MTI

Mindfulness Teacher Training Prospectus

The Fundamentals of Mindful Attention

with **Mark Coleman** and **Martin Aylward**

Mindfulness
Training Institute

Accredited as a Teacher Training Organisation by the
International Mindfulness Teachers Association (IMTA)

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Welcome

Dear friend and Mindfulness teacher to be. We are delighted that you are considering taking your mindfulness practice to a whole new level by training to teach others.

Teaching these beautiful, transformational practices is the work of our lives. It is deeply rewarding to see people's practice deepen immeasurably during the training year, as well as to see them developing the skills, confidence, knowledge and wisdom with which to bring Mindfulness to others.

We have been leading this training yearly since 2012, and have trained hundreds of graduates who are now doing amazing work in more than 30 countries worldwide.

Our graduates have developed mindfulness programs in an incredible variety of fields in healthcare; in psychology, education, business and coaching settings; with scientists and social workers, seniors and school children; with various disadvantaged populations as well as with business leaders and public sector workers.

We train you in developing your teaching in such a way as to fit your personal situation and the populations you are most connected to or interested in working with.

You will learn to teach in an accessible way using everyday language, yet backed up by the depths of understanding of the Buddhist tradition from where these teachings originate.

Our program is personal, experiential and deeply collegial. You'll make a close connection with us as the trainers, and with your amazing cohort of wise, motivated and sincere practitioners.

Read through the information here and see if this is the course for you. If you have any further questions, or you want to check in with one of us prior to applying, you can write to our course admin Sylvie Chayette at: **courseadmin@mindfulnesstraininginstitute.com**

We hope you'll join us, and our worldwide community, in training to bring the practice you love into the life you live.

Very warmly.
Mark and Martin

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Meet Our Teachers and Co-Founders

Martin Aylward

Martin has been practicing meditation intensively for over 30 years and has been guiding people in their practice worldwide since 1999, leading retreats and courses in mindfulness, meditation, and inner freedom.

Martin went to India to meditate aged 19, spending 4 years in Asian monasteries and with Himalayan hermits, with a formal training based on Vipassana and Insight Meditation, while also exploring many different teachings and practice forms.

Martin is the founding and guiding teacher of Moulin de Chaves, a residential meditation centre in South West France where he lives and teaches.

Martin has taught as visiting faculty on the Masters programs in Mindfulness at Universities in France and South Africa for their MSc in Mindfulness Based Interventions.

Martin is the founding and guiding teacher at mind-app.io and of the online meditation platform sangha.live

Married with two adult children, Martin's teaching emphasise the integration of transformational meditative practices into everyday life. His latest book is *Awake Where You Are* (2021)

Find out more about Martin's teaching at: martinaylward.com

Mark Coleman

Mark has trained extensively in the Buddhist tradition, both in the Insight meditation and in the Tibetan tradition. He is a senior teacher at Spirit Rock Meditation Center and has taught insight meditation retreats since 1997.

Mark is passionate about guiding people to meditate in nature. He has led wilderness nature retreats for over twenty years worldwide. Through his organization *Awake in the Wild* Mark leads year-long nature meditation teacher trainings in the US and Europe.

Co-founder of the Mindfulness Training Institute Mark also leads year long professional mindfulness teacher trainings in Europe and the US.

He is author of many books including: *Awake in the Wild - Mindfulness in nature as a path to self-discovery; Make Peace With Your Mind - How Mindfulness and Compassion can free you from the Inner Critic; From Suffering to Peace The True Promise of Mindfulness*; and his recent book *A Field Guide to Nature Meditation - 52 mindfulness practices for joy, wisdom and wonder.*

Mark is a sought after speaker, consultant, trainer and coach. Find out more about Mark's teachings at:

markcoleman.org
awakeinthewild.com
mindfulnessconsultants.org

This has been an incredible year of growth for me. I have done many teacher trainings over the past decade for yoga, and I also lead and develop yoga teacher trainings.

MTI is by far the best, most comprehensive training I have ever participated in.

The training has dramatically increased my confidence and approach to teaching both mindfulness and yoga.

— Abbie M, US Training, 2018-2019

Mindfulness means giving close, curious and caring attention to whatever arises; We are learning to meet life more deeply than we can imagine; to live more fully, more fluidly and more freely.

— Martin Aylward

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Our Training

Why MTI?
At the MTI, you will study with renowned mindfulness teachers Mark Coleman and Martin Aylward with over 30 years of combined mindfulness teaching experience.

Our accredited mindfulness teacher training is a unique yearlong professional teacher training, combining transformational cultivation of your own mindfulness practice and systematic development of mindfulness teaching skills, enabling you to teach a variety of mindfulness programs with confidence and clarity.

You will be part of a committed, focused group of like-minded individuals with whom you will receive skilled, guided direction and personalized instruction that will allow you to flourish as a mindfulness facilitator.

Our yearlong teacher trainings utilize in-person teaching intensives, online learning, individualized guidance from the teachers and learning mentors and peer group support.

Who is this training for?
The course is aimed at people already working with mindfulness in their professional lives, or anybody wishing to do so, be it through teaching formal mindfulness courses or bringing mindfulness into other roles including in private practice, healthcare, business, education and many more.

You'll leant how to refine and deepen your own mindfulness meditation practice, infuse the element of mindfulness into your current profession and lead mindfulness classes and courses and work with clients 1-to-1.

What sets our training apart?

- IMTA accreditation (International Mindfulness Teachers Association).
- In-person trainings in both France and the US.
- Personalized support from Mark and Martin and your course mentor, as well as intimate training groups.
- An international network of over 250 mindfulness teachers.
- Integration of Buddhist Psychology into a secular training.

Our Training

MTI Training Format
Our accredited mindfulness teacher training includes four in-person, intensive teaching modules, as well as online learning.

Teachers and students meet for online tutorials, in geographic-based "pods" with fellow classmates, and one-on-one with assigned mentors, receiving ample support and guidance.

Experiential practice is a major element of the course, including: mindfulness of breath and body, mindfulness of emotions, mindfulness of the mind and mental processes, mindful communication, and mindful inquiry.

MTI Training Outcomes
With certification, teachers are empowered to teach mindfulness in a variety of formats and settings, including daylong trainings and 6-week SIT (introductory) mindfulness courses.

Will this qualification enable me to teach Mindfulness Based Stress Reduction (MBSR)?
Mindfulness Based Stress Reduction is a particularly defined Mindfulness modality having its own separate training programs.

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Our Training

Putting Mindfulness to Work
With our adaptable curriculum, our teachers are empowered to bring the power of mindfulness into a wide variety of industries and settings, from clinics, to classrooms, to retreat centers

Our graduates are introducing the ancient wisdom of mindfulness to the modern world in the realms of:

- **Business:** Inspiring compassionate decision-making and leadership.
- **Healthcare:** Assisting providers in demanding positions.
- **Education:** Teaching the teachers, from kindergarten to university level.
- **At-Risk Populations:** Providing everyday tools to youth, the unhoused, veterans, and people in recovery.
- **Social Work and Activism:** Helping non-profit workers, social workers, social organizers through burnout.
- **Psychotherapy and Coaching:** Working 1-1 with clients interested in impleme nting mindfulness practice in their personal/professional lives.

Through training, students gain:

- A deep understanding of the key principles and practices of mindfulness.
- Development and refinement of your own practice; personal enrichment.
- Understanding of the historical context of contemporary mindfulness approaches.
- Understanding of the latest neuro-science research on the powerful effects of mindfulness.
- Contribute to bringing powerful mindfulness-based interventions into emerging 21st century culture.
- Pedagogy and practical skillset necessary to cultivating mindfulness in personal and professional life.
- Expertise in helping others through the common obstacles of mindfulness meditation.
- The ability to work effectively with diverse populations.

Mindfulness reveals the nature of our own mind, which is clear awareness, that is receptive, boundless and free.

— Mark Coleman

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The Program

The Art and Skill of Teaching
Learning how to teach in the following formats:

- 6 week SIT (introductory) mindfulness training course.
- Daylong courses.

Mindfulness teaching components:

- Class and course design.
- Creating an ideal learning environment.
- Setting up the container.
- Trust issues.
- Understanding confidentiality and group safety.
- Using group process as a vehicle for teaching mindfulness.
- Understanding diversity issues nd multi-cultural sensitivity.
- Practicing teaching key elements in pairs and small groups and practicing giving and receiving feedback about teaching.

Teaching issues: learning to work with:

- Money issues.
- Power issues.
- Transference and projection.
- Difficult class and student scenarios.

Understanding how to teach different populations.

Diversity: developing awareness and sensitivity about race, gender, class, sexual orientation and physical ability issues and dynamics.

Working with people individually.

How to integrate mindfulness into one-on-one sessions in therapy, coaching and bodywork.

Working with trauma: how to use mindfulness as a skillful resource.

Utilizing contemporary mindfulness research and neuroscience findings on mindfulness.

Marketing mindfulness courses.

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The Program

Key Practices

- **Mindfulness of breath and body:** Cultivate awareness of sensations, posture, walking, standing and other activities and learn how to work with physical pain.
- **Mindfulness of emotions:** Develop Emotional Intelligence through learning how to work skillfully with emotional states like fear, anxiety, and shame. Cultivate 'response flexibility'.
- **Mindfulness of the mind and mental processes:** Working with negative thoughts, beliefs and the Inner Critic to see how they interfere with focus and well-being.
- **Mindful communication:** Developing mindful speaking and listening skills that support effective communication.
- **Mindful inquiry:** A practice for sustained investigation of one's personal experience.

Key Teaching Elements

- **Explore the science of mindfulness:** Study contemporary neuroscience research on the practice and applications of mindfulness. Understand how mindfulness affects the brain and cognitive processes.
- **Understanding the historical (Buddhist) and contemporary context of mindfulness.**
- **The 4 Pillars of Training:** Practice, Presence, Pedagogy and Protocols for teaching mindfulness.

The Program

Entry Requirements

- A minimum of three years of regular mindfulness meditation practice.
- Attended one silent Mindfulness retreat of a minimum of five days prior to the course and a second retreat to be completed by course end.
- Attended a mindfulness course like Mindfulness Based Stress Reduction (MBSR) or similar.

Exceptions concerning these guidelines are at the discretion of the faculty.

Accreditation is dependent on successful completion of the course and coursework, subject to Martin and Mark's approval.

In-Person Training Dates
Module 1: 9-12 September, 2027.
Module 2: 9-12 Deember, 2027.
Module 3: 9-12 March, 2028.
Module 4: 22-25 June, 2028.

Online Tutorials Between Modules
Monthly online group tutorials are held between in-person modules, led by the course trainers, Mark and Martin.

Assignments Between Modules
Participants will be expected to complete papers that explore both your own understanding of mindfulness practices and the practice of teaching mindfulness in your chosen field Participants will also submit two video recordings of their mindfulness teaching.

Teaching Practicum
Before the last module of the training, you will be required to complete a practicum, involving the design and delivery of our SIT Mindfulness course (Six-week Introductory Training in Mindfulness).

Readings
Participants will be given a reading list to support your understanding of the course material and the theoretical background of mindfulness practice.

Personal Practice
Trainees' personal mindfulness meditation practice is the cornerstone of being able to teach well.

All participants will be expected to maintain and deepen their practice throughout the course and beyond as well as continue attending mindfulness classes, courses and retreats during the year.

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The Program

Graduation and Qualifications
Graduation will give you certification from Mindfulness Training Institute, endorsed by your teachers, Mark Coleman and Martin Aylward, to lead classes and courses in Mindfulness, and integrate mindfulness in your professional work with clients, groups and organizations.

Graduates will be equipped to:

- Teach mindfulness classes, courses and one-day mindfulness events. Please note, this training does not qualify participants to teach multi-day or residential retreats, which requires further training.
- Deliver the SIT Mindfulness Course created by the MTI.
- Teach mindfulness to groups in a variety of settings including health care, business, non-profits, education and a host of other settings.
- Bring mindfulness techniques into individual work including psychotherapy, coaching, chaplaincy and social work.
- Give mindfulness lectures.

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CE Credits

Upon completion of each module, you may be eligible for up to 12 continuing education credits if you need them.

Following the teacher training, psychologists and clinicians will be better able to:

- Incorporate mindfulness meditation and its related disciplines in ways useful for clients.
- Demonstrate methodology and tools for embodying mindfulness while facilitating others.
- Apply the principles of equanimity and compassion for meeting stress, pain and burnout with kindness and wisdom.
- Describe how habitual reactions lead to chronic stress.
- Describe how mindfulness will help interactions and communications with patients, colleagues, and clients.
- Describe basic group facilitation concerns and incorporate mindfulness based solutions when working with clients.
- Apply mindfulness principles and practices to working with others in a clinical setting and other environments.
- Practice teaching, giving and receiving feedback for basic introductory mindfulness meditations.

About CE Credits
CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.

The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association. LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.

SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain this document for 4 years after the course concludes. SCA is an approved CE provider for National Board Certified Health and Wellness Coaches (CEP Number 100196).

For questions about enrolling in CE or receiving your Certificate of Attendance, contact: courseadmin@mindfulnesstraininginstitute.com.
For other questions about CE, contact David Lukoff, PhD at: CE@spiritualcompetency.com

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Costs and Funding

Cost
$6900. This cost includes all administration fees, tuition fees and participation in the online meetings.

It does not include books, travel costs, food, accommodations or board for the in-person training sessions.

Scholarships
A limited number of scholarships are available upon request, depending on your circumstances.

Payment Plans
We also offer payment plans for those who qualify for the course.

Payments and Deposits
$1000 non-refundable deposit to secure your place required after successful entry into program as well as the remaining balance ($5900).

Cancellation Policy
75% of the paid balance is refundable until March 1, 2027.

50% of the paid balance is refundable until May 1, 2027.

25% of the paid balance is refundable until July 1, 202`7.

There will be no refunds after September 1, 2027.

Please contact us if you have any questions regarding costs and funding.

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The curriculum is subject to continuing evolution and modification

mindfulnesstraininginsitute.com