

Level 1 Mindfulness MBSR and MBA  
Teacher Training Prospectus  
with Kathy Ward  
Mindful Academy International



**Mindful**  
Academy  
**INTERNATIONAL**

Kathy Ward  
Provider of Training Excellence ©



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**Dual Accreditation**  
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## Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

Thank you for your interest in the professional teacher training courses with Mindful Academy International.

The school was founded in 2010 by CEO and TEDx speaker Kathy Ward a senior International MBSR, MBCT and MBA Trainer, Supervisor, and teacher. Kathy also develops and delivers corporate mindfulness training programmes, gives keynote talks and workshops on mindfulness and workplace safety and works as a Mindfulness Consultant designing Mindfulness in the workplace courses for the World Health Organization.

This prospectus gives details of the **Level 1 Mindfulness-Based Stress Reduction MBSR and Mindfulness-Based Approaches Teacher Training Course**. We offer also offer Level 2, Qualified and Certified courses and if you would like to explore the whole Teacher Training Pathway, please [click here](#)

As a 3rd party externally accredited and verified **Provider of Training with the globally recognized CPD Standards Office** in the UK, we are committed to offering you an outstanding in-person or live online learning experience. Our accreditation and testimonials are proof its training you can trust!

We hope that we have provided the information you need. If you need further information or would like to arrange a no-obligation call to discuss if our courses meet your vision of teaching mindfulness, please contact Kathy Ward by:



Email: [enquiry@mindfulacademyint.com](mailto:enquiry@mindfulacademyint.com)

Telephone: UK (+44) 1225 294483.

## The Level 1 Mindfulness MBSR and MBA Teacher Training Course

Following on from taking an MBSR or MBCT 8-Week course as a Participant either in your home location or **live online with us**, the Level 1 course is suitable for those wishing to add Mindfulness-based Approaches (MBA) to their profession or teaching or as the optional first step to becoming a Level 2, Qualified or Certified Mindfulness MBSR & MBA Teacher.



The course is an opportunity to engage in a personal and group process designed to facilitate a deepening of your personal mindfulness practice and develop your skills in teaching mindfulness-based approaches.

It can be taken as a Vocational Training, Continued Professional Development (CPD) or Continued Education Units (CEU) with professionally accredited hours to add to your annual training record and sought after skills on your curriculum vitae.

We recommend that you receive **supervision** with us or another provider after this course in line with the **Mindfulness Good Practice Guidelines**. We also offer advanced workshops, silent retreats and especially tailored supervision packages including an extended package for those who may not want to take the Level 2 course yet, but who wish to teach the 8-week course.

*If you ever hesitated to join an online course, Kathy's courses are the ones that might convince you. The intensive practice immerses us in teaching session by session and gives the extra gift to learn how to teach online, too. No travel time and cost, no hotel cost, "green training!"  
I am so glad I decided to attend her online teacher training course, go for it!*

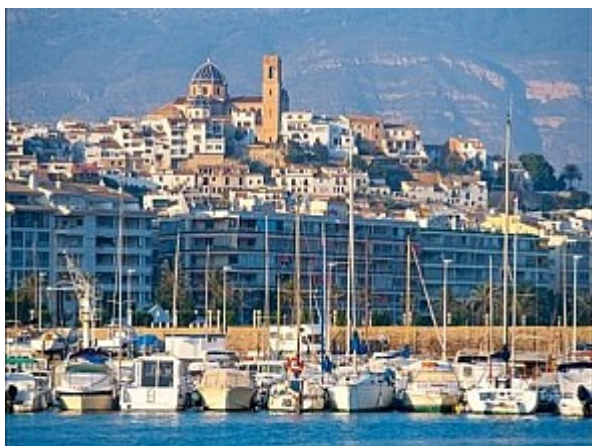
Dr. Kornelia Nyitray from Hungary. Level 1 in-person and Level 2 online graduate.





## Level 1 MBSR and MBA Teacher Training Course dates in 2021

1. Saturday the 24th of April at 6 pm to Friday the 30th of April at 7.30 pm CET LIVE ONLINE course €925 (€800 subsidized rate)



Due to Kathy's work with the World Health Organization, there is currently only one confirmed date for 2021, so early booking is highly recommended.

Due to the ongoing COVID-19 pandemic, only live online courses are currently offered.

We teach our **in-person** courses in Spain in Altea, a pretty whitewashed town with a traditional blue-domed church, cobbled streets, and blue flag Mediterranean beaches.

When we are able to offer in-person courses again, with quick access from Alicante International Airport, getting here could not be easier.

Our **in-person courses** are residential or non-residential giving you the freedom to book accommodation that suits your requirements.

You can also take advantage of our discounted rates and stay at the venue the family run 300-year old 4-star **Hotel Tossal d' Altea**, a small country hotel and former Olive Mill with just 22 rooms set at the edge of the town with views of the mountains and just a few minutes walk to the old town and Mediterranean sea.

Our **live online interactive video conferencing courses** are held on Zoom, with plenty of breaks so that you can step away from the screen. We also arrange a pre-course online group session so you can meet the other students, explore how to use zoom and learn how to set up your space so that you can make the very best of your time with us.

As an accredited Provider of Training Excellence, there is no difference in qualification between the in-person and online teacher training courses, and both are externally 3rd party registered with the globally recognised CPD Standards Office based in the UK.

## Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

### Whats Included in the price?

- ✓ 67-contact hours of accredited professional Mindfulness MBSR and MBA teacher training
- ✓ Extensive 430-page training manual supporting every aspect of Mindfulness teaching and practice
- ✓ Mindfulness Teacher Training Resources and Scripts including all core Trauma-sensitive Mindfulness Meditation and Mindful Movement scripts.
- ✓ Pre-course study guides and mp3 recordings of all core practices so you can start training straight away
- ✓ Live online pre-course workshop to explore the 6 Domains of Teaching Mindfulness (recording available if you miss the session)
- ✓ 1 x Supervision session to get you started on the pre-course preparation (worth €60)
- ✓ Pre-course study pack and forum to support your teaching development and preparation
- ✓ Support and development of you teaching the core meditation practices utilizing the 6 domains of mindfulness (MBI-TAC) developed by the Universities of Bangor, Oxford, and Exeter.
- ✓ 1 x Supervision session on your return home to discuss the MBI-TAC and your next steps (worth €60)
- ✓ Level 1 Mindfulness MBSR and MBA Teacher Certificate on successful graduation
- ✓ Professionally accredited CPD/CEU hours from the Professional Development Consortium and CPD Standards Office to add to your annual training record and sought after skills on your curriculum vitae
- ✓ Welcome dinner on Arrival day (in-person courses only)
- ✓ Daily morning tea (in-person courses only)
- ✓ Ongoing mentoring by email
- ✓ Optional Mindfulness Meditation Supervision with Kathy Ward in line with the Mindfulness Network Mindfulness Good Practice Guidelines

*"This is the best course I have ever taken! Focused, very professional and creating a safe learning environment. I have deepened my meditation practice and I feel confident to share with others"*

*Fiona - Training Development Consultant working with the European Union Institution*

*Training and Supervising workplace Counselors.*



## The Level 1 course is intended for people who are:

1. A minimum of 25 years old.
2. Have 1 year of meditation experience not necessarily Mindfulness Meditation
3. Have an ongoing daily personal mindfulness-based practice, based on MBSR/MBCT practices
4. **IMPORTANT:** The course starts from the premise that as teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others so you should have taken an 8-Week MBSR or MBCT course as a participant either -
  - In your home location with a qualified teacher **OR**
  - Take the [Mindful Academy International Live Online 8-Week MBSR Course](#) and be guided by Kathy Ward. There is a 100 euro discount if you book and pay for the 8-week MBSR Course at the same time as booking the Level 1 course.

## What is Involved?

During the Level 1 course, you will receive comprehensive training in teaching all aspects of Mindfulness



including the latest research in the effects of mindfulness on the brain and deeply explore the spectrum of teaching intentions. This includes the roots of mindfulness and how Jon Kabat-Zinn and his colleagues at UMASS have woven them into the very fabric of the core-practices and 8-week MBSR course.

This learning is supported by our extensive 430 page Manual covering every aspect of teaching mindfulness and mindfulness-based approaches, along with Mindfulness core practice

Meditation Scripts and mp3 recordings of all practices.

Our time together will be spent in silence as we practice and in small and large group reflection and investigation as we learn through the co-created shared experience. In this space, you will continue to deepen your own practice and embodiment of mindfulness and learn foundational teaching skills.

You will experience and learn specifically how to teach the core practices of the 8-week Mindfulness-based Stress Reduction MBSR course including mindful movement using inquiry-based language and develop the skill of participant-centered Inquiry to support self-reflection and learning.

## Guiding the Mindfulness core practices



You will also have the opportunity to teach 10, 20 and 30-minute mindfulness core practices (see the list below) in small groups (maximum 4 students per group)

This is followed by time for reflection on what went well, and anything you would do differently next time, creating your personal MBI-TAC development portfolio so that you can grow and develop as a teacher.

- ✓ Awareness of Body, Breath and Senses Meditation
- ✓ Body Scan Meditation
- ✓ Cultivating curiosity to the whole of my experience 'being with the difficult' Meditation
- ✓ Mindful Movement
- ✓ 5 Awareness/objects Meditation
- ✓ Choiceless Awareness Meditation
- ✓ Compassion practices with either a 3 Step Kindness or Loving Kindness Meditation
- ✓ Short Mindfulness practices such as the 3 Step Anchoring Space, S.T.O.P and others

You will also receive supportive formal assessment, support and feedback on your teaching using the industry gold standard Mindfulness-based Teaching Assessment Criteria MBI-TAC domains of teaching mindfulness from Kathy and the team, plus informal feedback from your peers.

At the end of the course, there is an opportunity to discuss this and other feedback from the MBI-TAC Teaching assessments and also in a supervision meeting (included in the price) with Kathy Ward. This can be helpful in reflecting on next steps and reviewing your learning and development needs after your Teacher Training Course.

*Incredible intensity combined with laughter and light, its been a wonderful experience overall. I greatly appreciated the support both personally and in the more 'academic' context. The sense of community and connection was beautifully instilled in the group and Kathy's credentials are impeccable. The course is thorough, in-depth, supportive in every facet and there is great trust and sense of mutual respect, it has gone far beyond my expectations!*

*Claire from UK - Teacher, MBSR Teacher Training Course Level 1 and Advanced Course Level 2*



## Level 1 learning objectives:

1. Reflect on and investigate personal learning and development as a mindfulness practitioner
2. Deepen embodiment of trauma-sensitive mindfulness in teaching and own practice
3. Develop skills, attitudes, and knowledge to enable practice as a teacher of mindfulness-based approaches including the skills of participant-centered inquiry and guiding trauma-sensitive mindfulness core practices
4. Demonstrate the importance of personal integrity of approach, ethical standards and mindful attitudes for teachers of mindfulness-based courses
5. Demonstrate familiarity with the teaching and learning strategies of mindfulness-based courses
6. Demonstrate familiarity with the Mindfulness-Based Interventions Teaching Assessment Criteria (MBI-TAC) 6 domains (skills) of teaching mindfulness developed by the Universities of Bangor, Exeter, and Oxford
7. Reflect on the importance of the professional good practice guidelines and what they mean to you
8. Start your personal mindfulness learning/development portfolio

**Please note:** Our courses are not attendance courses. Students are expected to attend and take part in all sessions. The support, development, and assessment are ongoing and in order to graduate as a Level 1 Mindfulness MBSR and MBA Teacher, students must meet the teaching standards outlined in the **MBI-TAC**.

## Pre-course study supporting your preparation to teach mindfulness

After payment of the deposit, you will be sent the pre-course study information which consists of Personal and Professional preparation, mp3's and core Mindfulness Meditation scripts and professional resources.

The intention of the pre-course study is to deepen your embodiment and understanding of mindfulness and help you prepare to teach 10, 20 and 30 minute Core Meditation practices.



We estimate that the pre-course study will take 112 hours. This is based on an average of 8-weeks of personal practice and professional preparation and average reading speeds. Of course, you may have less time if you enroll closer to the course start date, however please do not worry as full tuition is given during the course. In

either situation, we ask that you do what you can, with the time that you have available.

As preparation for the course we recommend a Personal Mindfulness-based Stress Reduction meditation practice 6 out of 7 days per week using the supplied mp3 recordings.

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Once you have read through the pre-course study information, you should email us to arrange the pre-course orientation Supervision session to help you get started with your course preparation (worth €60) and answer any questions you may have.

To help you prepare to teach mindfulness, we recommend that you practice guiding the core meditations out loud to your family (or a tree!) using the provided Mindful Academy International Resources and Scripts.

**Please note:** We do not expect you to memorize the scripts for the Level 1 course, however you should not be holding it so that you can drop into the meditation, embodying the practice and guiding as much as possible from your own experience.

### Required pre-course reading

- ✓ Full Catastrophe Living by Jon Kabat-Zinn
- ✓ Buddhas Brain the practical neuroscience of happiness, love, and wisdom by Rick Hanson
- ✓ The 5 Keys to Mindful Communications: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals by Susan Gillis Chapman

### Course Curriculum

The curriculum also includes a pre-course live online workshop exploring the 6 Domains of teaching mindfulness and the Mindfulness-based Teaching Assessment Criteria (MBI-TAC) Recordings are available if you miss the session.

The course primarily focuses on the teaching process and curriculum of the official UMASS and CMRP group-based 8-week Mindfulness-based Stress Reduction MBSR course, however, the experiential learning is also valuable for those who wish to integrate mindfulness-based approaches into their work or teach mindfulness in a different form.

The Live online interactive zoom course follows this same schedule as the in-person course, with plenty of breaks so you can step away from the screen.

To see a typical daily schedule click [HERE](#).

For full details of the curriculum, click [HERE](#).

## Level 1 Mindfulness MBSR and MBA Teacher Training with Mindful Academy International

### What can I teach after graduation?

Graduates typically start teaching the Mindfulness core meditation practices including Mindful Movement to family, friends, and clients in classes, workshops or as part of their profession.

Depending on the skills of the individual you may also find that you are able to co-lead an 8-week MBSR course and/or Lead an 8-week MBSR course with Supervision as per the Mindfulness Good Practice Guidelines.

**Please note:** The course is designed to begin the process of training to be a teacher of mindfulness-based approaches. It is our experience that students come to this course with varying skills and experience and levels of practice. Inevitably, not everyone will be ready or even wish to begin to teach the 8-week MBSR course on completion of the Level 1 course and further development may be required.

This could be with supervision or perhaps by attending another 8-week course and consolidating further personal practice.

### How to book your space on the Level 1 course

Please complete and return the application form which you can download [HERE](#).

Once completed please email to Kathy Ward at [enquiry@mindfulacademyint.com](mailto:enquiry@mindfulacademyint.com) We normally reply within 24-48 hours.

When the deposit has been received we will send you the pre-course study which includes the Mindful Academy International Trauma-Sensitive resources and mindfulness scripts, mp3 recordings of all the practices and study guides.

We will also arrange your first supervision session to help you start your teacher training pathway and invite you to the closed FaceBook community.

Email support is included and 8-weeks before the course starts you will also receive a weekly email from us to support your preparation and an invite to the live online MBI-TAC workshop to explore the 6 domains of teaching mindfulness.

Remember that you can call Kathy Ward to answer any questions you may have.

We want to ensure that our training meets your vision of teaching mindfulness.

Call us in the UK: (+44) 1225 294483

Arrange a Zoom or Skype video call by emailing us.

Email: [enquiry@mindfulacademyint.com](mailto:enquiry@mindfulacademyint.com)

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