



Tribe Yoga Leadership Academy
60-Hour Mindfulness & Meditation
Teacher Training
2021 – 2022



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 twice 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.*

24 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.*

6 Hours: *Group Practice Sessions – Each month, students must attend one hour-long session where we will come together as a group to practice the tools learned – led by Stacy or a guest teacher.*

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 Sundays each month, for 2.5 hours each.

Times/Dates for the 2021 – 2022 training are 10:00 am – 12:30 pm:

October 3 & October 10

November 7 & November 21

December 5 & December 19

January 9 & January 23

February 6 & February 20

March 6 & March 20

Group Practice Sessions: To be scheduled based on group availability. One per month.

Program Fees

Program fees can be paid in full or via a monthly payment plan. Application, Registration, and Deposit must be received by September 1, 2021. Space is limited so be sure to secure your spot early. If you have questions, please contact Stacy directly.

- Paid in Full by September 5, 2021: \$875.00
- 3-Month Payment Plan: Initial Deposit of \$200.00, and then three payments of \$245.00
- 6-Month Payment Plan: Initial Deposit of \$200.00, and then six payments of \$130.00

Deposit Required to Hold Space: \$200.00