

Teacher Training Pathway

Required Training & Retreat Hours with the Mindfulness Network



The Teacher Training Pathway (TTP) is delivered in collaboration with the Mindfulness Centre at Bangor University. Below is a breakdown of the full programme of training and retreats offered. Training and retreats may be delivered either online or in-person, but teaching and practice hours remain the same.

Instructional Hours	Teaching Hours (minus 1.5 hours for lunch and breaks on full training days and 45 minutes on half days)	Practice Hours / home practice / self study	Total
Teacher Training Level 1	54	12	66
Inquiry Workshop	13	0	13
MBSR Specialist Training	28	2	30
MBCT Specialist Training	28	2	30
MBCT for Cancer Specialist Training	28	2	30
Groupwork Workshop	13	0	13
Foundations of Mindfulness Retreat	51.5	0	51.5
Deepening and Extending the Foundations of Mindfulness Retreat	61.5	0	61.5
Teacher Training Level 2	54	12	66
MBI:TAC Level 1 Training	15	0	15
MBI:TAC Level 2 Training	15	12 hours peer practice, 10 hours home practice	37

For more information about the TTP please visit our Training website where you will find FAQs and a copy of the TTP Handbook: <https://training.mindfulness-network.org/>

In addition to the Training and Retreat requirements above, trainees on the TTP are required to complete supervised teaching of **three** or more 8-week courses before submitting a portfolio for Trained Teacher Certification / **two** or more 8-week courses for Practicing Teacher Certification.

Mindfulness-based Supervision can take place 1:1 or within a group and supervisors may offer a range of 1hr/45min/30min sessions: <https://supervision.mindfulness-network.org/>