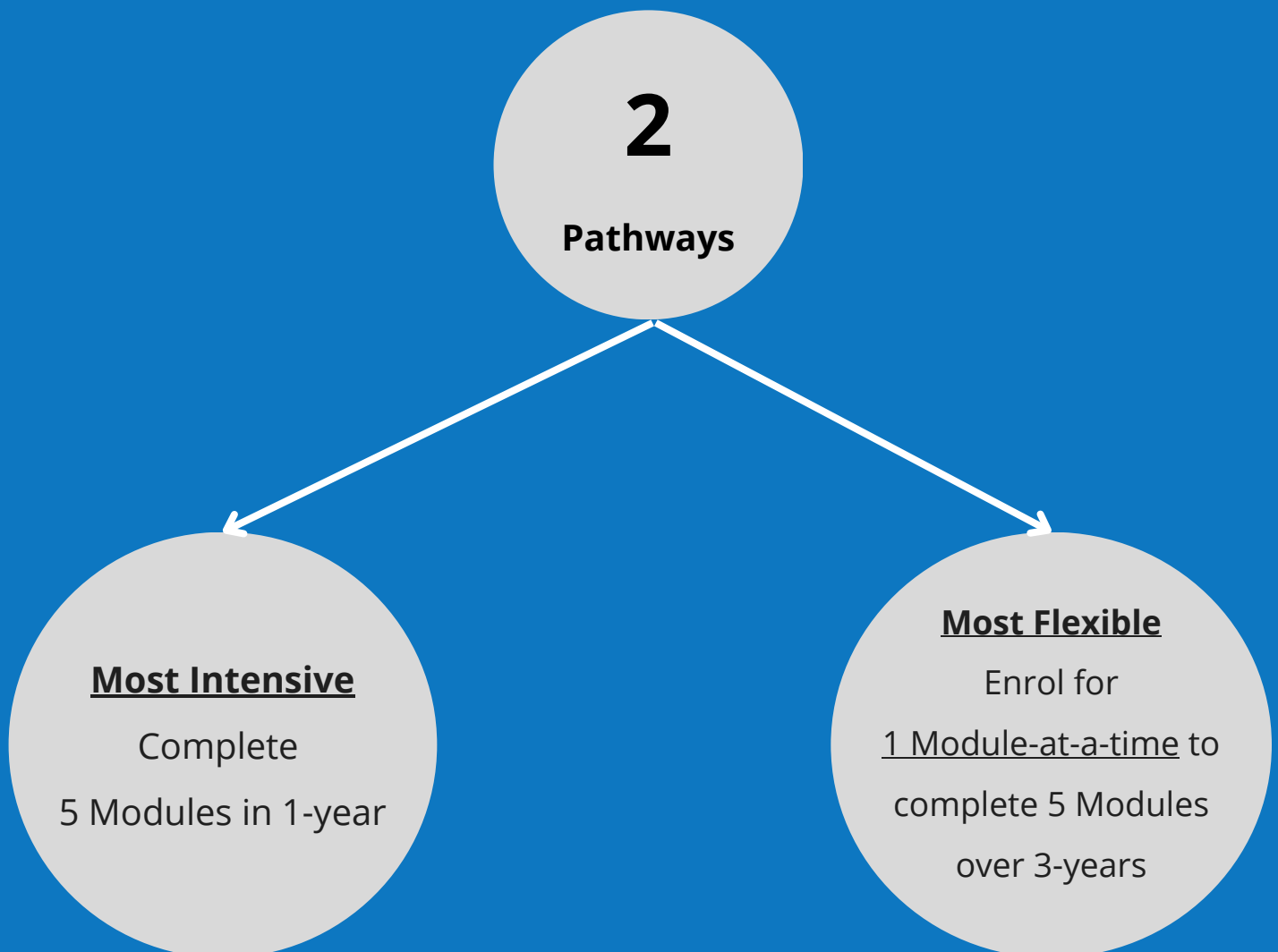




## Certification as a Mindfulness Teacher (CMT-P)

- Upon completion of all modules and assessments, trainees are issued with
  - a **Certified Mindfulness Teacher and Facilitator** certificate which can be submitted to International Mindfulness Teachers Association (IMTA) to register as an **CMT-P (Certified Mindfulness Teacher - Professional)**.
  - a **Certified Mindfulness-Based Wellbeing Enhancement (MBWE) Teacher** certificate
- For more information on CMT-P requirements of IMTA, please visit this link: [www.imta.org](http://www.imta.org).

## Two Certification Pathways





# 1) The Modules



# 5

## steps to obtain your



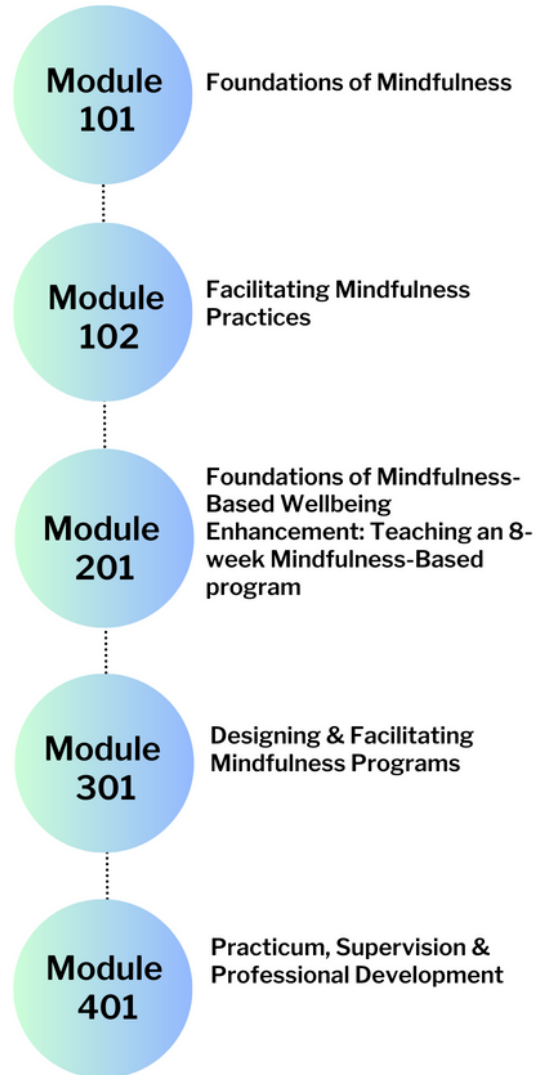
**Option 1: Intensive Pathway:**

Complete your certification in 1 year by completing all the 5 modules

Or

**Option 2: Flexible Pathway:**

Enrol for one module at a time to complete 5 modules over 3 years





## 2) Pre-Requisites

- A minimum of 2 years regular mindfulness meditation practice
- Attended an 8 Week Mindfulness Based Course like the MBWE, MBSR, MBCT etc which should include the Day of Mindfulness/Silent retreat
- Attended a 5-day or longer mindfulness meditation retreat with a qualified instructor, during or before the completion of this Course
- Proficiency in the English language

### WHY ARE THERE PRE-REQUISITES?

Mindfulness is not a soft skill or a technical skill. It is more of a foundational life skill.

These pre-requisites help the trainee teacher be aware of the experience of mindfulness before she embarks on the journey of learning to teach it.



*Mindful Perception*

The process:

1. Choose one of the two pathways described above (see page 9 & 10).
2. Start working on the pre-requisites written above, if not fulfilled.
3. Register through a one-time application process (see point 5 below).

Take a deep breath and get ready to invest in yourself and to take it forward to make this world a better place.

*"Meditation is the only intentional, systematic human activity which at bottom is about not trying to improve yourself or get anywhere else, but simply to realize where you already are." - Jon Kabat-Zinn*



### 3) Mode of Delivery

01

**Virtual Class:** All modules will be taught through virtual classrooms.

02

**Self-Directed Learning:** All Modules would also contain a student-directed learning component.





## 4) Textbooks\*

### Compulsory Textbooks:

01

**The Mindfulness Teaching Guide** by Rob Brandsma

02

**Introducing Mindfulness-Based Wellbeing Enhancement** *by Kathirasan K & Sunita Rai*

### Optional Textbooks:

03

**Full Catastrophe Living** *by Jon Kabat-Zinn*

04

**Wherever You Go, There You Are** *by Jon Kabat-Zinn*

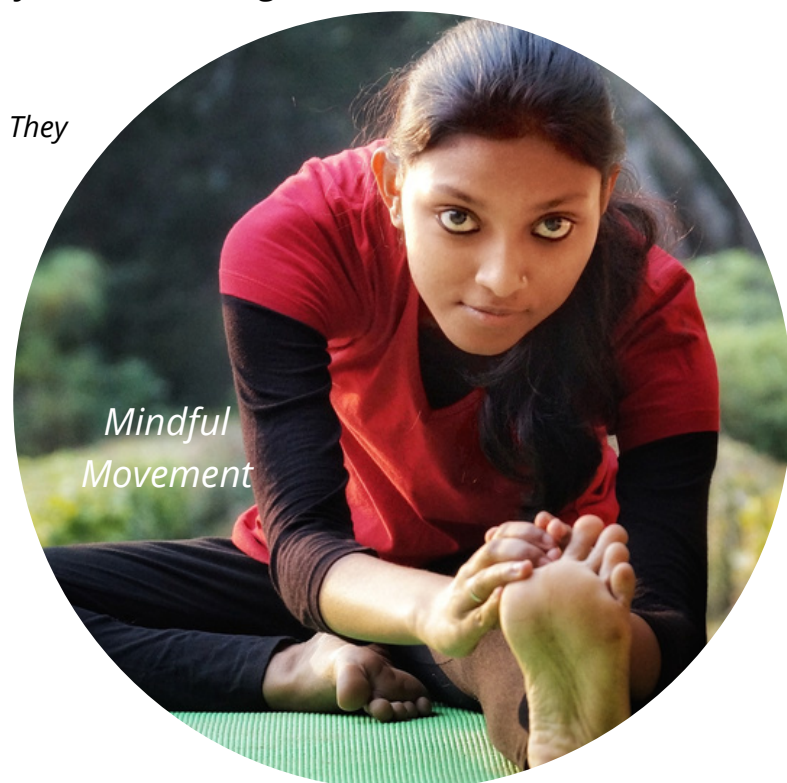
05

**Positive Psychology: Theory, Research and Applications** *by Ilona Boniwell and Aneta D. Tunariu*

06

**The Mindfulness Solution** *by Ronald D. Siegel*

\* Textbooks would have to be purchased by the trainees. They are not included in the course fees.





## 5) Course Fee (Indian Rupees\*)

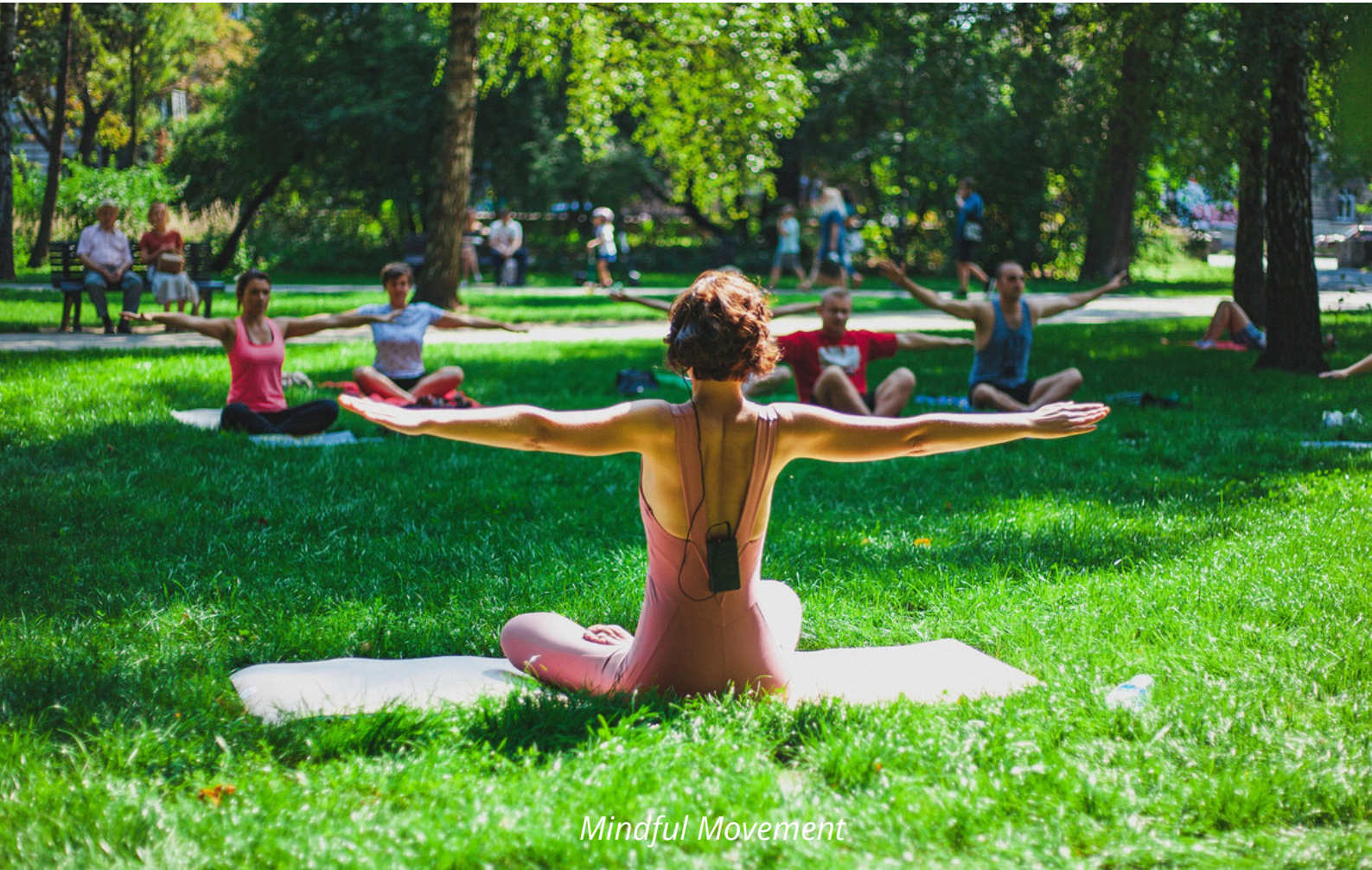
The fee for both pathways is as under:

### The Intensive Pathway

Phase 1	Phase 2
INR 2,69,000	INR 67,400

### The Flexible pathway

Module 101	Module 102	Module 201	Module 301	Module 401
INR 31,900	INR 74,900	INR 96,900	INR 105,900	INR 67,400







## 6) Application Process

This process is valid whenever you decide to complete the full training for IMTA certification:

Submit the non-refundable application fee of INR 999 via our [website](#) and submit the following documents via email to [admin@centreformindfulness.in](mailto:admin@centreformindfulness.in) :

1. Application fee payment receipt
2. Updated resume
3. Certificate of Completion or a verification letter as an evidence of completion of an 8 week mindfulness class and the 5 day retreat.
4. a 100 to 200 word personal statement about your intentions to join this programme

*Sitting Meditation*





## 7) Course Curriculum

### Module 101: Foundations of Mindfulness

The Module 101, Foundations of Mindfulness, presents the theory of Mindfulness practices and its overview. This module is critical to the effectiveness of Mindfulness teachers as it empowers them with sufficient depth to explain the unique features of Mindfulness and how Mindfulness works.

#### The Module will cover the following broad topics:

- Definitions of Mindfulness
- History of Mindfulness & Meditation
- Difference between Secular & Religious Mindfulness
- Components & Mechanisms of Mindfulness
- Research Evidence for Mindfulness
- Measuring Mindfulness
- Mindfulness & Positive Psychology
- Critiques of Mindfulness

#### Assessment

- Attendance and participation
- Completion of an Essay
- 1 x Multiple Choice Assessment



## Module 102: Facilitating Mindfulness Practices

In module 102, trainees will learn how to facilitate and guide various Mindfulness practices.

### The Module will cover the following topics:

- Formal & Informal Mindfulness Practices
- Tools for a Mindfulness Teacher
- Principles of Guiding Mindfulness Practices
- Facilitating Mindfulness in the Workplace
- Principles of Workplace Mindfulness
- The Components of a Session
- Facilitating Online and In-Person
- Learn the Skills of facilitating 12 mindfulness practices

### Assessment

- Attendance and participation
- Supervisor Feedback on Demonstrations
- Peer Feedback on Demonstrations
- 1 x Multiple Choice Assessment



## Module 201: Foundations of MBWE

### Teaching an 8 Week Mindfulness-Based Program

The Module 201, Teaching an 8 Week Mindfulness-Based Program, would present how to teach Mindfulness through an evidence-based approach to all audiences, not limiting to populations with clinical needs. Trainees will learn an MBP called the Mindfulness-Based Wellbeing Enhancement (MBWE), which is a hybrid of Mindfulness Based-Stress Reduction (MBSR) and Mindfulness Based-Cognitive Therapy (MBCT), integrated with the intentions of Positive Psychology.

#### The Module will cover the following topics:

- The Mindfulness-Based Program Pedagogy
- The 8 Week MBWE Curriculum
- Resources for a 8 Week Programme: Participants & Teachers
- Generating Insights through the skills of Inquiry

#### Assessment

- Attendance and participation
- Supervisor Feedback on Demonstrations
- Peer Feedback on Demonstrations
- 1 x Multiple Choice Assessment



# Module 301: Designing & Facilitating Mindfulness Programs

## Part 1- Teaching Groups & Individuals

In this module, trainees will learn how to facilitate learning in groups and one-on-one sessions. Trainees will be exposed to various facilitation methods and tools that can aid learning in MBPs and shorter workshops.

### The Module will cover the following topics:

- Revisiting the Engagement Process
- Facilitation Process
- Facilitation Tools

### Assessment

- Attendance and participation
- Supervisor Feedback on Demonstrations
- Peer Feedback on Demonstrations
- 1 x Multiple Choice Assessment

## Part 2- Cultural Competency

In this module, trainees will be presented the implicit cultural biases in the first generation of MBPs that may pose challenges in facilitating MBPs in different cultures. Teachers will learn about Hofstede's Cultural Dimensions and how to use the model in adapting MBPs for different cultures.

### The Module will cover the following topics:

- Definitions and Cultural dimensions
- Theories of Human Nature: Suffering and Happiness
- Diversity issues in the mindfulness field
- Working with diverse populations, cross-cultural issues
- Professional Ethics for Teachers (Part 1)
- Accessibility of language, and presentation, removing barriers

### Assessment

- Attendance and participation
- 1 x Multiple Choice Assessment



## Part 3- Program Design and Development

In this part, Program Design and Development, would teach trainees how to design an effective Mindfulness class for diverse audiences. Trainees will learn to use a clear structure to assess specific training needs and thereafter design an effective Mindfulness curriculum for intended audiences.

### The Module will cover the following topics:

- Defining Mindfulness-Based Programs (MBPs)
- Design Criteria of an Effective MBP
- Types of MBPs
- Designing a One-on-One Programme
- Designing a Group Programme

### Assessment

- Attendance and participation
- Design of a Mindfulness Curriculum
- 1 x Multiple Choice Assessment



# Module 401: Practicum, Supervision & Professional Development

## Part 1- Personal Development

In this module, trainees gather monthly to learn from each other as they facilitate Mindfulness Practices. Supervisors and peers will give progressive feedback to every trainee after each practice. Apart from these monthly sessions, trainees are expected to continue and sustain their daily practice.

### Assessment

- Attendance and participation
- Supervisor Feedback on the Facilitation of Mindfulness Practices
- Peer Feedback on the Facilitation of Mindfulness Practices

## Part 2- Practicum and Supervision

Trainees will begin their practicum work after obtaining a pass mark for all the assessments for Modules 1 to 7. The practicum must consist of:

1. 8 Week Group Practicum and Supervision: an 8 week Mindfulness-Based Wellbeing Enhancement (MBWE) workshop for a group, &
2. 8 Week Individual Practicum and Supervision: an 8 week one-one-one Mindfulness-Based Wellbeing Enhancement (MBWE) coaching session.

Upon completion of the practicum experience, the trainee is required to complete a 2000 to 3000 word paper outlining their teaching experience. A pass, fail or merit grade will be assigned for this paper by the Supervisor(s) based on the standard of the Final Paper.

### Assessment

- Participant evaluations
- Video and Audio recording based Supervision
- Reflection Papers
- Final paper Submission



## Part 3- Professional Development

In this module, trainees will explore the ethical foundations that guide MBPs such that the risk of harm is reduced or mitigated. Trainees will learn how to reduce risk and also market themselves in an ethically responsible manner as they aspire to create livelihood as a Mindfulness Teacher.

### The Module will cover the following topics:

- Professional Ethics for Teachers (Part 2)
- Bringing mindfulness into institutions
- Critiques of First Generation MBPs: MBSR and MBCT
- Financial issues in mindfulness facilitation as a career path
- Marketing & Creating livelihood

### Assessment

- Attendance and participation
- A 10 minute presentation

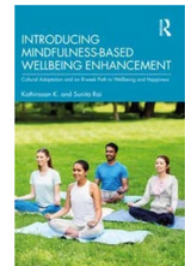
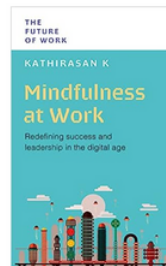




## Faculty



**Dr. Kathirasan K (CMT-P, PhD)**  
**Founder CEO**  
**Certified Mindfulness Teacher**  
**Mindfulness Supervisor**  
**Executive Coach, Keynote Speaker**  
**Author**



Dr. Kathirasan (Kathir) has been teaching contemplative and mindfulness practices since 2008. He has practised mindfulness for more than 20 years, since 1999. He is a Certified Mindfulness Teacher - Professional (CMT-P), and a Qualified Supervising Teacher of the International Mindfulness Teachers Association (IMTA). He is a scholar-practitioner of Indic contemplative traditions, being a classically trained teacher of Advaita Vedanta. Through his background and experience he has the uncanny ability to contextualise Mindfulness within any culture and in the areas of education, leadership, teaching, learning, personal development, coaching, counselling, career development and stress management while keeping it culturally relevant.

Kathir has a penchant for big picture thinking and has the ability to integrate diverse systems for organisational success as a Leadership & OD Consultant, with his 25 years of Experience in the Corporate sector.

He is the author of 4 books on Mindfulness and is also a lecturer, keynote speaker, facilitator and coach. He has taught mindfulness to diverse populations across the globe over the last decade.

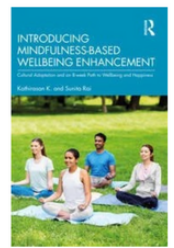
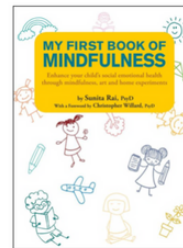
Kathir holds Doctor of Philosophy (PhD) in Yoga Philosophy & Meditation, Master of Business Administration (MBA), and is a Certified Mindfulness Teacher (CMT-P), Certified Marshall Goldsmith Executive and Team Coach, Certified Trait Assessor, and Accredited Belbin Team Roles Consultant amongst his many qualifications.



## Faculty



**Dr. Sunita Rai (CMT-P, PsyD)**  
**Executive Director**  
**Certified Mindfulness Teacher**  
**Mindfulness Psychologist**  
**Wellbeing Coach**  
**Keynote Speaker**  
**Author**



Dr. Sunita has been practicing mindfulness since 2009. She uses her unique ability to incorporate psychology and mindfulness into an integrated practice when conducting workshops and in her psychotherapy services. She co-develops curriculums at the Centre for Mindfulness using approaches from mindfulness, psychology and wellbeing perspectives. In her doctorate research on wellbeing, she had utilised mindfulness as a part of a unique wellbeing model which she developed. She relies on research evidence and her own experience in teaching mindfulness rather than following fad. Sunita has over 25 years of experience in local and regional marketing; corporate training and staff development; psychotherapy and counselling; education; mindfulness; and wellbeing amongst others.

She is the author of two books on Mindfulness and is also a clinical psychologist, supervisor, psychotherapist, wellbeing coach, lecturer, keynote speaker, and facilitator. She has taught psychology, counselling and mindfulness to diverse populations across the globe.

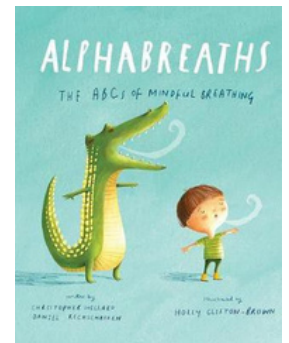
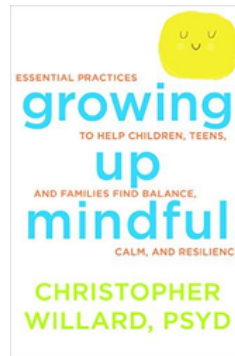
Sunita has Doctor of Psychology (Group Psychotherapy), Master of Social Science (Counselling), Bachelor of Arts in Psychology, Bachelor of Business in Business Administration with Merit and is a Certified Mindfulness Teacher (CMT-P), Certified Trait Assessor and Certified Facilitator of the Appreciation at Work™ amongst her many qualifications.



## Guest Faculty



**Dr. Christopher Willard (PsyD)**  
**Adjunct Lecturer**



Dr. Christopher (Psy. D.) is a clinical psychologist, author and consultant based in Massachusetts. He has been practicing meditation for 20 years, and has led hundreds of workshops around the world.

He has been invited to more than two dozen countries to speak, and has presented at two TEDx events. He is the author of eighteen books, including *Alphabreaths* (2019), *Growing Up Mindful* (2016) and *The In Between Book* (2020).

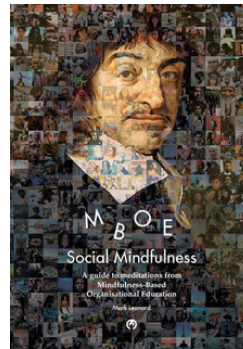
His thoughts on mental health have been featured in *The New York Times*, *The Washington Post*, [mindful.org](http://mindful.org), [cnn.com](http://cnn.com), and elsewhere. He teaches at Harvard Medical School.



## Guest Faculty



**Mark Leonard**  
**Adjunct Lecturer**



Mark is a leading innovator in the mindfulness movement, applying mindfulness to culture change in organisations. His background is sustainable management of fisheries resources and waste. He came to the conclusions that sustainability had to start with organisational change and that mindfulness provided the key.

He played a key role in establishing the Oxford Mindfulness Centre and adapted the clinical, evidence-based approach to a short course for the workplace using the best-selling self-help book, *Mindfulness: A practical guide to finding peace in a frantic world*, by Professor Mark Williams and Dr Danny Penman. This experience led to the realisation that the benefits of mindfulness could be combined with an interactive training to release the power of collective intelligence in teams and organisations. This insight provided the rationale for a new 'social mindfulness' programme, Mindfulness-based Organizational Education (MBOE), which was successfully trialled with Nation Health Service hospital staff in the UK. He is the author of the book *Social Mindfulness: A Guide to Meditations from MBOE*.



## Guest Faculty



**Dr. Rachel Lilley (PhD)**  
**Adjunct Lecturer**

Dr. Rachel has developed world leading research on decision making, mindfulness and behavioural insights working with government and policy leaders in the Welsh and UK Government. She has over 20 years' experience working on environmental, social, individual and organisational change.

She has worked intensively with the Welsh Government developing and delivering innovative approaches to project and organisational development using behaviour change and mindfulness. Her work has been described as 'radical' by the Welsh First Minister Mark Drakeford. She is an expert behaviour change consultant and has pioneered a programme which builds capacities for understanding and delivering behaviour change and working with complexity. Her mindfulness based behavioural insights and decision making course builds capacities of attention, emotion and cognition improves decision making, collaboration and creativity whilst also mitigating bias. Rachel has worked with leaders and teams from across the public and private sector. She has published numerous papers in the field of mindfulness.



## Frequently Asked Questions

- **Why is the course so long ? I have seen shorter courses of a few days to certify a teacher.**

Mindfulness teachers are more effective when they have a good grounding on theory, practice and supervision. We encourage all teachers to invest in their lifelong journey through continuous learning beyond the set curriculum and timing. Most short courses on Mindfulness Teacher Training do not comply with global certification standards.

- **What if I decide to drop out of the course after commencing it?**

You can choose to drop out anytime during the course however no refunds will be provided in case of the Intensive Pathway.

- **What if I decide to stop after phase 1 of the intensive pathway? Do I need to pay for phase 2?**

No, you do not need to pay the fees for Phase 2 should you decide not to continue the course after Phase 1. After the satisfactory completion of Phase 1, you will receive a formal letter to reflect your status in the course.

- **Do I need to source for my own participants for the group and individual coaching for the practicum modules?**

Yes, you need to gather your own group and individuals for the practicum. You have freedom to choose your own participants.

- **Why do I need to be supervised?**

Unlike other types of supervision that you may have experienced, supervision for mindfulness teachers focuses on your personal mindfulness practice, insights, how they impact your students and your life, and facilitation and teaching. Supervision includes one or more of the following: live, on-the-spot teaching practice and feedback, inquiry around issues arising in your teaching, discussion based on video recorded sessions and discussion about your personal practice. Supervision is therefore important for your growth and maturation to bring embodied presence into your mindfulness teaching.

- **How do you check if I have been practicing daily?**

You would need to declare this in writing and we trust your words in good faith.



- **Why do I need to attend a 8 week mindfulness course before signing up for the MTT?**

This is one of the requirement of the IMTA standards. The deeper reason for this is that you have been introduced to Mindfulness practices from an evidence-based programme and familiar with the practices.

- **Can I attend the mindfulness retreat while undergoing the one year training as I have not yet attended any retreat?**

Yes, you can. You would need to state this in writing to us when you apply for the course.

- **What is the minimum score to pass?**

It depends on each of the modules. The passing mark for Multiple Choice Assessments is 80%. For written assessments, the grading is either a Pass or a Fail. For the practicum, you need to achieve a minimum level of 'Competent' in the 6 domains of competence as defined by the MBI:TAC.

- **What happens when I fail an assessment?**

You will be coached and offered another opportunity for a re-assessment.

- **What happens if I do not meet the competency standards in the practicum?**

You would be coached and given the opportunity to repeat the Practicum Modules with an additional Supervision fee of 61,000 INR.

- **How competitive is your fees?**

We have benchmarked our fees based on local and global market standards. The fees will continue to be revised with inflation and other market forces from time to time.

- **Are there any specific requirement with regards to my wellbeing to be able to attend this course? For example, if I have a chronic illness etc?**

There is no specific requirement that would exclude you from being a trainee teacher, except when you have been specifically dissuaded, barred or discouraged from taking on any learning and teaching endeavours by a qualified health care professional.



## CONTACT US



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# Globally Accredited Mindfulness Teacher Training Course 2023 - India

