



Inward Bound  
Mindfulness

# mindfulness teacher training

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



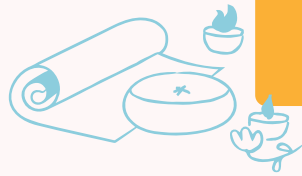
🌐 [inwardboundmind.org](https://inwardboundmind.org)  
📷 [/inwardboundmind](https://www.instagram.com/inwardboundmind)



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

