

## How to Become a Mindfulness Teacher

The mindfulness teachers on this site have been practitioners of mindfulness meditation for 1 to 3 decades. They came to the practice out of a deep appreciation of the teachings and the impact it made on their lives. They have attended numerous extended retreats and continue to embrace mindfulness meditation and informal practice in their daily lives. They are committed to ongoing learning by participating in annual retreats and consulting with each other regarding their teaching.

Participating in an 8 week mindfulness program is *not* a teacher training program (though it is an excellent first step!) Just as you would not teach yoga after participating in a series of classes, mindfulness is practiced regularly over several years, becoming a way of being in the world before training to become a teacher oneself.

There are several places that offer training to those who are drawn to teaching mindfulness. A masters degree is required for some of the trainings and for others, a degree in a health related discipline such as nursing, social work, psychology or education is recommended. Experience in leading groups is also recommended. Please read individual requirements for each program as these vary.

*Before* enrolling in one of these programs, it is recommended that you

- enroll in a Mindfulness-based Stress Reduction Program and dedicate yourself to daily mindfulness practice for at least 2-3 years, preferably 5 or more
- attend a few week-long to ten-day retreats (see [www.bcims.org](http://www.bcims.org) & [www.westcoastdharma.org](http://www.westcoastdharma.org))
- establish a daily meditation practice
- be part of an ongoing meditation sitting group and/or attend regular weekend retreats (see [www.westcoastdharma.org](http://www.westcoastdharma.org) for non-residential retreats in the Vancouver area.)

### Teacher Training Resources:

**UCLA Mindful Awareness Research Centre: *Certification in Mindfulness Program***

<http://marc.ucla.edu/body.cfm?id=57>

**Mindfulness Trainings: *Mindfulness in the World: A Comprehensive Mindfulness Teacher Training***

[www.mindfulnesstrainings.com](http://www.mindfulnesstrainings.com)

**The Mindfulness Institute: *Teacher Training***

<http://themindfulnessinstitute.com/teacher-training/>

**Centre for Mindfulness in Medicine, Health Care and Society: *Oasis Institute for Mindfulness-based Professional Education and Training***

<http://www.umassmed.edu/cfm/oasis/index.aspx>

**Centre for Mindfulness in Medicine, Health Care and Society: **Practicum in Mindfulness-Based Stress Reduction:****

<http://www.umassmed.edu/cfm/practicum/index.aspx>