



Institute for Mindfulness-Based Approaches

Stand: 01.02.2018

Mindfulness-Based Stress Reduction (MBSR)

International MBSR Teacher-Training Program

Where: Berlin Area

Start: November 2018

Online Orientation Meetings per ZOOM Video Conference

DATES

Tuesday, June 19, 2018 18:30 - 19:45 (CET)

Saturday July 28, 2018 10:00 - 11:15 (CET)

Wednesday Sept. 12, 2018 18:30 - 19:45 (CET)

More info about the ZOOM meetings is available on Page 16

www.institute-for-mindfulness.org

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Table of Contents	
Description of the MBSR Teacher Training Mindfulness-Based Stress Reduction (MBSR) The Institute for Mindfulness-Based Approaches (IMA) Three Learning Dimensions of the IMA's Program Details of the IMA's Teacher-Training Program Curriculum	Page 3
The Institute for Mindfulness-Based Approaches (IMA) Faculty	Page 4
Participation Requirements for the International MBSR Teacher-Training Program Certification	Page 13 Page 14
Dates, Fees and Venue Accommodation Orientation Meeting Online with ZOOM Next Steps After the Interview	Page 15 Page 16 Page 17 Page 18



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Mindfulness-Based Stress Reduction (MBSR)

The MBSR program was founded in 1979 by Dr. Jon Kabat-Zinn and his colleagues at the Stress Reduction Clinic of the University of Massachusetts, Department of Behavioural and Preventive Medicine, in Worcester, Mass. U.S.A.

An MBSR course consists of eight weekly sessions lasting a minimum of 2.5 hours per session. There is a full day of silent mindfulness practice during the 6th and 7th week. As well as learning formal mindfulness-meditation exercises like the body scan, gentle yoga, sitting meditation and walking meditation, class participants also discuss various themes such as the mental and physical effects of stress, mindful communication, how to take care of oneself, and how mindfulness supports a person to meet stress with wisdom and kindness.

MBSR has been successfully implemented around the world in varied settings. From its initial development in hospital, clinical and health-care environments, MBSR is today being offered in many other areas including management and leadership training, schools and universities, employee health programs, rehabilitation settings, counselling and coaching. In Europe the program has been taught successfully since the 1990s, and interest has continued to grow steadily. In some European countries, the national health services are reimbursing their members for taking part in MBSR courses.

There is also a growing interest among companies and public organizations to provide mindfulness training based on MBSR to their employees as an evidence-based program that supports them to stay healthy, calm and focused even in stressful and continuously changing times.

A significant number of scientific studies underline the effectiveness of MBSR. The studies impressively document that a high percentage of course participants experience one or more of the following results:

- A decrease of physical and psychosomatic symptoms
- Being able to cope more effectively with stressful situations
- An increased capacity to relax
- A growing self-confidence and capacity for self-acceptance
- Increased vitality



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The Institute for Mindfulness-Based Approaches (IMA)

The Institute for Mindfulness-Based Approaches (IMA) is the oldest professional mindfulness-training institute on the European Continent. Its founder and director, Dr. Linda Lehrhaupt, has been teaching mindfulness-based programs since 1983 and is recognized as a leader in the field. Since 2001 the IMA has provided trainings of excellence for professionals in the fields of health care, mental health, education, social work, human resources and other related areas.

The IMA, which has its main office in Germany, offers MBSR teacher-training programs in Austria, France, Germany, Ireland, Norway, Poland, and Switzerland. Over 1500 professionals have completed its MBSR training to date.

The IMA is officially recognized in Germany as an independent institute of further education and professional training. Its programs are recognized by government authorities, and professional associations grant its members further education credits for participating in its offerings.

The IMA's independence allows it to be flexible and to respond quickly to developments in the mindfulness field. As well as offering programs on its own, the IMA has cooperation agreements with universities and other educational organizations. In Norway, for example, it offers its teacher training in cooperation with the Norway University of Science and Technology. In Austria, Poland and France, we work with cooperation partners who are well-known in their countries for their quality and expertise.

In the years since 2001, the institute has expanded considerably. In addition to MBSR, it now also offers trainings in:

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Compassionate Living (MBCL), developed by Dr. Erik van den Brink and Frits Koster.
- Mindfulness retreats for mindfulness teachers and trainees
- Skills deepening workshops.
- Supervision for teachers of MBSR, MBCT and MBCL.
- Mindfulness-meditation guidance for trainees and teachers who wish additional support.

Recognition of the IMA and Its Support of International Training Standards and Criteria

The IMA's teacher-training program is accredited by the German MBSR-MBCT Professional Teachers Association (www.mbsr-verband.org). The IMA aligns itself with its standards and ethics policy. The IMA is also recognized by the professional teachers' associations of The Netherlands, Norway, Poland, Ireland, Switzerland and Austria. In many countries where teacher associations do not yet exist, the institute's graduates successfully interface with organizations in their own country, and their IMA teaching certificate is recognized as a professional qualification.



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Why is the IMA Offering an International English-Language MBSR Teacher Training in Berlin?

The Berlin program is the IMA's response to the many requests it has received from the international community to present its highly successful training program in a format that makes it accessible for people living in all parts of Europe and around the world.

The training in Berlin offers a compact format of four weeks within 1.5 years. Berlin is easy to reach, with many direct flights from major cities. The seminar house, a lovely yoga center in a countryside landscape a short distance outside the city, is reachable by public transport from Berlin's airports and central train station.

Who Might Be Interested in Our Program?

- Trainees who are interested in a certificate-level training that is compact, clearly structured and transparent in terms of requirements, certification process, etc.
- Our program is in a cohort group structure (the same students attend each time). Unlike many programs with different participants each time, our program develops an MBSR teacher community that extends far beyond the end of the IMA program.
- Our groups are limited to 26 participants. This allows a more personal atmosphere as well as an opportunity for more intensive interaction between faculty and students. We have committed to quality, rather than quantity
- The IMA's program is viable and accessible for people from countries where no MBSR teacher training is offered.
- For people who live in Germany, Switzerland or Austria, but who do not speak German well and therefore cannot participate in our German-language programs.
- For people who like to study in an international context and wish to establish network contacts with participants outside their own country.



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Three Learning Dimensions of the IMA Program

The process of becoming an MBSR teacher involves immersion in each of these three learning dimensions.

Cohort Learning	Individual Learning	Personal Learning
Learning within the same group with various rotating teachers	One-to-one tutoring with a mentor/supervisor	Deepening of one's own meditation practice

The cohort learning dimension means working within the same group of students with rotating faculty members. Our training programs are limited to 26 participants.

The individual learning dimension is in a one-to-one mentoring process that takes place during the teaching of a student's own 8-week MBSR course. It consists of a minimum of five individual sessions on Skype or by telephone.

The personal learning dimension nurtures the deepening of one's own meditation practice as a resource in adding depth to one's teaching capacity.

The training also includes three interactive online meetings in small groups of ca. 12 trainees with an IMA faculty member. Here participants will have a chance to reflect on their own personal meditation practice and to receive guidance. Since one's own practice is the basis for teaching others, the IMA wishes to further support trainees in this area.

Details of the International MBSR Teacher-Training Program

The training program is strongly structured and at the same time encourages personal creativity and expression. The multidisciplinary team is committed to each participant finding his/her own identity as a teacher. The training invites each participant to practice and integrate mindfulness skills in his/her own daily life before passing them on to others.

Some students who join our programs have already been teaching mindfulness-based approaches for some time. They join, they tell us, because they want to immerse themselves in a systematic in-depth training, to profit from the faculty's extensive experience, and to move from autodidactic or piecemeal training, into a more integrated, certificate-based program.



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The teacher-training program will fully prepare the trainee to teach MBSR by himself/herself. The practically oriented learning units, combined with the individual mentoring by an experienced teacher as well as the nurturing of one's own meditation practice, build a three-pronged approach that has been shown to be very supportive to developing teachers.

Specific elements of the program include

- The graduates of our program are fully qualified to teach MBSR on their own.
- Teacher trainees are thoroughly immersed in the formal meditation exercises of the MBSR program: body scan, gentle yoga, sitting meditation and walking meditation. They receive detailed instruction and opportunities practice teach within the training program.
- The training emphasizes the deepening of one's own meditation practice as the basis for teaching others. Three online webinars with faculty members support this process.
- The curriculum of the 8-week MBSR course is examined in detail, and thematic elements of the weekly sessions, in addition to the meditation exercises, are taught within the training program.
- Participants teach their own self-organized 8-week MBSR course during the last section of the training program, or shortly thereafter.
- Five individual mentoring/supervision sessions with a faculty member per Skype give intensive support during the teaching of one's own 8-week course.
- Preparation for teaching takes place in every module as participants teach each other and experiment with delivering elements of the programs.
- Participants write and create their own audios in their native language for each of the main exercises (Body Scan, Mindful Yoga and Sitting Meditation). These exercises will be covered extensively in the training program.
- The program presents up-to-date information on research in MBSR and mindfulness.
- Participants receive a comprehensive MBSR teacher-training manual in English.
- A sample handbook for participants in an MBSR 8-week course is supplied in digital format for trainees to modify and adapt for their own courses.



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Brief Overview of the International MBSR Teacher-Training Program 4 Modules

Module 1 (November 2018) Sunday to Sunday Start: 15.00, End: 13.00

- Presentation of the structure and content of the MBSR program.
- Practical experience as well as opportunities to teach the main exercises of MBSR: Raisin Exercise, Body Scan and Gentle Yoga.
- Receiving in-depth instruction in a 45-minute gentle yoga sequence and learning to teach it to others.
- Introduction to inquiry – the art of leading exploratory dialogue and group discussion.
- MBSR in various settings and brief review of research
- Weeks 1, 2 & 3 of an MBSR course Exercises and themes of each week will be taught and practiced.

Module 2 (April 2018) Saturday to Saturday Start: 15:00, End: 13:00

Topics covered include:

- Deepening and supervision of yoga practice
- Exploring one's motivation for teaching MBSR
- Emotional Intelligence of an MBSR teacher
- Presentation of the sitting meditation and opportunities for guiding
- Participant requirements for an MBSR course, structure of pre-interviews
- Brief look at stress theory and research, and practical details of how to teach stress theory in an MBSR course
- Differences between MBSR and psychotherapy
- The Art of Inquiry (Part 2): Continuing to work with mindful dialogue (Inquiry).
- Reviewing research on the effectiveness of mindfulness, what is healing about mindfulness?
- Exercises of Week 4 and 5 of an MBSR course will be taught and students will practice teach the exercises.



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Module 3 (November 2019) Saturday to Saturday

Start: 15:00, End: 13:00

- The theme of mindful communication in Week 6 will be explored through exercises from the Insight Dialogue method of Gregory Kramer
- Exploring the inner attitude of an MBSR teacher.

Further explorations of mindful communication include:

- The Art of Inquiry, Part 3. Deepening skills in leading Mindful Dialogue (or Inquiry) through practical exercises.
- What is mindful communication? Practical experience in working with this theme.
- Week 6, Week 7 and Week 8 of an MBSR course, and the Day of Mindfulness will be covered in detail. All the exercises of each week will be taught and there will be opportunities to practice teach.
- The full day of silent practice between the 6th and 7th week of an MBSR course will be taught.

Module 4 (April/May 2020) Saturday to Friday

Start: 11:00, End: 13:00)

Topics include:

- Exploration of one's own attitude toward themes such as compassion and self-compassion, suffering and hope. How do I work with participants with these themes as an MBSR teacher?
- Presentation of embodiment exercises that deepen mindfulness through experiential practice.
- In-depth exploration of how expectations (of oneself, the students, and their expectations of us) shape the teaching and learning experience.
- Deepening of the practice of inquiry through structured exercises and self-practice.
- Reflecting on themes related to teaching MBSR including: ethics, networking, possibilities of graduate courses after the first MBSR course.
- There will also be a review of the MBSR courses taught by trainees, and opportunities for exchange and mentoring.



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Our Faculty

The high level of professionalism and experience of the institute's teaching staff is a highlight of its training programs. The IMA's faculty includes some of Europe's leading researchers, teachers and innovators in the field, as well as guest teachers from the USA and other parts of the world.

All our faculty members have a personal mindfulness practice extending over many years, as well as extensive professional experience in the integration of mindfulness-based approaches in their respective fields.

The faculty for the Berlin training includes some of the IMA's most senior teachers. Not only do they have decades of teaching experience of mindfulness-based approaches, but two of them are authorized teachers in their own meditation traditions.

Faculty of the EUR 1 MBSR Teacher-Training Program



Linda Lehrhaupt, PhD, is the Founder and Executive Director of the Institute for Mindfulness-Based Approaches (IMA). She began teaching Mindfulness-Based Stress Reduction (MBSR) in 1993 and has been training MBSR teachers since the founding of the IMA in 2001. She is certified to teach MBSR from the Center for Mindfulness (CFM), and holds a PhD in Performance Studies and a degree in education. Dr. Lehrhaupt began practicing Zen meditation in 1979 and has received full authorization as a Zen teacher in the White Plum Lineage of Taizan Maezumi Roshi. In 1976 she fell in love with Tai Chi and Chi Kung and went on to train with some of the leading representatives of the first generation of Asian teachers in the West. For over 20 years beginning in 1982 she directed innovative teacher-training programs in meditative movement. She is the Co-Author of *Mindfulness-Based Stress Reduction: The MBSR Program for Promoting Health and Vitality* (2017) and author of *Tai Chi as a Path of Wisdom* (2001). She is also the author of *Riding the Waves of Life: Mindfulness and Inner Balance* (in German, 2012). Dr. Lehrhaupt, who was born and grew up in New York City, has been living with her family in Germany since 1983.



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Günter Hudasch, has a degree in biology and worked for 16 years in organizational development in a government environmental administration. In 1998 he joined Julia Augustine & Partner, a management consulting company, where he specializes in organizational development, coaching and consulting. He is trained in organizational development, NLP, Gestalt counselling, Gestalt therapy, and he has qualified to work as a psychotherapeutic counsellor. He began working with MBSR in 2000 and completed his MBSR teacher training in 2005 at the Institute for Mindfulness-Based Approaches. He has taught many 8-week MBSR courses. His focus is, however, on mindfulness trainings in companies, where he also offers mindful leadership programs. He was also teaching mindfulness within a research project at the Max-Planck-Institute for Social Neuroscience in Leipzig. He has served as president of the German MBSR-MBCT Teacher Association since it was founded in 2005.



Bernd Langohr, Dr. med, is a teacher of MBSR and MBCT since 2010. He has been practicing meditation since 2002 and lived for two years in a Theravada monastery in Germany. He studied medicine at the Universities of Tübingen and Jena and was responsible for the establishment of a mindfulness program at the University Clinic in Weimar. He has completed a program in Deep Ecology with Joanna Macy. He is also a lecturer at the Ernst-Abb University in Jena as part of a model project on "Healthy Teaching and Learning." He completed his certification training in MBSR and MBCT with the IMA.



Siri Nordhus, BA, is a co-owner of Zenit Yoga in Trondheim, Norway, where she works as a yoga and mindfulness teacher. She has been practicing yoga and mindfulness since 1998. She trained as a teacher of MBSR with the IMA. She is also a certified teacher of Deva yoga, a gentle, therapeutic yoga form, especially developed for musculoskeletal issues. In addition, she is a professional child welfare worker with continuing education in child development and pedagogy focusing on music and movement; guidance in ethical reflection and mindfulness; coaching and existential psychological perspective on the art of conversation. Siri has cystic fibrosis and chronic asthma and has been using yoga and mindfulness meditation as a complementary treatment. Together with compassion and a good sense of humor in order to cope with her illnesses.



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	<p>Johan Tinge, Diploma in Social Pedagogy, health psychologist and Gestalt therapist. He is the founder and director of the Institute for Mindfulness in Rolde, Netherlands, which offers MBSR and MBCT teacher-training programs. He has been practicing Vipassana meditation since 1981 and is a Vipassana teacher since 1988. He maintains a private psychotherapy practice. He is a graduate of the Professional Training Program and the Professional Internship Program of the CFM's Stress Reduction Clinic of the University of Massachusetts in Worcester, USA.</p>
	<p>Ingrid van den Hout, Drs, completed her study of the Science of Human Movement at the Free University of Amsterdam in 1989. She works as a psychomotor therapist in mental health care. She is also a teacher of MBSR, MBCT and Breathworks. She has a background in the martial arts (Aikido) and became a practitioner of Vipassana in 2001. She trained as an MBSR teacher at the Center for Mindfulness (CFM) in the U.S. in 2004 and 2005. Continuing her development as an MBCT teacher, she participated in the Advanced-Training for MBCT offered by the University of Bangor in 2008. She acted as senior teacher and assessor during a multi-clinic study on MBCT by Radboud University. Since 2006 she has been on the faculty of the Dutch Institute for Mindfulness as a trainer of MBSR and MBCT teachers. She completed her formal training as a supervisor at the British Centre for Supervision and Team Development in 2013. Her involvement in psychosomatics led her to train as a teacher of Breathworks. Currently she also serves as a Breathworks associate for The Netherlands and as a trainer and supervisor for the British Breathworks Organisation.</p>



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Participation Requirements for the MBSR Teacher-Training Program

- Successful completion of a professional education or training program in the fields of mental health, medicine, education, health care, social work, physical or occupational therapy, nursing, counselling, coaching, human resources, pastoral work and related professions. Please check with us if you are not sure whether you qualify.
- If you do not have a professional training but have extensive work or volunteer experience, please give us the details.

Meditation Experience: At least 2 years of sitting meditation practice (Mindfulness, Vipassana, Zen, Shambhala Training, Dzogchen, Christian Contemplative, Sufi, Yoga, etc.) before starting the training program

- Participation in at least one, five-day silent meditation retreat approved by the IMA for the teacher training. If you have not yet participated in a retreat, you will be asked to fulfil this requirement before the start of the third training unit (November 2019).
- Regular sitting meditation practice.
- Minimum Age: 30.
- Some experience in meditative bodywork, particularly yoga. If you do not have any yoga experience, or we feel you can benefit from additional training, we will ask you to take part in a weekly yoga course in your hometown during the training program.
- Participation in a ZOOM online Video Conference
- Participation in a Personal Interview
- Participation in an 8-week MBSR-course
We encourage you take part in an MBSR 8-week course before the start of the training. If you are geographically too far away from a weekly course offering, or your work schedule does not allow it, it is possible to take part in an online 8-week course approved by the IMA either before or during the first five months of the training program.
- If you are accepted into the program and have not yet done an 8-week course, we will ask you to confirm that you will participate in a live or online course approved by the IMA as a condition of acceptance and completion of the training program.



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Certification

Requirements for Successfully Completing the Training Program and Receiving an MBSR Teaching Certificate

All participants who successfully complete the training program according to the terms specified in the enrolment contract will receive a certificate as an MBSR Trainer. This includes:

- Students teach their own self-organized 8-week MBSR course between the third and fourth module of the training program.
- Mentoring/Supervision: A minimum of five individual telephone/Skype sessions with a Mentor approved by the IMA during the teaching of an 8-week course is required. If the mentor deems it necessary, additional sessions beyond five may be required.
- Completion of a final written thesis, including a detailed reflection on the teaching of one's own 8-week MBSR course.
- Preparing audio versions of the Body Scan, Sitting Meditation and gentle Yoga exercises in one's native language and submitting them with the final thesis.
- Submission of the student handbook used in the trainee's MBSR course with the final thesis.
- Participation in all units of the training program is required.



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Dates, Fees and Venue

Venue : Rosenwaldhof near Berlin and Potsdam
www.rosenwaldhof.de

(Accessible by public transport from Berlin airports and Central Train Stations of Berlin and Potsdam)

Dates:

Week 1:	18. - 25. November 2018	Sunday, 3 p.m. – Sunday, 1p.m.
Week 2:	20. - 27. April 2019	Saturday, 3 p.m. – Saturday, 1p.m.
Week 3:	09. - 16. November 2019	Saturday, 3 p.m. – Saturday, 1p.m.
Week 4:	25. April - 01. Mai 2020	Saturday, 11 a.m. – Friday, 1p.m.

Course Fee: € 4.700,- for private persons
€ 6.200,- for persons paid for by their company

Payment schedule for private persons

Payment 1:	€ 150,-	At the time of registration (Includes Euro 50 for refund of Interview fee)
Payment 2:	€ 1.500,-	Oct. 15, 2018
Payment 3:	€ 1.500,-	March 15, 2019
Payment 4:	€ 1.500,-	Oct. 15, 2019

Payment Schedule for persons sponsored by their company

Payment 1:	€ 150,-	At the time of registration (Includes Euro 50 for refund of Interview fee)
Payment 2:	€ 2.000,-	Oct. 15, 2018
Payment 3:	€ 2.000,-	March 15, 2019
Payment 4:	€ 2.000,-	Oct. 15, 2019

What the course fee includes:

The course fee includes all instruction plus two handbooks and three webinar sessions, one between each module.

The fees do **not** include the minimum 5 individual mentoring sessions (Cost: Euro 95,- per session and paid directly to the Mentor).

The fees also do **not** include costs for housing and meals, which the participant pays directly to the seminar house.

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Accommodation

The training program takes place at Rosenwaldhof, about one hour by public transportation from Berlin.

Rosenwaldhof is a seminar house and meditation center in the greater Berlin area. It is situated close to forest and several lakes. The river Havel and a hill-top viewpoint are within short walking distance. The cities of Brandenburg and Potsdam are 25 km. away.

The food at Rosenwaldhof is organic vegetarian. It is freshly made daily. They also offer vegan food and can accommodate people with allergies. Please contact them if you have further questions about the food, etc.

Rosenwaldhof has single and double-bed rooms with or without bathroom. Bed linen, towels and internet access (in the lobby area) are included in the room rates. All rooms are non-smoking.

We ask all participants to stay at the seminar house during the training.

You can view pictures of Rosenwaldhof at the following link:
<http://www.rosenwaldhof.de/fotouebersicht-raster/>

Rosenwaldhof's web site in English: <http://www.rosenwaldhof.de/english-version/>

Booking Accommodation:

Rosenwaldhof asks you to book your accommodation with them directly.

Rosenwaldhof
Bergstraße 2
D-14550 Groß Kreutz (Havel)
OT Götzer Berge
+4933207-56680
E-Mail: gast@rosenwaldhof.de (It's fine to write or telephone in English)



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Online Orientation Meeting with ZOOM

The ZOOM video meeting online offers an opportunity to learn in depth about the training program and to engage with one or more IMA senior trainers. There will also be time for Questions and Answers.

Participation in an Online ZOOM Meeting is required if you wish to have a personal interview or enroll in the program.

The ZOOM meetings are free of charge

DATES for ZOOM Meetings

Tuesday, June 19, 2018 18:30 - 19:45 (CET)

Saturday July 28, 2018 10:00 - 11:15 (CET)

Wednesday Sept. 12, 2018 18:30 - 19:45 (CET)

The Orientation meetings are free of charge

If you cannot attend one of these online events, please check back with us to register for later dates once they are posted on our web site.

How to Register for the ZOOM Meeting

Please send an Email to info@institute-for-mindfulness.org and indicate on which date you wish to take part.

Your registration will be confirmed and you will be sent a link 10 days before the event with which you can connect at the time of the meeting.

Zoom is User-Friendly!

We will provide you with instructions of how to use ZOOM. Also, before the meeting starts, there will be someone from the IMA who can help you log in if you have problems.



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Next Steps after the ZOOM Orientation meeting: A Personal Interview

If you wish to enroll in the program, seek more information, or want to discuss your qualifications, please request a personal 30-minute interview with a senior trainer of the IMA.

**Participation in a personal interview is required
In order to join the training program**

Cost for Interview: Euro 50,-

If you register for EUR 1, the interview fee will be deducted from the tuition fee.

What happens during the Interview?

During the interview, an IMA senior trainer will review with you the details contained in your personal information form. Together you will explore whether the MBSR teacher-training program is appropriate for you in terms of your interest and goals.

We will also explore if you fulfill the participant requirements or some additional preparation needs to be done.

As well, there is time to address questions and other themes that you would like to cover.

Registering for a Personal Interview:

Info about registering for the personal interview is at the end of the personal information form we ask you to fill out to prepare for the interview (Included in the Infopacket Download)

Registering for the Training Program after the Personal Interview

Step 1: After the interview, we will send you an enrolment contract if you fulfill the requirements and/or you have asked us to send you one.

Step 2: If you decide to enroll in the training, we ask you to send back the signed enrollment contract and transfer the first payment of Euro 150,-

Step 3: We will confirm receipt of your form and payment.
In mid-September we will send further instructions about the training.

Deadline for Registration

Enrolments will be accepted in the order in which they arrive in the IMA office. Once all training places are filled, further applicants will be put on a waiting list.

Email Contact: info@institute-for-mindfulness.org

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