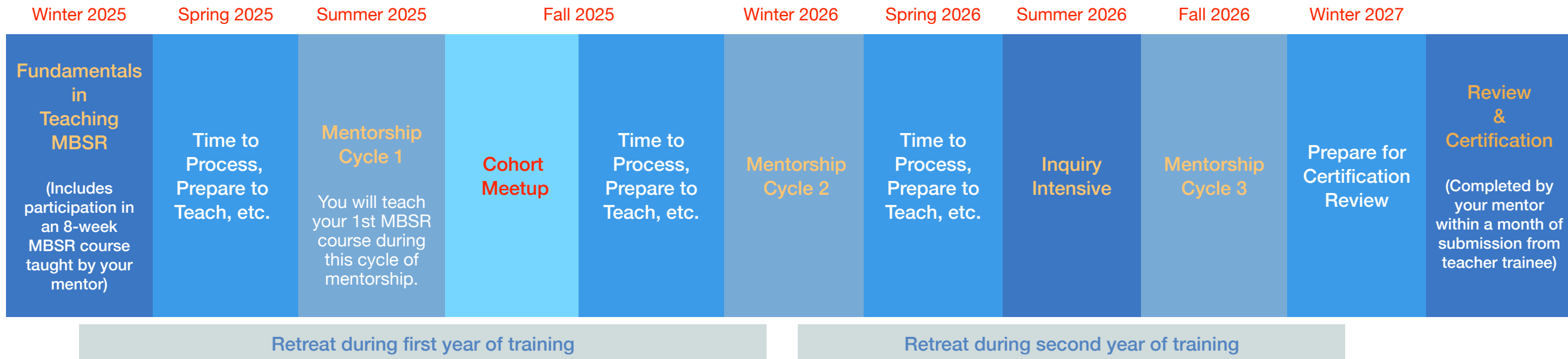


# The East Coast Mindfulness MBSR Teacher Training Pathway



Course sequence and approximate timeline for completion  
 Check individual course pages for exact dates each course will be offered



## Requirements for Entering ECM's MBSR Teacher Training Pathway:

- Completion of at least one in person or live online 8-Week MBSR course:
  - MBSR course was taught live by a certified MBSR teacher
  - MBSR was taken for your own growth
  - MBSR course consisted of an orientation, 8 classes of at least 2.5 hours, and an all day (retreat class) of at least 7 hours
- Consistent personal mindfulness meditation practice of at least the past 2 years
- Strong relationship with a meditation teacher (or teachers), either living or no longer living. Ideally this will be a one-to-one relationship with a live meditation teacher, but might also be met through a connection through teachings (even ancient teachings) of a teacher or teachers.
- Personal practice of mindful movement (for example, yoga, tai chi, chi gong) for at least a year
- Regular participation in some form of personal development, such as counseling, coaching, spiritual advising, or so on, with a professional
- Work/Education experience:
  - A university degree (or equivalent life experience)
  - Experience working in or with groups
- Minimum of one mindfulness retreat of at least 5 days completed within the past 2 years:
  - Retreat was led by a teacher either in person or live online (no recorded retreats, solo retreats, or retreats that rely on recordings of teachers instead of live interaction with a teacher or teachers).
  - Retreat was in a tradition that aligns with the practices and attitudes of MBSR
- Willingness to work hard. ECM's training pathway requires efforts such as—
  - Staying in good, consistent communication with your mentor
  - Developing and revising materials, such as class plans, meditation guidance audios, and so on, based on feedback and ongoing growth
  - Submitting all materials on time
  - Participating fully in all trainings, including completion of all preparatory work prior to trainings and all follow-on work after trainings.
- Willingness to be in collegial relationship with trainee cohort. ECM's training pathway is designed for small trainee cohorts. These cohorts participate together in trainings throughout the years while in the training pathway, supporting each other throughout.
- Ability to gather students for your MBSR courses. Gathering enough participants for an MBSR course is challenging for most. Ideal candidates for the ECM teacher training pathway have in place a means to gather at least 8 participants for their MBSR courses (such as within an organization where they work or an organization with which they are associated, and so on).

More information can be found [here](#).

Questions? Contact us at [info@eastcoastmindfulness.com](mailto:info@eastcoastmindfulness.com)  
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