



# MINDFUL TEACHER

## The Mindful Schools Year-Long Certification Program

*Deepen your personal practice. Transform your ability to share it with others.*

Our Mindful Teacher Certification Program is designed for educators and school leaders who are passionate about deepening their personal mindfulness practice and gaining the skills and experiential training to effectively share mindfulness practices across audiences in their school communities.

This immersive year-long experience has empowered a new generation Mindful Teachers to positively shift learning environments and pioneer the path toward building mindful schools.

The 2019-2020 Mindful Teacher Program marks Mindful Schools' seventh year of guiding educators in their work to create mindful learning environments that support every educator and child to realize their fullest potential. Join us!

*Please contact our team with any questions.*

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[www.mindfulschools.org/MT](http://www.mindfulschools.org/MT)

# Program Overview

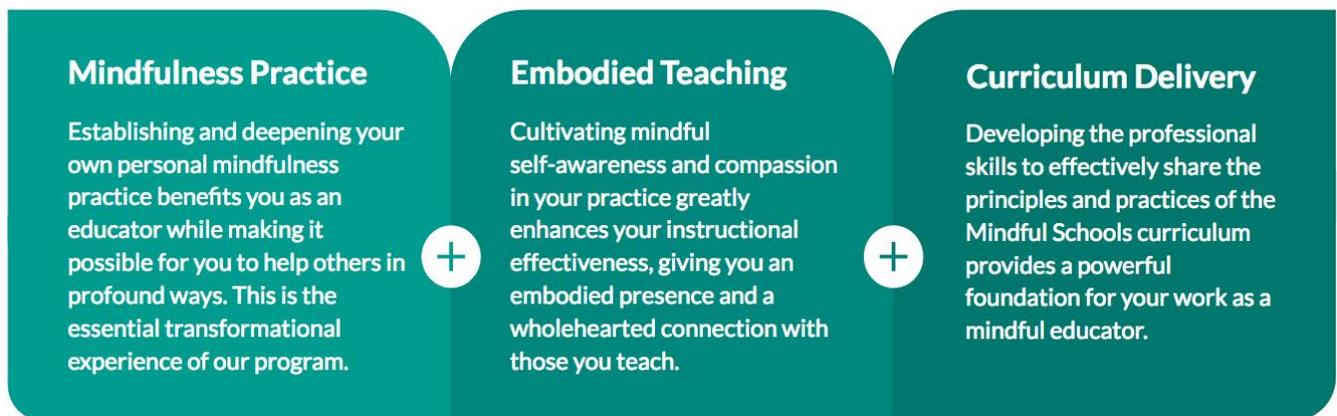
We've designed a uniquely powerful learning environment that adapts to the interests and aspirations of any educator. In this intensive program, we'll provide the skills, context, and experiences that enable you to effectively share the practice of mindfulness in a wide range of educational settings.

## Our Core Objectives

1. **To offer high-quality instruction and personal guidance** that creates the conditions for educators of all backgrounds to deepen their own personal mindfulness practice.
2. **To provide practical training and transformational experiences** that make it possible for educators to skillfully embody, adapt, and share mindfulness practices across a variety of educational settings.
3. **To enable meaningful connection and support** from the vibrant Mindful Schools community and to empower educators as agents for positive change within the growing mindfulness in education movement.

## Our Approach

The Mindful Teacher program integrates **three core skills** that support any educator to effectively adapt and deliver a mindfulness curriculum in the context of the school classroom and other educational settings.



## Program Certification

Earning certification will allow you to refer to yourself as a Mindful Schools Certified Mindfulness Instructor (CMI) and guide basic mindfulness practices in a school or in the context of your chosen field of work. Specifically, as a Mindful Schools CMI, you will be qualified to:

- Use the Mindful Schools K-12 curriculum to adapt mindfulness programs
- Teach adults the fundamental practices and principles of mindfulness
- Lead professional development efforts related to mindfulness practice
- Support efforts to design a mindfulness program for school communities

# Program Components

## In-Person Retreats

In our blended learning model, the year-long program begins and ends with in-person residential retreats. Retreats offer a uniquely rich and immersive practice experience that supports growth and development in two ways:

- **Mindfulness Practice Guided by Experienced Teachers:** Each retreat begins with several days of silent and guided mindfulness practice, which serves as the foundation of our teaching work and embodied presence.
- **Professional Skills Development in Community:** The second half of the retreat offers an opportunity to develop your teaching skills and benefit from the tremendous expertise and experience of the community. This includes fun exercises, body movement, group discussions and games, as well as unstructured time for networking and collaboration.

## Remote Learning

In between the two in-person retreats is an intensive 10-month training program. The online components of the program strive to maintain a high degree of personal, interactive learning that is supported by the guiding teachers and fellow practitioners. The online learning elements allow engagement with the program content in a variety of different ways, and participants can expect to spend 3-5 hours each week involved in the following activities:

- **Online Content:** Instructional videos, readings, and reflection assignments that track the course's key themes as they unfold over the 10 months.
- **Live Group Calls:** Engaging discussions, lectures, guided sits, and Q&A formats via Zoom video calls. (Most live calls will be recorded for later viewing.)
- **Cohort Group:** Participants are grouped into small Cohort Groups that are led by a Guiding Teacher. Groups stay connected, share assignments and receive teaching feedback through monthly one-hour live video calls and online discussions.
- **Daily Sitting:** Participants are asked to maintain a personal mindfulness practice of at least 20 minutes per day.
- **Expert-led Workshops and Talks:** Engaging live talks and webinar-style workshops with our faculty of contributing teachers who are leaders in the mindfulness and education movement.
- **Teaching Lab:** Participants record and share video of themselves teaching a group of youth and receive feedback on their teaching from their Guiding Teacher and cohort group.
- **Additional Learning Experiences:** There will be additional opportunities for practice, including teacher office hours, reading groups, sitting groups, and regional meet-up groups where possible.

# Learning Modules

The Mindful Teacher year-long journey is supported by a diverse and interdisciplinary team of highly skilled and experienced teachers working at the intersection of mindfulness and education. Our faculty offers many decades of mindfulness teaching experience, as well as a wide variety of backgrounds and interests such as self-care and compassion, stress and resilience, the body and movement, neuroscience and the brain, trauma and special needs, curriculum and lesson design, classroom application, and more. Participants are guided through the following modules.

<b>Embodied Teaching</b>	Deepening personal practice, understanding nervous system architecture, establishing intention
<b>Establishing Relevance</b>	Talking with stakeholders
<b>Creating the Container</b>	Building relationships, behavior and classroom management
<b>Teaching the Mindfulness Lesson</b>	Adapting lesson variants by age group
<b>Making Adjustments</b>	Difficult conversations, challenging relationships
<b>Science and Research</b>	Scientific literacy, neurobiology of meditation, positive neuroplasticity
<b>Mindfulness as Intervention</b>	Clinical considerations, mental health, anxiety and depression, trauma, special populations
<b>Inclusivity and Social Justice</b>	Implicit bias and working across identities
<b>Logistical Practices</b>	Business practices, program evaluation, building ongoing lessons and programs
<b>Complementary Frameworks</b>	Social emotional learning, positive education, restorative justice, whole-school implementation

# Additional Program Details

## Certification Process

Following the closing retreat, participants who desire certification and have completed all program components will submit a teaching practicum for review. The Mindful Schools Certification Review Committee will review all materials submitted and make a determination regarding whether to endorse each applicant as a Mindful Schools Certified Mindfulness Instructor. Once a participant has been endorsed by the Certification Committee, they will be acknowledged as a Certified Mindfulness Instructor and listed on our [Certified Instructor Directory](#).

## Graduate Credits

Educators may receive up to 15 graduate level credits. [Details](#)

## Retreat Dates and Locations

### Western U.S. Retreats

- Location: Shambhala Mountain Retreat Center in Red Feathers, CO
- Opening Retreat Dates: June 22 – 27, 2019
- Closing Retreat Dates: June 20 – June 25, 2020

### Eastern U.S. Retreats

- Location: Garrison Institute in Garrison, NY
- Opening Retreat Dates: June 30 – July 5, 2019
- Closing Retreat Dates: July 12 – July 17, 2020

## Program Fees

We strive to keep the costs of the Mindful Teacher certification program as accessible as possible while maintaining the highest levels of quality and excellence in our offering.

### Standard Program Tuition: \$5,875 USD

- Note: Tuition fees above do not include accommodations or travel for opening and closing retreats. Room and board with the respective retreat venues and travel arrangements are purchased separately.
- Early-Bird, Scholarships, and Payment Plans are available. See our [Payment Policies](#).

## Program Prerequisites

**Mindfulness Fundamentals**: This is the Mindful Schools 6-week foundational online course in secular mindfulness. For those who have taken other mindfulness training course, you may qualify for this prerequisite by providing information about your personal practice in the application.

**Mindful Educator Essentials**: This 6-week course is a required prerequisite for the program. We want to ensure that all participants begin with a shared understanding of the Mindful Schools practice framework prior to engaging in the deeper work required by the Mindful Teacher program.

## Additional Program Information

Visit [www.mindfulschools.org/MT](http://www.mindfulschools.org/MT), read our [FAQs](#), or email us at [certification@mindfulschools.org](mailto:certification@mindfulschools.org)

## Mindful Teacher Program Testimonials



*"Training with Mindful Schools changed my life, no doubt about it. I wanted to find a way to combine my love for contemplative practice and dedication to the well-being of children. The year-long program gave me the structure, encouragement, inspiration, and for me above all, the community. My absolute favorite part of the program was the retreats (and they continue to be as I attend graduate retreats). I basically fell in love with about 70 people in a week. Sitting with them in silence opened my heart, learning with them and from them has been inspiring, having a safe place to offer my own ideas about teaching has totally built my confidence. And since that first retreat, because of the growing network of educators connected by Mindful Schools, I've fallen in love with so many more amazing people!"*

- Christine de Guzman, Mindfulness Instructor, Class of 2014



*"It is an honor to have had the opportunity to be certified and not one that I take lightly. I feel in so many ways that the year-long was at once a culmination and a beginning for me. It helped me reach a depth of my practice I hadn't experienced before. It has made me a better teacher – focusing on really embodying the practice, learning from the expertise in the mindfulness community, being a better listener and more present as a teacher and colleague.*

*The connections I made to peers in this like-minded community have been invaluable. My cohort friends are in touch on a daily basis regarding the work, the practice, what we are sitting with, etc. It is a source of tremendous comfort and inspiration for me and I know it will be for years to come. I am a better person, practitioner, and professional because of my connections with them. It is a true network, where everyone supports one another and so we rise together.*

*The virtual format was ideal for me. Life is so busy and we all have many responsibilities that we are juggling. The virtual format made it possible for me to do this program. I loved the videos, the articles, the webinars and having access to all of this information is a huge gift. I use it all the time in preparing for my presentations, coaching, and hosted sits. The virtual format also enabled a community to evolve in a way I did not anticipate. I was very pleasantly surprised by this and continue to be."*

- Amiee Peri, 3rd Grade Teacher, Class of 2017

### About the Mindful Schools Community

Our Mindful Teacher program has supported over one thousand educators across the U.S. and internationally to become Mindful Schools Certified Mindfulness Instructors. For an idea of the kind of impact that mindful teachers are making in the world, you can read a recent report from Mindful.org, [The Future of Education: Mindful Classrooms](#). It is notable that all five of the profiled "Mindful Educators" have been trained by Mindful Schools!