

EVIDENCE-BASED

Mindfulness

TEACHER TRAINING



JOIN OUR MEDITATION CHANNEL

OCT 2, 2021 - FEB 12, 2021

50 HOURS

\$ 950 +HST

There will be a limited number of scholarships available to BIPOC, 2SLGBTQIA+, and differently-abled applicants

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Octopus Garden is pleased to announce the second offering of Our Meditation Channel's 50hr Mindfulness Meditation Teacher Certification beginning October 2, 2021.

Led by Pat Harada Linfoot and Josh Cohen, along with guest faculty, this program will be a comprehensive immersion into deepening self-practice and teaching mindfulness meditation to help transform and improve the relationships with have with ourselves, our family, friends and acquaintances, society, and the environment we co-habitat with.

The curriculum covers a broad range of topics and practical applications framed in context through the lens of philosophical, psychological, social/cultural, and scientific/physical viewpoints. Participants will be encouraged to lead two hours of community classes and engage in the group discussions.

The course will be offered to the public at large and will include practitioners from a wide range of backgrounds and experience. Whether you are presently teaching, wish to teach mindfulness meditation in the future, or simply to develop a greater understanding of your own practice, this 50-hour gathering promises to be a profound and insightful community to journey, share, and grow with.



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JOSH COHEN

I first discovered meditation while traveling through India in my late twenties and from that moment it became an essential practice for helping me improve concentration and manage the ups and downs that inevitably arise in our lives. As I practised more and more I started being asked to teach and now almost 20 years later I find myself sharing the techniques and concepts to inquisitive minds who also wish to calm and centre themselves and find a greater sense of ease. I draw upon eastern philosophies, natural physics and western psychology in relating the timeless and universal principles and I treasure the opportunity to share space with beginners and dedicated practitioners alike as we settle into the present-moment awareness of simple being.



PAT HARADA LINFOOT

The practice of meditation has been a game-changer for me -- a process in which I can "shape chaos into something that I can carry around" (Heather Sellers). I've been practicing meditation for 18 years and am continually inspired by the power of community to affect transformation. My hope is that we'll realize that we're not alone and that we're able to open to the reality of our common humanity. That social engagement and genuine interest is a portal into a life worth living. That offering mercy to ourselves and others is necessary, useful, and kind. That we can make a difference and begin to change our world, one person at a time. That together we can develop personal and community practices based on respect, gratitude, resiliency, receptivity and grace.

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GLEND A MYLES

After supporting her parents during their walk to Death, Glenda heard her calling to help others walk their path to Death and to support families and communities grieving after a loss (which expanded beyond death). Since 2015, she has led thousands of conversations on loss and grief, leads mindfulness-based programs, facilitates grief circles and death cafes, and supports those suffering from loss as they move through this transformative time with compassion. Learn more at her website, MindfulHealingSpace.com



NORMAN FARB, PH.D.

Dr. Farb studies the social neuroscience of the self and human emotion, with a focus on how biases in self-representation shape emotional reactions that determine well-being. His work draws from multiple levels of analysis, including first and third-person qualitative reports, behavioral task performance, physiological responses, and patterns of neural activity and connectivity derived through functional MRI. He is particularly interested in how cognitive training practices such as mindfulness meditation foster resilience against stress, reducing vulnerability to disorders such as depression.

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OBJECTIVES

- To offer a practical bridge from deepening one's own practice to beginning the process of finding one's own voice as a meditation teacher.
- To demonstrate key foundational teaching skills: organization, pacing, sequencing, themes, embodiment and resonance.
- To describe and practice the interconnections between contemplative movement and stillness.
- To apply the tenets of mindfulness, including compassion training, to modern life.
- To articulate current research, including symptom reduction, biological markers, and neuroplasticity.
- To explore the issues of social justice, racism, and diversity as it pertains to the practice and teaching of mindfulness.
- To examine the emerging role of psychedelics and mindfulness
- To observe the effects of a meditation practice on different people at different levels of practice.
- To provide the support and accountability inherent in community learning.
- To develop leadership skills within sangha.

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SYLLABUS

October 2:

- Ground Rules and Commitments
- Capstone Project Overview & Examples
- What is Mindfulness? What is Meditation?
Why do we practice? How do we practice?
- Students and Teachers and the notion of kalyanamitra
- Meditations on Breath

November 13:

- Research: symptom reduction, biological markers, and neuroplasticity
- Mindfulness of the Body: sound, walking
- Contemplative Movement
- Foundational Teaching Skills: Intro to Meditation
- Introducing Compassion Training

December 4:

- Mindfulness of Feeling Tones
- Mindfulness of thoughts, emotions
- Trauma and Meditation
- Foundational Teaching Skills: Scope of a meditation teacher

OVERVIEW

6 Saturdays 10am-5pm (36 hours)
Community teaching (2 hours)
25 drop-in meditation classes (12 hours)
Course Text: Mindful of Race by Ruth King

January 8:

- Four Immeasurables
- End-of-Life Meditations and Meditation and psychotherapy
- Natural Cycles as Objects of Awareness
- Capstone Project Presentations

January 29:

- Applications: Hindrances, Precepts, Lojong Slogans
- Psychedelics
- Silent Retreats
- Capstone Project Presentations

February 12:

- Capstone Project Presentations

TESTIMONIALS

Before joining this MTT I felt that I wasn't cut out for teaching. Pat, Josh, the faculty and the co-trainees all showed me how misguided that assumption was. We were introduced to different styles and modalities of mindfulness practice and teaching, we explored the interchangeable roles of 'student' and 'teacher' with hands on experience teaching community classes, and perhaps most important of all, we benefited from the wonderful gift of meditation in community, where honest, helpful, and open conversations were sure to be had. If you want to (re)discover your inner teacher, this is the training for you!" SG

"Such a well-rounded and thoughtful training with amazing faculty and guest teachers. More importantly, was the community that it fostered, it was an honour to learn from such creative and insightful individuals who I am looking forward to collaborating with beyond the training." LP

TUITION INCLUDES

- Unlimited Meditation Membership for program duration
- 10% off yoga mats, accessories, props and books
- Discounts on Octopus Garden workshops (member pricing)

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REGISTRATION

Visit [Octopus Garden Yoga](#)



QUESTIONS

Visit [Our Meditation Channel](#)

Email: info@ourmeditationchannel.com