

mindfulness asia



LOTUS SHORES

Mindfulness Asia & Lotus Shores Siargao

presents *Asia's First*



200-HR
MINDFULNESS
TEACHER TRAINING
with Imee Conteras

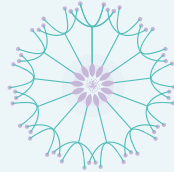
IMMERSE IN THE ANCIENT ROOTS OF MINDFULNESS
EMERGING SCIENCE AND LATEST RESEARCH
BUILD COMMUNITIES, ELEVATE LIVES AND MORE

July 21–31, 2019 **Module 1** Jan 17–28, 2020 **Module 2**
July 15–20, 2020 **Silent Retreat & Graduation**

FOR MORE INFORMATION & REGISTRATION VISIT
WWW.LOTUSSHORES.COM



200-HR
MINDFULNESS
TEACHER TRAINING

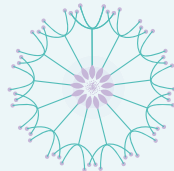


WHAT YOU'LL LEARN

- Enhance your personal and professional life
- Evolve with your maturing personal practice
- Ground in the ancient roots of mindfulness
- Get briefed on the emerging science and latest research
- Apply various mindfulness tools for specific situations and needs
- Deepen your yoga practice with awareness
- Master the art of communication to strengthen relationships
- Develop the confidence to create classes and course curricula
- Hone your facilitation skills
- Receive professional mentoring during the year-long training
- Hold a safe and inclusive space for diverse groups
- Build communities and elevate lives
- Explore mindfulness facilitation as a career path



200-HR
MINDFULNESS
TEACHER TRAINING



In-person trainings and retreat

July 21-31, 2019 | Module 1

Opening 10-day Mindfulness Teacher Training

The first training focuses on deepening your personal mindfulness practice, establishing relationships, building community, inspire your commitment and encourage your growth as a practitioner and teacher-in-training.

January 17-28, 2020 | Module 2

Mid-year 10-day Mindfulness Teacher Training

The second training focuses on further deepening your personal mindfulness practice, developing the skill to design and teach curricula, learning to hold a safe and inclusive container, and building confidence as a mindfulness teacher-in-training.

July 15-20, 2020 | Graduation Retreat

Concluding 5-day Silent Meditation Retreat

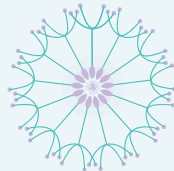
This culminating silent meditation retreat grounds your learning as we individually and collectively reflect on the year as well as inspires envisioning your future as you pave your path in the present moment. You will teach an hour mindfulness class with a partner as your final observation/exam to complete your teacher-in-training requirements.

Both training modules are eleven days, ten nights, including arrival and departure day, with one day off. The silent meditation retreat is six days, five nights, including arrival and departure day. All in-person trainings and retreat will be held in Siargao Island at Lotus Shores Yoga, Surf, and Farm Retreat.

FOR MORE INFORMATION & REGISTRATION VISIT
WWW.LOTUSSHORES.COM



200-HR
MINDFULNESS
TEACHER TRAINING



Retreat Logistics

- Requirements before applying
- Curriculum Overview (Required reading, book list)
- Daily schedule
- Cost
- Getting there
- What to bring
- Accommodations
- Meals (Special diet requests / restrictions)
- Local attractions

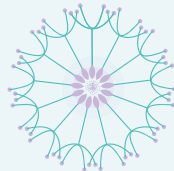
Prerequisites for program entry

Accepted students should have

- A minimum 2 years of regular mindfulness meditation practice
- Attended at least 1 mindfulness meditation retreat of a minimum of 5 days with a qualified instructor. More than 1 retreat is highly recommended.
- Attended a mindfulness course like Mindfulness Based Stress Reduction (MBSR) Mindful Awareness Practices (MAPs) or equivalent



200-HR
MINDFULNESS
TEACHER TRAINING



Curriculum Overview

REQUIRED CONTACT (CLASSROOM) HOURS

- Mindfulness Studies (40 Hours)
- Personal Practice Maturation And Development (25 Hours)
- Training Methodology (50 Hours)
- Contemporary Mindfulness Applications (10 Hours)
- Cultural Competency (20 Hours)
- Professional Development (20 Hours)

REQUIRED NON-CONTACT (NON-CLASSROOM) HOURS

- Practicum Field Work (35 Hours)

RECOMMENDED ADDITIONAL NON-CONTACT (NON-CLASSROOM) HOURS:

- Personal Practice Maturation And Development (250 Hours)
- Study (50 Hours)

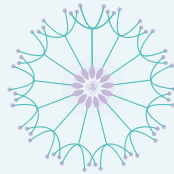
OBSERVATION AND FEEDBACK MECHANISMS:

Student teaching skills will be observed twice during the year-long training.

- 30-minute Video (Mid-year)
- 1-hour Mindfulness Class To Be Co-taught With A Partner
(Final Observation During Graduation Retreat)



200-HR
MINDFULNESS
TEACHER TRAINING



Sample Schedules

10-day Mindfulness Teacher Training Schedule (Modules 1 & 2)

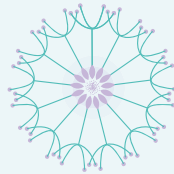
6:00 - 7:30 AM	Mindful movement & meditation practice
7:30 - 9:00 AM	Breakfast / Personal time
9:00 - 12:00 PM	Training
12:00 - 1:00 PM	Lunch
1:00 - 6:00 PM	Training
6:00 PM	Dinner / Personal time

5-day Silent Meditation Retreat (Graduation Retreat)

6:00 - 7:00 AM	Mindful movement
7:00 - 9:00 AM	Breakfast / Personal practice
9:00 - 10:00 AM	Final teaching observation
10:00 - 10:45 AM	Sitting meditation
10:45 - 11:45 AM	Teaching
11:45 - 12:30 PM	Walking meditation
12:30 - 2:00 PM	Lunch / Personal practice
2:00 - 3:00 PM	Final teaching observation
3:00 - 3:45 PM	Sitting meditation
3:45 - 4:15 PM	Walking meditation
4:15 - 5:00 PM	Sitting meditation
5:00 - 6:00 PM	Final teaching observation
6:00 - 7:00 PM	Dinner / Personal practice
7:00 - 8:00 PM	Teaching
8:00 - 8:45 PM	Sitting meditation / Teacher feedback



200-HR
MINDFULNESS
TEACHER TRAINING



Cost

SHARED ROOM

Regular Price P 285,670

*Early Bird P 261,234

PRIVATE ROOM (Single Occupancy)

Regular Price P 363,565

*Early Bird P 335,025

*early bird rate available until May 1, 2019

Cost includes all course materials and teachings, online individual meetings with mentor, online group check-ins, accommodations for a total of 27 nights, and full board meals.

Payment plans are available upon request.