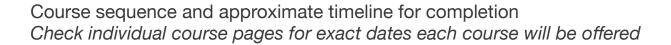
The East Coast Mindfulness MBSR Teacher Training Pathway



Retreat during first year of training



Process, (Includes participation in an 8-week MBSR course Process, Prepare to Teach, etc. Mentorship Cohort Process, Prepare to Teach, etc. Mentorship Cycle 1 Meetup Prepare to Teach, etc. Mentorship Cycle 2 Prepare to Teach, etc. Mentorship Cycle 2 Prepare to Teach, etc. Mentorship Cycle 3 Mentorship Cycle 3 Prepare to Teach, etc. Mentorship Cycle 3 Mentorship Cycle 3 Mentorship Cycle 3 Neview Within a month of submission from the sub	Fall 2024	Winter 2025	Spring 2025	Summer 2025		Fall 2025	Winter 2026	Spring 2026	Summer 2026	Fall 2026	
taught by your mentor) teacher trainee	in Teaching MBSR (Includes participation in an 8-week MBSR course taught by your	Process, Prepare to			Process, Prepare to		Process, Prepare to			Certification	

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

Retreat during second year of training

Questions? Contact us at info@eastcoastmindfulness.com www.eastcoastmindfulness.com