

# Mindfulness Yoga Training for Yoga Teachers & Experienced Students

with Frank Jude Boccio

**Why?** To provide instruction and guidance to yoga teachers wishing to integrate mindfulness practice into their yoga posture teaching, as well as to cultivate a deeper, broader approach to yoga practice, and for the cultivation of sangha (a network of communities of practice).

**Who?** This training is open to all yoga teachers (from any tradition, lineage or style) certified at least at the 200-hour level, as well as for all yoga practitioners who have been practicing a minimum of two years. This training assumes knowledge of the basic traditional yoga postures, and competency in body awareness, including proper alignment. This is NOT a training program in how to teach postures.

**Prerequisites:** While at least some experience with meditation would be beneficial, no prior experience is required. What is required is the willingness to begin, cultivate and maintain a formal mindfulness meditation practice.

**Required Reading:** (Must bring to, or buy at, the training)

- *Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind* by Frank Jude Boccio
- *Breath By Breath* by Larry Rosenberg
- *Transformation and Healing* by Thich Nhat Hanh

In addition, one of the following books (or another of its kind, with instructor's permission) is to be read as part of the Extended Learning Component of the training, and a report on it to be sent to instructor:

- *Mindfulness In Plain English* by Henepola Gunaratana
- *The Miracle of Mindfulness* by Thich Nhat Hanh
- *Insight Meditation* by Joseph Goldstein
- *Wherever You Go There You Are* by Jon Kabat-Zinn
- *Voices Of Insight* by Sharon Salzberg
- *Pay Attention For Goodness Sake* by Syliva Boorstein
- *The Yoga-Sutra Of Patanjali* by Chip Hartranft

**Curriculum:** Mindfulness Yoga Teacher Training consists of two components. Both components of the training emphasize the integration of philosophy and practice. Theoretical knowledge that has no application in daily life is not philosophy, but mere metaphysical speculation. Theory without practice can never lead one to liberation; practice without the context provided by theory is subject to distortion and meaninglessness.

As such, exploration of the Buddha's own yogic education and discoveries, later formulated as the Four Noble Truths and The Noble Eightfold Path will be undertaken. We will discuss what mindfulness is, and equally important, what it is *not*. The similarities of Patanjali's approach to

mindfulness will be examined.

Following this, an in-depth exploration of the Four Establishments (or Foundations) of Mindfulness will be presented. The importance the Buddha placed on body awareness as evidenced by the first two establishments, "body" and "feelings," will provide the groundwork for our study of the more subtle aspects of our experience: the "mind" and "dharma" (the third and fourth establishments). This will include learning how to deal with the 'hindrances' or 'obstacles' to practice.

From the first, we will learn ways to integrate the teachings with practice, both sitting meditation and asana practice. Attention will be paid to languaging, typical questions that come up during practice, common difficulties (the hindrances) that students often confront, and the strategies to deal with them.

Each day of the training we will discuss a topic, and then address it in our asana and sitting meditation practice. We will also practice sangha building, which is essential if we are to cultivate the culture of mindfulness with our students, learning way of creating communities of mindfulness.

Upon fulfilling the requirements of attendance and assignments for the initial 40-hour training, students will receive a Letter of Completion for Continuing Education.

Through this training you'll learn how to teach any form of yoga-asana practice as a fully integrated, comprehensive vehicle for the practice of mindfulness meditation. Integrating the Buddha's teachings of the Four Foundations of Mindfulness (body, feelings, mind, dharma) and conscious breathing to your asana practice ends the cycle of conditioned reactivity, cultivating an open, spacious heart and mind informing all your actions and relationships. Remaining intimate with your experience, you learn to respond creatively out of freedom and love rather than from conditioning and fear. Testing these teachings through your own practice empowers your teaching with the experiential insight that unfolds.

### **Extended Learning Component**

The Extended Learning Component takes place over the six months following the Intensive Contact Hours Component. Students will complete six monthly assignments related to teaching the Four Establishments and an elective assignment. Additionally, they will be expected to maintain a mindfulness sitting meditation practice and keep a journal.

Those with online access will have the opportunity to dialog in a Mindfulness Yoga Teacher Forum, and all students will have monthly interviews with the instructor. These interviews can be in person, via phone or via Skype.

At the completion of the six months, those students who have completed all assignments will receive documentation certifying that they have completed Continuing Education in Mindfulness

Yoga as “Affiliated Teachers” and can be expected to integrate and teach Mindfulness as part of their yoga teaching. This is not the same as certification as a “Mindfulness Yoga Teacher.” An Affiliated Teacher continues to teach in whatever style(s) they have been trained.

**Questions and More Information**

Contact Frank Jude at [frankjude@mindfulnessyoga.net](mailto:frankjude@mindfulnessyoga.net) or 520-271-6518.