

# BEAUMONT CENTER FOR MINDFULNESS

# MBSR TEACHER TRAINING

Mindfulness Based Stress Reduction

Spring 2018

## MBSR FUNDAMENTALS COURSE

First step in MBSR teacher certification through the University of Massachusetts Center for Mindfulness.

Ten week training studying the curriculum, program flow, and contextual and theoretical background of MBSR specifically as developed, evolved and taught by Jon Kabat-Zinn and his senior teachers. This is also a highly effective way of deepening your own formal and informal practice.

Course entails attending an MBSR course as a participant-observer and attending an additional 2.5-hour weekly class with the other teacher trainees.

## 10 WEEK COURSE

Cost: \$2100

April 4 - June 6

Wednesdays 1:30 - 4:30 p.m. and 6:00 - 8:30 p.m.

## PREREQUISITES

- successful completion of a standard MBSR course
- at least one year of an established meditation practice
- attendance at an approved 5-7 day silent retreat

For more information or to register contact  
CenterForMindfulness@beaumont.org // 248-551-5454  
www.Beaumont.org/mindfulness

Taught by Ruth Lerman M.D., assisted by Lucy Sternburgh Ph.D.

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