

Prerequisites

MBSR TEACHER TRAINING PATHWAY

2 years personal practice		Qualified Level I MBSR Teacher		Qualified Level II MBSR Teacher		Certified MBSR Teacher
PROGRAMS	Mindfulness-Based Stress Reduction (MBSR) 8 Week Program	Foundations with MBSR	Teacher Advancement Intensive (TAI)	MBSR Curriculum Study Group and Skill Building Workshop*	Individual Mentoring	Teacher Certification Review
			Dialogue and Inquiry for MBPs**			
			Ethos of MBPs**			
RETREATS	One, 5-7 Day, Teacher-led Silent Retreat	One, 5-7 Day, Teacher-led Silent Retreat	Insight Inside Us Retreat**			One, 5-7 Day, Teacher-led Silent Retreat
Teaching Requirements			Teach a minimum of 3 introductory programs	Teach 1-3 MBSR cycles	Teach at least 4-6 MBSR Cycles	

*Take this workshop during the time when you are teaching your first three MBSR programs

**May be taken at any time during the sequence.