



Phase One: Teacher Qualification

Step 1: Please check www.mbpti.org to see prerequisites for being admitted into the 6-day MBSR foundational training.

Step 2: Attend 6-day MBSR foundational teacher retreat training.

(Equivalency will be determined by the review committee).

Step 3: On completion of the foundational training, apply to enroll in the UCSD MBPTI as a "Teacher in Training".

Receive a Provisional Certificate of Qualification.

Step 4: Complete 22 hours of mentorship as you teach two 8-week MBSR courses.

Step 5: On completion of the above, apply for teacher qualification status.

Note: You will be asked to document all of the above and your sitting meditation practice, mindful movement practice and yearly attendance at silent teacher-led meditation retreats.



Phase Two: Teacher Certification

Step 1: Teacher qualification granted.

Step 2: Minimum of 5 additional MBSR courses taught since being granted teacher qualification.

Step 3: Attend the Advanced Teacher Training Intensive.

(Equivalency will be determined by the review committee).

Step 4: 10 hours of mentorship as you teach an MBSR 8 week course.

Step 5: On completion of the above, apply for teacher certification status.

Note: You will be asked to document all of the above and your sitting meditation practice, mindful movement practice and yearly attendance at silent teacher-led meditation retreats.