

THE COURSE

Understand MINDFULNESS
in terms of psychology,
neuroscience and research



PRACTISE
MINDFULNESS & COMPASSION
MEDITATION

Train to teach
MINDFULNESS



Train to teach
COMPASSION



TEACH COURSES

under supervision
with experienced tutors

LEARN RESEARCH SKILLS

Join the UK listing of
Mindfulness teachers

A Part-time 3 year course with
ANNUAL RETREATS AT SAMYE LING

WHAT STUDENTS SAID

*If you want a life changing course –
go for this course.*

*The tutors were fantastic, support
was there when you needed it*

*The combination of science,
psychology and practice is a magic
combination that supports your
practice and understanding*

*The thought of teaching scared me
but now I feel really confident*

I'm less reactive

My relationships have got better

We had a real sense of community

APPLY NOW FOR COURSE STARTING JANUARY