

Your Journey to Becoming a Professional Qualified Mindfulness Now Teacher

Before the Course

- Pay the course fee (in full or with payment plan)
- Complete registration
- Access course materials
- Commence or maintain a daily mindfulness practice
- Purchase additional books (optional)
- Consider doing a personal 8-week mindfulness course if you haven't already (optional)

5-Day Training Week

- Attend and participate in your training week (including observed teaching practice)
- Tutor provides group and/or individual feedback
- Join the MN Facebook group (optional)
- Join 'Mindful Mondays' online (optional)

Assessment and Next Steps

- Complete case study and question paper
- Submit assessment within 6 months of the course end date
- Assessment outcome may take up to 4 weeks
- Certificate awarded
- Return license agreement; receive the Mindfulness Now logo
- If working with children, obtain Enhanced DBS via Mindfulness Now
- Purchase insurance

Ongoing Learning and Support

- Start to teach and charge
- Join the Mindfulness Teachers Register
- Receive Breathing Space journal (3 times a year)
- Register for Continuing Professional Development and Retreat days (21 hrs min per year)
- Book group and/or individual Supervision
- Submit annually evidence of CPD and Supervision