



mindfulness teacher training

for youth-serving
professionals working
to become certified to
teach mindfulness to
teens and young adults

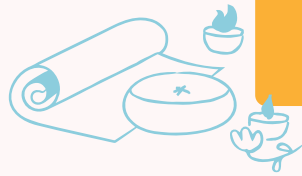
🌐 inwardboundmind.org
📷 [/inwardboundmind](https://www.instagram.com/inwardboundmind)



Inward Bound teacher training program components

retreat intensives

3 retreats:
beginning,
middle, & end
of program



small groups

6-8 person
small groups
with monthly
meetings

monthly live classes

monthly,
facilitated
live sessions
cohort-wide

1-to-1 coaching

monthly
coaching calls
with core
faculty

practice groups

guided online
sessions to
practice
with peers

meditation prompts

structured
meditation
prompts for
practice



guest speakers

guest speakers
share their
mindfulness
wisdom

self-led practicum

self-driven
practicum
requisite for
certification

credits & certificates

gain graduate
credits
and IMTA
certification

unique qualities of Inward Bound's teacher training

relational mindfulness guides us

We honor and practice relational mindfulness. Everyone in the room molds our training sessions, small group meetings, and mentorship — ultimately strengthening the program, community, and trust we build.

with a smaller cohort, you get more support and engagement

Our training program is not all silent, separate, & pre-recorded. It is relational, relevant, live, and connected. With a small cohort, you regularly meet with your peers and have access to community support.

diversity within faculty, curriculum, and leadership is integral

Across our faculty and guest speakers, diverse identities, experiences, and passions contribute to a rich and relevant teaching curriculum, elevating a myriad of mindfulness practices and wisdom.

we are experts in teaching mindfulness to young people

Our faculty has decades of experience teaching mindfulness to teens and young adults. Taking part in this training prepares you to apply and teach mindfulness within your work with young people.



we endeavor to make the mindfulness world more equitable

We aim to make our training program accessible by providing scholarship opportunities to applicants, including a dedicated fund for BIPOC folks and those who work within underserved communities.

for full program details:

- 🌐 inwardboundmind.org/teacher-training
- 📷 [/inwardboundmind](https://www.instagram.com/inwardboundmind)
- ✉️ contact@inwardboundmind.org

