

	Dates 2022	Times	Teaching Days
Online Module One	Sun. 14 th Aug.	11 am to 4 pm	Orientation/ Induction
	Sat. 10 th Sept.	9 am to 5 pm	Teaching Day (TD) 1
	Sat. 8 th Oct.	9 am to 5 pm	Teaching Day (TD) 2
	Sat. 5 th Nov.	9 am to 5 pm	Teaching Day (TD) 3
	Sat. 3 rd Dec.	9 am to 5 pm	Teaching Day (TD) 4

(20 mins + 10 mins Q& A) Tutorial on Module One (During the January Retreat)

	Dates 2023	Times	Theme
Residential Retreat Module	16 th – 22 nd Jan. 2023 (1 of 2)	Residential Retreat	The first Retreat is delivered at the beginning of the program, providing an opportunity to consolidate & deepen the practice.

	Dates 2023	Times	Theme
Online Module Two	Sat. 7 th Jan.	9 am to 5 pm	Teaching Day (TD) 5
	Sat. 4 th Feb	9 am to 5 pm	Teaching Day (TD) 6

(30 mins + 10 mins Q& A) Tutorial on Module Two Saturday 4th March 9 am

Assignment Module One of Two	Submission: 31 st Mar 2023	before 6 pm	An overview of your experience of mindfulness practices relating to the theoretical mechanisms of mindfulness with an emphasis on the body awareness supporting your wellbeing. (2500 words)
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	Dates 2023	Times	Theme
Online Module Three MBI: TLC	Sat. 8 th Apr.	9 am to 5 pm	Teaching Day (TD) 7
	Sat. 29 th Apr.	9 am to 5 pm	Teaching Day (TD) 8
	Sat. 20 th May	9 am to 5 pm	Teaching Day (TD) 9
	Sat. 10 th June	9 am to 5 pm	Teaching Day (TD) 10

(30 mins + 10 mins Q& A) Tutorial on Module Three Saturday 1st July 9am

	Dates 2023	Times	Teaching Days
U-Teach Module	Between 1 st July and 30 th November 2023	<p>U- Teaching</p> <p>In this Module, during these months you will be teaching at least one Mindfulness 8-week course.</p>	<p>You are invited to find and create your own group not less than three people. You take lead in organising and delivering the course.</p> <p>This engages you in a process of hands-on teaching, delivering, and learning as a teacher in training.</p> <p>You can choose to pair up with another graduate in our training for peer learning, support and working with larger groups.</p>

U-teach under weekly One to One Supervision

	Dates 2023	Times	Theme
Residential Retreat Module	22 nd – 29 th Sept 2023 (2 of 2)	Residential Retreat	KAMAL for Healing Self, Others and World

Assignment Module Two of Two	Submission: 31 st Oct. 2023	before 6 pm	<p>A reflective overview of your intentions, practise/teaching, learning process and themes in relating it to your development as a mindfulness teacher.</p> <p style="text-align: right;">(3500 words)</p>
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