

MINDFULNESS TEACHER TRAINING · ESTABLISHED 2013

Teach Mindfulness

*Learn to share mindfulness in your own voice, with
kindness, and at your own pace.*

A PROSPECTUS

with Shamash Alidina



THE WHOLE PICTURE, IN ONE PAGE

Teach Mindfulness *at a glance*

If you read only one page, let it be this one. Here is the shape of the whole programme, so you can sense quite quickly whether it feels right for you.

WHAT IT IS

A complete, **certified** training in how to teach mindfulness, one to one, in groups, or in the workplace. Fully online, self-paced, and accredited by the Complementary Medical Association.

WHO IT'S FOR

People who have felt the benefit of mindfulness themselves and would love to pass it on. Coaches, therapists, teachers, health professionals, and thoughtful beginners with a personal practice.

WHAT YOU LEARN

How to guide every core meditation, lead a full eight-week course, hold mindful enquiry, and teach in your own style. Ten unhurried sessions, drawn from years of teaching.

HOW IT WORKS

Self-paced in my learning app, with a **live group call every two weeks**, co-coaching partners, and a community of fellow teachers. There is no application form. When it feels right, you simply join.

YOU'LL LEAVE

A confident, certified mindfulness teacher with access to insurance options, a deepened personal practice, and a global community of over five hundred trained teachers around you.

THE INVESTMENT

£799 in full, or three monthly payments of **£299**. Roughly \$1,000, or about \$380 a month. Lifetime access is included.

A FIRST STEP

Join when you are ready, or book a free fifteen-minute chat with me first at calendly.com/shamashalidina/15.

Come in, and *take a breath*

Thank you for being here. The fact that you have downloaded this and are reading it slowly tells me something already. You are giving this real thought, and that is exactly the quality that makes a good mindfulness teacher.

Mindfulness found me in a stressful time, the way it finds many of us. I was a young man trained in science, sure that life was a thing to be solved. One ordinary evening, looking up at the stars with a friend, something quietly shifted. I began to sense there was more to a life than working it out, and I started to practise. That was 1998. I have not stopped since.

What surprised me was not how much mindfulness changed my own days, though it did. It was how much I longed to share it. Once you have felt your own mind settle, and felt a little more at home in your own skin, you want others to know that this is possible for them too. That longing is the seed of every good teacher.

This programme exists to help that seed grow into something you can offer with confidence and care. I have trained over five hundred teachers this way, in more than thirty countries, and I would be honoured to guide you too.

With warmth,

Shamash

Who you'll be learning with

I will keep this honest and brief, because credentials matter only insofar as they help you trust that you are in steady hands.

I am the author of the *Mindfulness For Dummies* series and *The Mindful Way Through Stress*, published by Wiley and Guilford Press, and translated around the world. I had the privilege of training with Jon Kabat-Zinn and Saki Santorelli at the Center for Mindfulness in Massachusetts, where modern mindfulness began, and I trained further with the Centre for Mindfulness at Bangor University here in the United Kingdom.

I founded the Daily Mindfulness Club, where I guide a live meditation every morning, and I co-founded the world's first Museum of Happiness in London. For many years I have taught mindfulness in workplaces including large institutions and parliaments, and most days I am simply walking my dog on Hampstead Heath, practising the very thing I teach.

I started Teach Mindfulness in 2013, as the first fully online mindfulness teacher training in the world. It has grown gently ever since, shaped by hundreds of teachers and the people they have gone on to help. None of this makes me special. It does mean I have walked this path long enough to walk it beside you.

What this *programme* is

Teach Mindfulness is a complete training in how to teach mindfulness well. By the end, you will be able to guide the core meditations, lead a full eight-week mindfulness course, and teach one to one, in groups, or in the workplace, with confidence and kindness.

It is built around a respected eight-week structure, the same lineage as Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy, and every session is grounded in the reason behind it. You will understand not only what to teach, and how, but why it is offered in that order.

Here is what makes this training a little different. Many programmes hand you a fixed script and ask you to follow it to the letter. I believe in your own wisdom and creativity. So I will train you thoroughly in the foundations, and then set you free to teach in the way that suits you and the people in front of you.

Woven through all of it is kindness. I sometimes call this kindness. Awareness alone tells you what is happening. Kindness is what heals. You will learn to hold a room, and a person, with real warmth, because that is where the change quietly happens.

Who it's for, and who it isn't

The right people thrive here, and the wrong fit rarely does. So let me be genuinely open about both, to save you time and protect your trust.

This is for you if

- You have felt the benefit of mindfulness in your own life and want to share it with others.
- You are a coach, therapist, teacher, yoga teacher, health professional, or simply a thoughtful person drawn to this work.
- You want the freedom to teach in your own voice, rather than reciting a fixed script.
- You are willing to keep up a personal practice, because we teach best from our own experience.
- You enjoy learning at your own pace, with live support and a community alongside you.

This may not be for you if

- You would like a quick certificate without doing your own inner practice.
- You prefer a rigid, prescribed curriculum and feel uneasy with creative freedom.
- You have never practised mindfulness and are not yet ready to begin a personal practice.
- You are seeking a clinical psychotherapy qualification for treating mental illness, which is a different path.
- You need fixed deadlines and a great deal of hand-holding to stay motivated.

If you are not certain where you sit, that is perfectly fine. A short chat will usually make it clear.

What you'll learn

Ten unhurried sessions take you from your first welcome to a fully fledged teacher. Each one is practical, and each one is experienced from the inside before you are asked to teach it.

1 Orientation

How to make the most of the training, the value of journaling, an introduction to co-coaching, and the qualification you will earn.

2 Automatic Pilot

How to welcome a group, guide the opening reflection, lead the mindful eating exercise and the body scan, and begin the art of enquiry.

3 Dealing With Barriers

Teaching the theme of a session, deepening the body scan, learning enquiry questions, guiding mindfulness of breath, and the pleasant events calendar.

4 Mindfulness of Breath

Sitting postures, guiding sitting meditation, the breathing space, mindful movement, the rationale behind each practice, and the unpleasant events calendar.

5 Staying Present

The full sitting meditation, mindful walking, teaching the theory of stress or your own speciality, and the coping breathing space.

6 Mindful Acceptance

What acceptance truly means, how to bring difficulty gently into meditation, using the Guest House poem, and some deeper ideas around allowing.

7 Thoughts Are Just Thoughts

Working skilfully with difficulty, the art of one-to-one and group enquiry, the moods and thoughts exercise, and personal action plans.

8 Taking Care of Yourself

Guiding formal practice, the nourishing and depleting exercise, the mindful action step, and building a relapse prevention plan.

9 Dealing With Future Moods

Returning to the body scan, finalising early warning signs, reviewing a whole course, sustaining motivation, and a compassion meditation.

10 Learning and Teaching

Completing your training manual, teaching one to one, the difference between MBSR and MBCT, a few gentle marketing tips, and ongoing support.

What you'll be able *to do*

By the time you finish, you will be able to:

- Confidently guide the body scan, sitting meditation, breathing space, mindful movement, walking, and mindful eating.
- Lead a complete eight-week mindfulness course from start to finish.
- Teach one to one, in groups, or within an organisation.
- Hold mindful enquiry with skill and warmth.
- Teach in your own voice, adapted to the people in front of you.
- Support others through difficulty with genuine kindness.

Your certification

This programme is accredited by the Complementary Medical Association, who also provide links to suitable insurance options for your teaching.

To certify, you complete a short quiz and record a brief video, up to ten minutes, in which you introduce yourself and guide a short meditation. There are no grades and no comparing yourself to others. It is simply pass, or try again, and you may retake it as often as you wish. You will receive personal feedback on your video to help you keep growing. Please allow around four weeks for that feedback, as every video is watched with care.

How it works

I have made joining and learning as calm and uncomplicated as the practice itself.



Learn at your own pace, in the app

The whole training lives in my learning app, yours to move through gently whenever life allows. You have lifetime access to the videos, recordings, and resources.



Meet me live, every two weeks

A live group call with me runs once a fortnight, for everyone on the programme. Bring your questions, your wobbles, and your wins. This is where the learning comes alive.



Practise with a co-coach

You will pair with one or two fellow trainees to practise guiding and to support one another. It is the kindest way to build confidence, and many of these become lasting friendships.



A daily practice, free for three months

As a student you join the Daily Mindfulness Club free for three months. I guide a live meditation each morning, so you can quietly absorb how a teacher varies tone, pace, and style.



No application form

There is nothing to apply for and no gate to pass through. When it feels right, you simply join. If you would like to talk first, my door is open for a free chat.

Student stories

“Life-changing course. Absolutely fantastic.”

I was given clear guidance on how to lead an eight-week course, and I deepened my own practice while learning to teach. The support throughout was excellent. I really valued the kindness, patience, and light-hearted humour in Shamash's teaching.

ELSPETH LEWIS

“It gave me the confidence I was looking for.”

Ten weeks earlier I could not have imagined myself as a mindfulness teacher. This programme gave me the confidence and support I needed, and the content was wonderful. Thank you, Shamash.

SHRADDHA SHAH

“Simple, thorough, and genuinely fun.”

An informative and fun learning environment. Shamash takes the time to include everyone's learning needs and delivers the training in a simple but thorough way. I would happily recommend it to widen your understanding and deepen your own practice. He had all the right maps.

DEBORAH WILLIAMSON

“The true peace you can find through this course is untold.”

I wanted to feel confident in my own understanding so I could deliver mindfulness to others, and to establish its underlying principles. That was all achieved, especially through my own practice during the course.

LYN MATTHEWS

THE INVESTMENT

A fair and simple *price*

One price, everything included, lifetime access. Choose whichever way of paying feels easier for you.

PAY IN FULL

£799

roughly \$1,000
everything below, included

SAVES YOU £98

OR SPREAD THE COST

£299

a month, for three months
roughly \$380 a month

EXCHANGE RATES VARY

What is included

- The full self-paced curriculum, ten sessions, in my learning app.
- Lifetime access to all videos, recordings, and resources.
- A live group call with me every two weeks.
- Certification, accredited by the Complementary Medical Association.
- Personal feedback on your teaching video.
- Co-coaching with fellow trainees.
- A community of over five hundred trained teachers.
- Three months free in the Daily Mindfulness Club.
- The ability to message me with your mindfulness questions.
- A curated reading list and teaching resources.

WHEN IT FEELS RIGHT

How to join

There is no application and no pressure. You can join whenever you feel ready, and if you would like to ask me anything first, I would be glad to talk.

READY TO BEGIN

Join the programme

Secure your place and you will receive your welcome and your app login straight away.

JOIN HERE

teachmindfulnessonline.com/order

NOT QUITE SURE YET

Book a free fifteen-minute chat

If a question or two is holding you back, let us clear it up gently together. No sales pitch, just a real conversation.

BOOK A CHAT

calendly.com/shamashalidina/15

Your login lives at [your course app domain, to be added].

Things people *often ask*

Do I need experience?

You do not need to be an expert. It helps to have felt the benefit of mindfulness in your own life and to have some kind of personal practice, even a young one. You will deepen that practice as you learn to teach, because the two grow together.

How long does it take?

As long as you need. The training is self-paced and maps to ten sessions, and most people move through it comfortably over three to four months. There is no deadline, and your access does not expire.

What if I fall behind?

You will, at some point, and that is completely fine. Learning to teach is not always easy. This programme is about progress, never perfection. Be kind to yourself, pick it up again when you can, and lean on the fortnightly calls and the community to find your feet.

Is it certified?

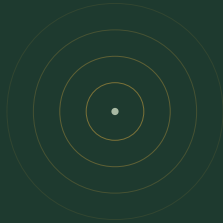
Yes. The training is accredited by the Complementary Medical Association, who also point you towards insurance options. You certify through a short quiz, which you can retake freely, and a brief video of you guiding a meditation. If you are paying in instalments, your certificate is issued once payment is complete.

Will I have to teach from a fixed script?

No. I will train you thoroughly in the foundations, and then encourage you to teach in your own way, with your own voice, suited to the people in front of you.

Can I speak to you before joining?

Of course. Book a free fifteen-minute chat at calendly.com/shamashalidina/15 and we will see together whether this is right for you.



A GENTLE INVITATION

Every teacher began as *a single ripple*

You do not need to feel ready. You only need to feel called. The readiness grows as you practise, as you teach, and as you let yourself be a beginner for a while.

If something in you has been quietly drawn to this work, perhaps that is worth listening to. When the moment feels right, I would be honoured to guide you.

Shamash

TEACH MINDFULNESS · WITH SHAMASH ALIDINA
[CALENDLY.COM/SHAMASHALIDINA/15](https://calendly.com/shamashalidina/15)