

MBSR Ottawa (Canada) Teacher Training Path (2013)

Phase 1: Beginnings

- Completion of 8 week or intensive MBSR course as a participant
- Participation in at least one silent, teacher-led, 5-10 day mindfulness meditation retreat.
- Daily meditation practice for a least one year

Phase 2: Ongoing Training

- Practicum in MBSR
- Preliminary teaching experience (short classes and workshops)
- Ongoing relevant personal and professional education and training; regular mindfulness meditation and retreat practice; and yoga and other body-awareness practice

Phase 3: Developing Teaching Skills

- Co-teaching with a designated mentoring teacher for 2-3 MBSR course offerings (alternatively the Teacher Development Intensive course could be completed in lieu of mentoring)
- Review of video of your teaching of week 5 by MBSR Ottawa
- Completion of online teaching modules (still to be developed)
- Completion of a 2nd silent, teacher-led, 5-10 day mindfulness meditation retreat.

By successfully completing the above you will have the minimum qualifications for beginning to teach the complete MBSR course on your own. MBSR Ottawa will issue a letter of completion.