



Yearlong Certified Mindfulness Teacher Training

Mark Coleman and Martin Aylward
2021-2022





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MTI Mindfulness Teacher Training Introduction

Student Objectives

To inhabit the direct experience of what is being taught, and to progressively understand how to teach from there.

Beginners Mind. To cultivate a learning opportunity, be mindful of listening as if you already know and practice bringing an openness to learn and inquire.

Take the first two training modules as predominantly for deepening your own practice and understanding of mindfulness, which will form the basis for your teaching. Let everything that happens be included in this sense of practice. This includes the moment-to-moment continuity of mindfulness, noticing comparison with others, inner and outer judgement, the tendency to withdraw or dominate etc.

Understand this training in Mindfulness Teaching is the start of a lifelong deepening of understanding as it is still for us.

On the course we are developing an ongoing learning community.

Learn how to listen and respond skilfully in a way that deepens connection, empathy and the field of relatedness.

Meet and work with each other in pod groups that you will be meeting with in between retreats

Use the material to reflect on how you can teach what you are learning



MTI Mindfulness Teacher Training Structure for the Year **Module Dates and Daily Schedule**

Dates

MODULE

1	7th - 10th October, 2021
2	6th - 9th January, 2022
3	17th - 20th March, 2022
4	23rd - 26th June, 2022

Daily Schedule (All times CET)

TIME

7.30	Meditation (morning in silence until 9am)
8.00	Breakfast
9.30	Meditation
10.00	Morning Session
1.00	Lunch
3.30	Meditation
4.00	Afternoon Session
7.00	Dinner



The 4 Modules Curriculum Overview **Module 1**

Day 1: Course Orientation. Explorations of Mindfulness

AM	PM
1:01 Intros and Mapping	1:03 The Mindfulness Field - Secular and Buddhist
1:02 Teacher Intros and Course background	1:04 Taking the Teaching Seat

Day 2: Mindfulness of Body

AM	PM
1:05 Meditation Posture	1:07 The 4 Postures
1:06 Breath	1:08 Embodied Presence in Teaching

Day 3: Body and Embodied Communication

AM	PM
1:09 Sensation and Feeling Tone	1:11 Mindful Communication
1:10 Working with Pain	1:12 Mindful Communication

Day 4: Unpacking Mindfulness

AM	PM
1:13 Exploring sati	1:15 Check-in Groups
1:14 What is Mindfulness?	1:16 Logistics until Module 2

Between Module 1 and Module 2

Essay Submissions/Review with Mentor



The 4 Modules Curriculum Overview **Module 2**

Day 1: Mindfulness Review. Mindfulness of Mind – Thoughts

AM	PM
2:01 Continuity from Module 1	2:03 Mindfulness of thought
2:02 Review of Mindfulness Practice	2:04 3 Kinds of thought

Day 2: Mindfulness of Mind – States, Emotions and Reactivity

AM	PM
2:05 Understanding and meeting Mind states	2:07 Intense emotion
2:06 Working with emotion	2:08 Heart qualities and practices

Day 3: Neuroscience and the Inner Critic

AM	PM
2:09 Neuroscience of emotion/self regulation	2:11 Inner critic
2:10 Default mind states (hindrances)	2:12 Inner critic in the teaching role

Day 4: The Nature of Experience

AM	PM
2:13 4th foundation – 3 characteristics	2:15 Group Meetings
2:14 4th foundation – 4 noble truths	2:16 Journaling/next steps

Between Module 2 and Module 3

Meditation video submission/mentor review



The 4 Modules Curriculum Overview **Module 3**

Day 1: Overview of Mindfulness, the SIT Course and it's Applications

AM

3:01 4 Foundations of Mindfulness Overview
3:02 Exploration of the SIT course in detail

PM

3:03 Teaching Specific populations
3:04 And in specific contexts

Day 2: Mindfulness of Body

AM

3:05 Talk Preparation
3:06 And Teachings Styles

PM

3:07 Presenting in 2 Groups
3:08 Presenting in 2 Groups

Day 3: Body and Embodied Communication

AM

3:09 Diversity and Inclusivity
3:10 Diversity and Inclusivity

PM

3:11 Presenting in 2 Groups
3:12 Presenting in 2 Groups

Day 4: Unpacking Mindfulness

AM

3:13 Student Dynamics
3:14 Teacher Dynamics

PM

3:15 Group Meetings
3:16 Journalling/planning for your SIT course

Between Module 3 and Module 4

Teach 6 week SIT course
Submit development essay, course materials etc.



The 4 Modules Curriculum Overview **Module 4**

Day 1: Review SIT Mindfulness Course. Practice Teaching-Talks/Q&A

AM

- 4:01** SIT Course Review
- 4:02** SIT Course Debrief Lunch in Pods

PM

- 4:03** Teaching in Groups
- 4:04** Teaching in Groups

Day 2: Teaching in Alternative Formats. Practice Teaching-Talks/Q&A

AM

- 4:05** Teaching Day longs
- 4:06** Teaching Online/1:1S

PM

- 4:07** Teaching in Groups
- 4:08** Teaching in Groups

Day 3: Ethics. Mindful Communication Practice. Money and Teaching

AM

- 4:09** Ethics
- 4:10** Relational Mindfulness

PM

- 4:11** Money
- 4:12** Student Requests for Topics

Day 4: Teacher Development/Next Steps. Graduation Ceremony

AM

- 4:13** Deepening as a Teacher
- 4:14** Teachings as Service/Personal Development

PM

- 4:15** Graduation Ceremony
- 4:16** Closing



MTI Mindfulness Teacher Training Meetings and Tutorials Online, Mentor and Pod

Online Tutorials

These webinars will be hosted via Zoom.
You will receive a post Module 1 email with details how to log in for these monthly calls.
All calls are at 5pm UK, 9am PST time, 6pm CET, 12 noon Eastern US.

Mentor Meetings

You will be assigned a mentor for the whole year, after Module 1. Your mentor will be in touch with you to schedule meetings, which will follow the following schedule:

Between Module 1 and Module 2

One 30 minute online meeting with your mentor before 19th December, 2021.

Between Module 2 and Module 3

One 30 minute online meeting with your mentor before 27th February, 2022.

Between Module 3 and Module 4

One 30 minute online meeting with your mentor before 12th June, 2022.

Pod Meetings

During the first teaching module, you will be formed into pod groups of 3-5 people.

These peer groups will meet monthly, either in person where geographically possible, or online using Google Hangouts, Zoom, Skype, etc.

Monthly Pod Meetings format:

MINS.	TOPIC
15	10 minutes guided meditation, 5 minutes feedback
45	Personal sharing and discussion
15	10 minutes guided meditation, 5 minutes feedback
1 hour 15 minutes	



MTI Mindfulness Teacher Training Between Modules **Assignments**

Between Modules 1 and 2

ASSIGNMENT	SUBMISSION DEADLINE	MENTOR MEETING DEADLINE
Essay: Exploring Mindfulness Max 2000 words (see page 12 for details)	Submit for Mentor Review by 5th December, 2021	Meet to discuss by 19th December, 2021

Between Modules 2 and 3

ASSIGNMENT	SUBMISSION DEADLINE	MENTOR MEETING DEADLINE
Video: 15 min Guided Meditation Guiding a meditation that would be taught in a SIT meditation class (for example, mindfulness of breath, body, emotions, thoughts, etc.). (see page 13 for details)	Submit for Mentor Review by 13th February, 2022	Meet to discuss by 27th February, 2022

Between Modules 3 and 4

ASSIGNMENT	SUBMISSION DEADLINE	MENTOR MEETING DEADLINE
Teach Teach a mindfulness course (SIT or similar) including pre-post research questionnaire <ul style="list-style-type: none">• 10-15 min live teaching video• 10-15 min live guided meditation video• Teacher Development Essay 1000-1500 words• SIT Evaluation Essay: How the course was for you 1000-1500 words• Student Evaluation forms from those attending your teachings (see page 14 for details)	Complete teaching SIT course and submit all materials by 29th May, 2022	Meet with your Mentor to discuss and review materials by 12th June, 2022



MTI Mindfulness Teacher Training

Required Books

Reading List

Pre-Course

Mindfulness — Joseph Goldstein

(If you registered late and did not get a chance to read these books before Module 1, please read them as soon as possible).

Between Module 1 and 2

Fully Present: The Art, Science and Practice of Mindfulness — Susan Smalley and Diana Winston

Loving Kindness — Sharon Salzberg

Between Module 2 and 3

From Suffering to Peace: The true Promise of Mindfulness — Mark Coleman

Mindful of Race: Understanding and Transforming Habits of Harm — Ruth King

Between Module 3 and 4

Awake Where You Are — Martin Aylward

Trauma Sensitive Mindfulness — David Trevelyan

Additional Suggested Reading

Mindfulness. A Practical Guide to Finding Peace in a Frantic World — Mark Williams and Danny Penman

Altered Traits — Ritchie Davidson and Daniel Goleman

Insight Oriented Further Suggested Reading

Satipattana: The Direct Path to Realization — Ven Analayo

The Experience of Insight — Joseph Goldstein

Buddha's Nature — Wes Nisker



Assignment between Modules 1 and 2

Submission Deadline: 5th December, 2021

Exploring Mindfulness

(1500-2000 words)

Your paper should begin with “Mindfulness is...”, completing the sentence with a concise and clear description of your understanding of the core features of Mindfulness practice as you understand it.

The Mindfulness of the title refers not only to the translation of 'sati', but to the broad use of the word as an umbrella term for the secular presentation of awareness-based meditative practices that have their origin in the Buddhist tradition.

Your paper will unpack your opening sentence to explore various features of mindfulness practice, in which you may cover the functions, origins, benefits and applications of mindfulness practice.

While you may cite various sources, your essay should predominantly demonstrate your own understanding.

You may choose to cover areas of mindfulness teaching and practice with which you already feel clear and confident, so as to refine your articulation of key areas, or you may choose to explore territory which feels more adventurous and less clear for you, as a way to learn.

Either way, your paper should be underpinned by the way that teachings and practices were presented in Module 1 of our training.

Submission Instructions

Please send your completed essay by the due date to your Course Administrator and your Mentor.



Assignment between Modules 2 and 3

Submission Deadline: 13th February, 2022

Guided Meditation Video

Guided Meditation

Lead a guided Mindfulness meditation for a maximum of 15 minutes, emphasising an area of practice developed and explored during Modules 1 or 2.

Guide the meditation as you would lead it as part of an introductory course.

Take care to use language and imagery that is accessible and suitable to the population you are teaching, and do NOT use specifically Buddhist terminology or references.

Your meditation should be delivered direct to camera and the recording should be at least 13 minutes long. DO NOT EXCEED the 15-minute limit, as YouTube requires additional account verification for uploads over 15 minutes.

Submission Instructions

Upload your recording to YouTube/Vimeo. Please ensure that your video is viewable to anyone with a link by signing out of your accounts and testing your link. Then send the link in an email to your Course Administrator and your Mentor.

10 Minute Talk

Prepare for a 10-minute talk to a group in class for Module 3. This is a practice for learning how to give mini-talks in your SIT course.

Topic: A theme from module 1 or 2 on an aspect of mindfulness practice (i.e. mindfulness of breath/body/emotion/thought, etc.)

The talk is to be aimed at the population you will be serving, and you can announce at the beginning of the talk who it is being delivered to. You will give your talk to half the group and receive appreciative and constructive feedback from Mark or Martin.



Assignment between Modules 3 and 4

Submission Deadline: 29th May, 2022

SIT Course and Final Assignments

Teach the SIT curriculum to a live audience of between 2 and 20 students

In addition to teaching the course, your teachers and mentors will need the following from you:

Teaching Videos

- Max. 15-minute video of you teaching your SIT course to your live audience. This should be during a talk/lecture and can include some Q&A.
- Please get your students' permission to record if you plan to include Q&A.
- Please also record an additional 10-15 min talk in case Mark and Martin request to view more of your teaching.
- 10-15-minute guided meditation, plus record an additional meditation to have on hand should Mark and Martin request to view more of your teaching.

SIT Evaluation Essay

(1000-1500 words max)

How the course went, how you felt in the teaching role, what could be improved on, what was difficult/challenging?

Teacher Development Essay

(1000-1500 words max)

How has your own mindfulness practice developed and deepened over the year of your training? How have your teaching skills and confidence, and your knowledge of Mindfulness themes, grown over the year? How do you see your teaching of Mindfulness developing over the next 3 years? In which areas of practice and teaching do you feel you most need to develop as a teacher?

SIT Course Evaluations

Please have your students complete the following evaluation form on your SIT course. Martin, Mark and your mentor will review these; so please have them submit their evaluations as soon as your course ends. If requesting your students to submit these electronically (preferred), please familiarize yourself with the website ahead of time so that you can answer any questions that arise.

The SIT Course Evaluation can be filled out online (preferred) or downloaded as a PDF. It is available in several languages here: www.mindfulnessstraininginstitute.com/sit-documents/



Assignment between Modules 3 and 4

Submission Deadline: 12th June, 2022

SIT Course and Final Assignments (continued)

SIT Research Questionnaires

To assess the efficacy of the course, please administer at the start of your SIT course and at the conclusion of your final session. If requesting your students to submit these electronically (preferred), please familiarize yourself with the website ahead of time so that you can answer any questions that arise.

Please only have students who have finished the course in its entirety fill out the Post-Course Questionnaire.

A SIT Mindfulness Research Factsheet will be provided which describes the research your students will participate in by completing the pre- and post-course questionnaires.

The questionnaire can be filled out online (preferred) or downloaded as a PDF.

It is available in several languages here:
www.mindfulnessinstitute.com/sit-documents/

Identification Number: So that pre- and post-course questionnaires can be matched up, please instruct your students to use a student code / identification number comprised of your initials, their initials, and a designation for Pre or Post Course. See example below (Karen fills out the Pre-Course Questionnaire for a course with Mark; Post-Course code would be MCKMPost).

Example:

MCKMPost

Teacher Initials

Student Initials

Pre or Post Course

Submission Instructions

All the above materials shall be submitted by 22nd May, 2022. To do so, please email the following items to your Course Administrator and your Mentor by the due date:

- Teaching Videos should be uploaded to YouTube/Vimeo. Please ensure that your videos are viewable to anyone with a link by signing out of your accounts and testing your links. Then paste the links at the top of your SIT Evaluation Essay.
- SIT Evaluation Essay and Teacher Development Essay can be submitted in Word (.docx) or PDF formats
- SIT Course Evaluations: We will automatically receive all evaluations submitted through the MTI website, but if you administer hard copy evaluation forms, please scan and send them to us, or manually enter the responses into the form on the website.
- SIT Mindfulness Research Questionnaires: We will automatically receive all questionnaires submitted through the MTI website, but if you administer hard copy questionnaires, please scan and email them to the Course Administrator.



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Notes

