



Tribe Yoga Leadership Academy
60-Hour Mindfulness & Meditation
Teacher Training
2023



Tribe 60-hour Mindfulness & Meditation Teacher Training Program

In this program, students will study breath training and pranayama, systematic relaxation techniques, mindfulness in the Buddhist traditions, and meditation preparation and practice. Students will be required to develop their own home practice, keep a log and journal of their practice, and participate in group practice sessions. The goal is for participants to be well versed in their own experience before seeking to guide or teach others.

Teaching techniques and tools will also be studied so that graduates of the program are prepared to lead group practice sessions, teach a six-week introduction to meditation/mindfulness course, and work with individuals in a one-on-one setting.

This program is ideal for anyone looking to deepen their meditation and mindfulness practices, seeking to teach others the tools of the practice, or for yoga teachers looking to incorporate more mindfulness, meditation, breathwork and systematic relaxation into their classes.

Yoga Alliance Registered School.

Yoga Alliance Continuing Education Provider.

This course is approved for 30 contact hours and 30 non-contact hours.

Course Requirements

The Tribe Meditation and Mindfulness Teacher Training Program requires a time commitment of 60 hours, to be allocated as follows:

30 Hours: *Group Seminars – Students will meet two or three times per month for group seminars where topics including pranayama, mindfulness, meditation, teaching methodology, philosophy, lifestyle and ethics, spiritual leadership, mantra, service, energy work, and more will be explored. Opportunities to practice teach will be incorporated.*

30 Hours: *Home Practice – Students will be required to develop a home practice to include pranayama, meditation, and mindfulness exercises including journaling and record-keeping of progress, challenges, and insights. Assigned readings and homework will also be a part of the 30 hours of home practice.*

Schedule

The program schedule is intended to offer the maximum possible flexibility, while maintaining a group learning dynamic.

Group Seminars: Group seminars are scheduled for two or three Saturdays each month, for 2.5 hours each. If any sessions are missed, we can send that session's materials via email and answer any questions. Classes where multiple students need to miss may be rescheduled based on group availability.

Times/Dates for the 2023 training are 10:30 am – 1:00 pm:

May 6th and May 20th

June 3, June 10, and June 17

July 8 and July 22

August 5, August 12, and August 26

September 9 and September 23