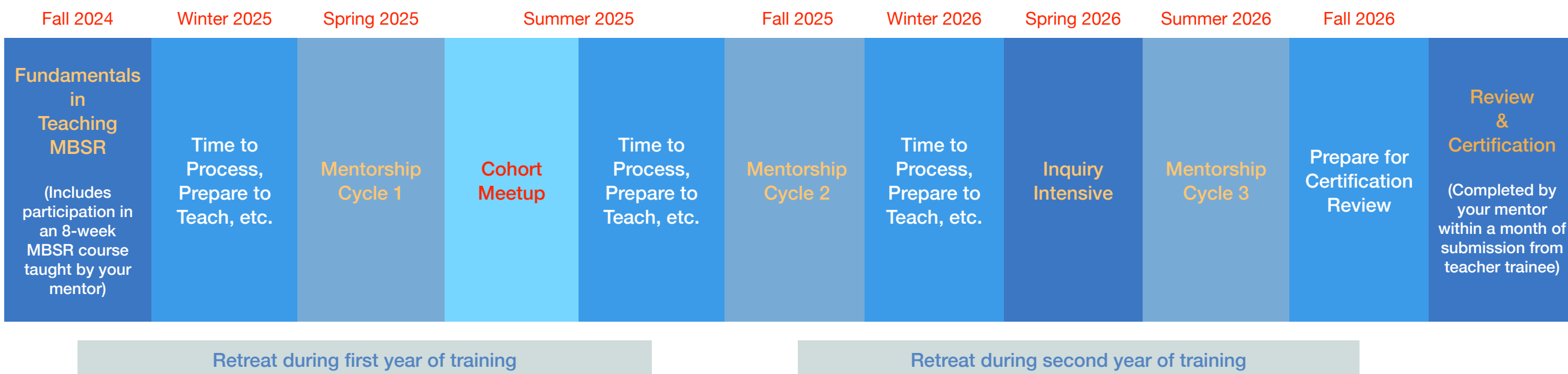


The East Coast Mindfulness MBSR Teacher Training Pathway



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



More information (including prerequisites/requirements) can be found [here](#).

Questions? Contact us at info@eastcoastmindfulness.com
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