



## Mindfulness Teachers Training Program

August 2017 – July 2018

### Mindfulness Born Peace and Happiness (MBPH) A Way of Well-Being

Plum Village Mindfulness Academy will offer its second one-year Mindfulness Teachers' Training Program from August 2017 to July 2018. The contents of the training program, Mindfulness Born Peace and Happiness (MBPH), are from the mindfulness teachings and practices in the tradition of Thich Nhat Hanh and Plum Village. After completion of the training program, participants will be able to apply mindfulness into daily life, to cultivate peace and happiness and to transform pain and suffering, and to follow guidelines for healthy and compassionate living, for themselves and for societies. They will be able to apply the mindfulness teachings and practices into their professions and be able to facilitate mindfulness activities for those in need. Participants will be given "Certificate of Attendance" after satisfactory completion of the program.

#### **Course format** (30 days of contact teachings and practices)

\*Three in-residence retreats (11 days):

\* One 5-day retreat: Aug. 9-13, 2017

\* Two 3-day retreats: Jan. 19-21 and April 13-15, 2018

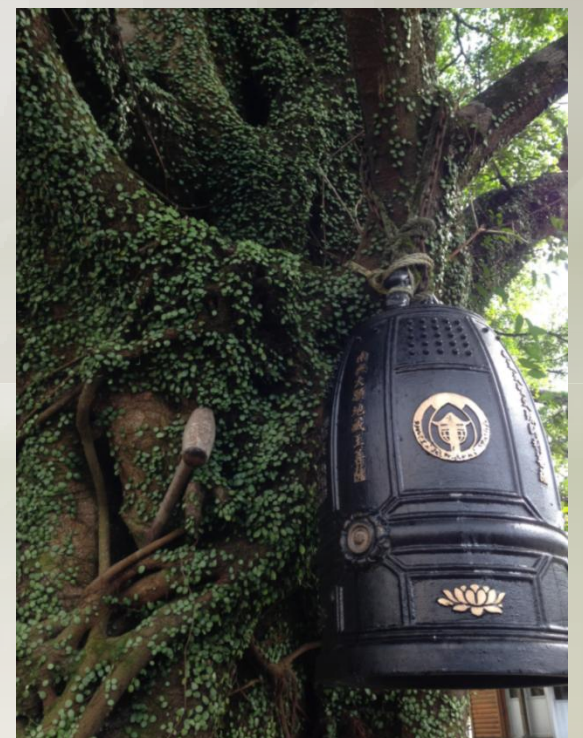
\*Days of Mindfulness: 19 days of mindfulness, scheduled on every two weeks on Saturdays, between Aug 2017 and Jul 2018.

**Course Instructors** Monastic Dharma teachers of Plum Village Mindfulness Academy

#### **Training outcomes**

The materials presented in this training program represent teachings of the Buddha in the field of mindfulness, enriched and updated by Zen Master Thich Nhat Hanh for modern time. By the end of this training, participants should be able to:

- Identify essential element of mindfulness practices: mindful breaths, mindful steps, stopping and calming.
- Carry out daily mindfulness practices to help nourish body and mind, and to help transform pain and suffering into peace and happiness.
- Understand how the mind works from the Manifestation-Only perspective, and how to use them to free our mind from discriminative and judgmental thinking.
- Reflect on the interdependent nature of individual and collective well-being.
- Support the practices activities facilitated by the local sangha.
- Design and implement mindfulness practices in education, healthcare or community service contexts according to the fundamental mindfulness teaching as introduced throughout the training.
- Hold session of mindfulness practices for others.



**Application Deadline:  
June 18, 2017**

