

## Mindfulness Teacher Training with Erin Sharaf FAQ

### 1. What are the health benefits to mindfulness practice?

Some of the dis-ease states which can be improved with mindfulness practice, include:

- Chronic Pain
- Heart Disease
- Stress Disorders
- Cancer
- Anxiety
- Hypertension
- Major Depression
- Diabetes
- Hot Flashes
- Sleep Disturbances
- Mood Disorders
- Fibromyalgia
- HIV
- Gastrointestinal Disorders
- Asthma
- Infertility

People who practice regularly also report:

- Improved self-esteem
- Greater confidence
- Enhanced communication and relationship satisfaction
- Increased self-compassion
- Better concentration and focus
- Less emotional reactivity

### 2. Are there any prerequisites for this course?

The only prerequisite is an ongoing mindfulness practice or willingness to develop one, as all teaching must come from the integrity of one's own practice.

### 3. Can I pay for the online course now and decide to add the certification later?

Sure. You can discuss this with Erin when you decide to add the certification.

### 4. What if I pay for certification but don't have the opportunity to teach the required 10 hours?

This is highly unlikely and we believe that if you set a sincere intention to serve, the opportunities will arise.

### 5. What if I want to take the online course for personal development *only* and don't want to practice teach?

Great! The course will be a wonderful opportunity to deepen your practice.

**6. Why should I attend a training that isn't 100% live and in-person?**

There is no substitute for the connection that happens when people are together in-person. However, the reality is that people are busy and lives are complicated and technology has allowed us to create hybrid models like this that deliver powerful and impactful programming in new and innovative ways. Many people have completed trainings through models like this, so we know it can work and that lifelong friendships can be made. And don't forget there is an in-person retreat option available at the conclusion of the program!

**7. I really want to participate, but the timing of the live call isn't good for me. Will it be recorded?**

Yes! We encourage live participation as often as possible, but all calls will be recorded and available to listen to at your convenience.

**8. Is there a religious component to this?**

This is an entirely secular program. Contemplative practices can be found across all major religions. Mindfulness does have strong roots in Buddhism and some of this will be addressed for historical context, but we are not promoting any religion.

**9. Will I receive a blueprint, scripts or outlines of exactly what and how to teach?**

No, this isn't a one-size-fits-all approach. You'll be learning and teaching some of the foundational mindfulness practices. How you put them together and package it all up will depend on the needs of your community and your skills and comfort level. What you create will arise from the integrity of your own practice. We will discuss this and help you brainstorm at the end of the course.

**10. I'm not sure if this program is right for me. Can I speak with someone?**

Of course! Feel free to email Erin at [Erin@erinsharaf.com](mailto:Erin@erinsharaf.com) with your questions or to schedule a call.