

# Mindfulness Teacher Training with Erin Sharaf

## Curriculum, Tuition and Benefits

### CURRICULUM

**Introduction to Mindfulness:** definitions, history, background, how mindfulness can restore balance to the body and mind

**Mindlessness:** how our default state gets us into trouble: physically, emotionally and inter-personally.

**Embodied Wisdom:** reconnecting with the body

**Working with Discomfort:** how thoughts, emotions and physical sensations affect each other

**Finding Stillness**

**Coming to our Senses:** connecting more deeply with sound, sight, taste and touch

**Thought Work:** Are your thoughts serving you or causing suffering?

**Deliberately Cultivating Positive Emotions**

**Mindful Communication:** changing our words to transform our hearts. How to communicate effectively so we don't get derailed in day-to-day interactions. Working mindfully with "difficult people"

**Rewiring the Brain for More Loving Relationships**

**Mindful Eating:** Looking at how we nourish ourselves and why, including cravings, hunger and fullness and habitual patterns.

**Mindful Self-Compassion**

**Heartfulness:** The intelligence of the heart – how to access it and why it matters

**The Scientific Evidence/Neuroscience Around Mindfulness**

**Stress Physiology and Resiliency**

**Letting Your Intentions Guide Your Actions**

**Gratitude: Science and Practice**

**Mindfully Connecting with Nature:** the healing power of biophilia

**Guest Teachers:** Spend some class time learning with a couple of other experts in the field

### **Teaching Skills:**

- sharing with confidence
- creating and holding space
- mindfulness language
- staying unattached to outcome and letting go of expectations
- confidentiality, group safety
- challenging classes, student scenarios
- getting comfortable taking imperfect action
- creating impactful programming

**Putting It All Together:** Personal recipes for using mindfulness practices. Discuss ideas for pitching/presenting a new mindfulness program in specific settings

## **TUITION AND BENEFIT OPTIONS**

### **Choose from:**

#### **1. Online Course Only: \$595**

While attending the weekend retreat is invaluable and we highly recommend it (especially if you'd like to share mindfulness with others) we know not everyone will be able to fit it into their schedule. The online course option includes weekly meetings, guided recordings, study and partner work, private Facebook group to share and connect in between classes, and ongoing support from Erin for the duration of the program.

#### **2. Online Course and Retreat Weekend in RI: \$950**

This is considered completing the mindfulness teacher training. You will need to arrange your own food and housing for the weekend. We will share recommendations for lodging as the date gets closer. The online course and retreat weekend option includes weekly meetings, study and partner work and ongoing support from Erin for the duration of the program, plus the retreat weekend in June. Certificate of completion of the Mindfulness Teacher Training.

#### **3. Online Course, Retreat Weekend and Teacher Certification: \$1,260**

The certification process is for those who want more support and who want to take their teaching to the next level. Upon completion of the online course and weekend retreat, you will have up to one year to fulfill the additional requirements (10 hours of teaching, written exam, 1 hour mentoring call with Erin) in order to receive your Mindfulness Teacher Certification.

If you have further questions feel free to email Erin at [Erin@erinsharaf.com](mailto:Erin@erinsharaf.com)