



MINDFULNESS TEACHER TRAINING

A year-long professional development program for youth-serving and other professionals to become certified* to teach mindfulness to teens & young adults.

**Receive a certificate from Inward Bound Mindfulness Education, graduate credits, and/or the credentials to receive a certificate from the International Mindfulness Teachers Association (IMTA).*

apply — ibme.com/teacher-training
email us — teachertraining@ibme.com

opening retreat:
 July 17 – 22, 2023
 in Connecticut

tuition:
 \$7,750 (includes
 room and board
 for both retreats)

closing retreat:
 July 16 – 21, 2024
 in California

apply by:
 May 1, 2023

retreat
 intensives

3 retreats:
 2 in-person,
 1 virtual

small
 groups

6–8 person
 small groups
 with monthly
 meetings

monthly
 live classes

monthly,
 facilitated,
 live sessions
 cohort-wide

1-to-1
 coaching

monthly
 coaching calls
 with core faculty

practice
 groups

regular, guided
 online sessions
 to practice
 with peers

structured
 meditation

structured
 meditation
 prompts

guest
 speakers

regular guest
 speakers share
 mindfulness
 wisdom

practicum

self-driven
 practicum
 requirement

credits &
 certificates

graduate
 credits, IMTA
 certificate

We offer substantial scholarships & payment plan options. Scholarships may be requested based on self-reported need, and every request is considered. We also prioritize scholarships for BIPOC applicants and those who work within underserved communities.