



THE MINDFULNESS MEDITATION TEACHER CERTIFICATION PROGRAM

WITH TARA BRACH AND JACK KORNFELD

Dear Friend on the Path,

A deep, heartfelt welcome to our upcoming teacher training. We are truly grateful you are joining us for this transformative journey.

Our world is calling for what you will cultivate here: the capacity to bring mindfulness and compassion alive, and practices that heal both individuals and the communities around us. Amidst the challenges and possibilities of this time, we are being invited to offer the best of ourselves and our gifts for the benefit of all beings.

For you, this training marks the beginning of a special new chapter. Whether you are stepping into teaching for the first time or deepening a practice you've already begun, this is a powerful threshold—a passage into more fully embodying the role of teacher. There is much you will discover, much you will learn, and much you will realize you already have to offer.

We look forward to gathering with you for our program opening in February 2027. Together, we will share foundational teachings and practices, seeding connections as a learning community through reflection, discussion, and presence. Our community spans over 70 countries and encompasses beautiful diversity in race, gender identity, sexual orientation, age, socioeconomic background, and lived experience. This gives us the precious opportunity to create among ourselves the world we long to see—one that is truly inclusive, awake, welcoming, and caring.

Throughout this program, you will be supported by ongoing mentorship, peer groups, deep community connections, and a rich curriculum of recorded and live sessions with us and other teachers. Woven throughout is essential guidance for teaching in our increasingly diverse yet divided world with sensitivity, cultural humility, and respect for all. We believe this dimension of engaged compassion is critical for your growth as a teacher who can meet suffering with wisdom and care.

This entire training is designed to bring out your best by deepening your wisdom, nourishing your heart, and strengthening your capacity to serve. You are on a path with unlimited potential for your own awakening and, through you, for the countless lives you will touch.

As you enter this training, may you feel carried by the goodness and sincerity of your own heart. May you trust in the unfolding that is already underway.

With loving blessings and deep joy in walking this path together,

Tara and Jack

A handwritten signature in black ink, consisting of the names 'Tara' and 'Jack' written in a cursive, flowing style.