

Curriculum Overview

This curriculum overview offers a look at the path students move through during *The Mindfulness Meditation Teacher Certification Program*. Across the training, students deepen their personal meditation practice while gradually developing the skills, confidence, ethical grounding, and relational capacity to guide others.

Content, modules, and order are subject to change up to the start of the program

OVERVIEW OF MODULES

- Module 1 | Meditation and the Art of Practice
- Module 2 | Mindfulness of Breath and Body
- Module 3 | Metta, Self-Compassion, and RAIN
- Module 4 | Mindfulness of Emotions and Working with Pain
- Module 5 | Mindfulness of Thoughts and Beliefs
- Module 6 | Standing and Walking Meditations
- Module 7 | Ethics and Compassion for Others
- Module 8 | Forgiveness for Self and Others
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- Module 17 | Spiritual Activism: Serving the World
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Module 1 | Meditation and the Art of Practice

In this opening module, Tara Brach and Jack Kornfield introduce the foundations of mindfulness and meditation practice. You'll explore how meditation cultivates presence, steadiness, and awareness, both in your own life and in your capacity to support others. This module begins the process of building a wise and sustainable relationship to practice, while also exploring effort, judgment, and what it means to hold space with care.

What You'll Explore:

- ◆ The Four Foundations of Mindfulness and how they support both personal practice and teaching
- ◆ How to cultivate a steady, sustainable meditation practice
- ◆ The difference between wise effort and unwise striving
- ◆ How judgment, presence, and self-awareness shape your capacity to guide others

Module 2 | Mindfulness of Breath and Body

This module introduces mindfulness of the body, the first of the Four Foundations of Mindfulness, with breath as a primary anchor for practice. Jack Kornfield and Tara Brach guide students in exploring breath and body awareness as doorways into presence, grounding, and healing. You'll also be introduced to mindful movement through teachings that emphasize embodiment, accessibility, and teaching from direct experience.

What You'll Explore:

- ◆ How the breath can serve as a steadying anchor in meditation practice
- ◆ The body as a gateway to presence, aliveness, and awareness
- ◆ Trauma-sensitive ways of guiding breath and body-based practices
- ◆ How mindful movement can support accessibility, inclusion, and embodied teaching

Module 3 | Metta, Self-Compassion, and RAIN

In this module, Tara Brach and Jack Kornfield introduce two core practices that support healing, compassion, and emotional resilience: metta, or lovingkindness, and RAIN. These practices help students cultivate kindness toward themselves and others while learning to meet difficult emotions with greater clarity and care.

What You'll Explore:

- ◆ The foundations of metta and lovingkindness practice
- ◆ How self-compassion supports healing and emotional resilience
- ◆ The RAIN practice as a tool for working with difficult emotions
- ◆ Common barriers students may encounter with compassion practices
- ◆ The relationship between mindfulness, identity, and cultural awareness

Module 4 | Mindfulness of Emotions and Working with Pain

This module introduces mindfulness of emotions, the second foundation of mindfulness. Jack Kornfield and Tara Brach support students in learning how to be present with emotional difficulty, physical discomfort, and reactivity with greater compassion and steadiness. This module also explores how social conditioning, bias, and identity shape emotional experience in teaching and learning spaces.

What You'll Explore:

- ◆ How to stay present with emotional and physical discomfort
- ◆ Ways to meet difficult emotions with mindfulness and compassion
- ◆ How to guide students through emotional reactivity and common obstacles to practice
- ◆ The five hindrances and how they can appear in meditation
- ◆ The importance of cultural awareness, identity, and inclusion in teaching

Module 5 | Mindfulness of Thoughts and Beliefs

This module explores mindfulness of thoughts, the third foundation of mindfulness. Students examine how thoughts shape perception, identity, and experience, and how habitual thinking can reinforce fear, limiting beliefs, and unconscious bias. Through practice and reflection, you'll learn how awareness of thought can open the door to greater freedom, clarity, and discernment.

What You'll Explore:

- ◆ How to observe thoughts without becoming identified with them
- ◆ The role of beliefs and inner narratives in shaping experience
- ◆ Practices for creating more spaciousness around fear-based thinking
- ◆ How limiting beliefs may influence your identity and teaching
- ◆ How unconscious bias can arise in thought patterns and perceptions

Module 6 | Standing and Walking Meditations

This module introduces embodied mindfulness practices, including standing and walking meditation. Through guidance from Jonathan Foust, students explore how movement can deepen awareness and make meditation more accessible. The focus is on learning to guide embodied practices in ways that are inclusive, adaptable, and supportive of diverse bodies and abilities.

What You'll Explore:

- ◆ How to practice and guide standing meditation
- ◆ How walking meditation can deepen presence and embodied awareness
- ◆ Ways to adapt movement-based practices for accessibility and inclusion
- ◆ How mindful movement can support a steady and sustainable practice
- ◆ How to teach from direct embodied experience

Module 7 | Ethics and Compassion for Others

This module explores ethics and compassion as essential foundations of mindfulness teaching. Students examine the Five Practices of Non-Harming, the Spirit Rock Teacher Code of Ethics, and the MMTCP Code of Ethics as frameworks for wise action, speech, and relationship. Jack and Tara also guide students in deepening compassion for themselves, others, nonhuman life, and the larger world.

What You'll Explore:

- ◆ Ethical foundations for mindfulness teaching
- ◆ How integrity and non-harming support safe and trustworthy teaching spaces
- ◆ The relationship between mindfulness, empathy, and compassion
- ◆ Common barriers to compassion practice
- ◆ How compassion can be shared in ways that are grounded, skillful, and nonjudgmental

Module 8 | Forgiveness for Self and Others

In this module, Tara Brach, Jack Kornfield, and Lama Rod Owens explore the healing power of forgiveness. Students engage teachings and practices related to self-forgiveness, forgiveness of others, and forgiveness as a form of self-care. The module approaches forgiveness with sensitivity, recognizing that students may have different relationships to the practice depending on their histories and experiences.

What You'll Explore:

- ◆ Forgiveness as an inner process rather than a demand or obligation
- ◆ The relationship between forgiveness, compassion, and healing
- ◆ Common challenges that arise around self-blame and resentment
- ◆ How to approach forgiveness in trauma-sensitive ways
- ◆ Ways to guide forgiveness practices with care and respect for students' readiness

Module 9 | Giving Talks and Responding to Others

This module focuses on the practical skills of offering dharma talks, teaching reflections, and responding to students. Participants begin developing their voice as teachers while learning how to organize and deliver talks in ways that are clear, authentic, and responsive to their audience. The module also explores how to answer student questions with presence, humility, and care.

What You'll Explore:

- ◆ How to craft and deliver effective meditation talks
- ◆ Ways to prepare talks for both in-person and online settings
- ◆ How to practice teaching in peer and mentor group settings
- ◆ How to receive and integrate feedback
- ◆ Strategies for responding skillfully to student questions

Module 10 | The Role of the Teacher and Creating Sacred Space

In this module, Jack Kornfield and Tara Brach explore the role of the mindfulness teacher and the qualities that support safe, meaningful practice spaces. Students reflect on the kind of teacher they wish to become, the challenges teachers may face, and the importance of creating spaces rooted in presence, care, and trust. The module also invites reflection on the lineage, values, and guiding principles of MMTCP.

What You'll Explore:

- ◆ The inner qualities and responsibilities of a mindfulness teacher
- ◆ Common challenges that arise in the teaching role
- ◆ How to create safe, respectful, and meaningful practice spaces
- ◆ What it means to "take refuge" in practice and presence
- ◆ The lineage and guiding principles that inform MMTCP

Module 11 | Equanimity, Joy, and Gratitude

This module explores the heart qualities of equanimity, joy, gratitude, and inner peace. Jack Kornfield and Tara Brach offer teachings on how these qualities can be cultivated through practice and shared with others. Dr. Rick Hanson also brings a neuroscience perspective on positive neuroplasticity and how repeated practice can help shape the brain toward greater resilience, love, and wisdom.

What You'll Explore:

- ◆ How equanimity supports steadiness in the midst of change
- ◆ Practices for cultivating joy, gratitude, and inner peace
- ◆ Buddhist psychology teachings on happiness and well-being
- ◆ How mindfulness can support resilience and emotional balance
- ◆ Neuroscience perspectives on how practice can reshape the brain over time

Module 12 | Impermanence, Grief, and Loss

This module explores the universal human experiences of change, grief, loss, and impermanence. Jack Kornfield and Tara Brach guide students in reflecting on how vulnerability and uncertainty can be met with awareness and compassion. This module supports future teachers in developing the presence and steadiness needed to accompany others through difficult life experiences.

What You'll Explore:

- ◆ How mindfulness helps us meet change and uncertainty
- ◆ Ways to understand and work with grief and loss
- ◆ How to bring compassion to vulnerability and sorrow
- ◆ Practices and reflections that support awakening through impermanence
- ◆ How personal experience with change can inform compassionate teaching

Module 13 | Trauma and Suffering

This module offers foundational teachings on trauma and the many forms of human suffering. Students learn how trauma may arise in meditation practice and how to meet these experiences with sensitivity, steadiness, and care. The module strengthens the capacity to teach in trauma-sensitive ways while honoring the complexity of each person's lived experience.

What You'll Explore:

- ◆ Common ways trauma and suffering may appear in meditation practice
- ◆ Trauma-sensitive mindfulness teaching principles
- ◆ How to support grounding, resourcing, and nervous system regulation
- ◆ Skillful ways to respond when students experience fear or activation
- ◆ How to teach with greater sensitivity, discernment, and care

Module 14 | Mindful Communication, Community, and Sangha

This module explores mindful communication, empathy, and the importance of community on the path of practice. Tara Brach and Jack Kornfield guide students in understanding how communication can support presence, compassion, and connection. You'll also explore the role of sangha, or spiritual community, and how mindfulness teachers can help foster trust, inclusion, and belonging in group settings.

What You'll Explore:

- ◆ Principles of mindful communication and deep listening
- ◆ How empathy and presence can transform relational patterns
- ◆ The role of community and sangha in awakening
- ◆ Practices that foster inclusion, connection, and trust
- ◆ How tools such as RAIN, compassion, and mindful communication support relational growth

Module 15 | Interpersonal Conflict and Money, Sex, and Power

This module explores some of the most sensitive and important dimensions of mindfulness teaching: conflict, money, sex, and power. Tara Brach and Jack Kornfield offer guidance on meeting interpersonal conflict with clarity, compassion, and integrity. Students also examine the ethical responsibilities that come with the teaching role, including boundaries, trust, power dynamics, and alignment with the MMTCP Code of Ethics.

What You'll Explore:

- ◆ How conflict can arise in mindfulness groups and communities
- ◆ Inner capacities that support skillful conflict transformation
- ◆ Ways to meet anger, reactivity, and disagreement with awareness and care
- ◆ Money, sex, and power as essential areas of ethical reflection
- ◆ How healthy boundaries and ethical conduct support trust in teaching relationships

Module 16 | Vipassana Out Loud

This module introduces Vipassana Out Loud, a relational practice that supports inquiry, presence, and self-discovery. Guided by Tara Brach and Jonathan Foust, students explore how one-on-one meditation and inquiry can help deepen awareness. This module emphasizes the teacher's capacity to create a safe, attuned container where insight and wisdom can naturally emerge.

What You'll Explore:

- ◆ The basic structure and qualities of Vipassana Out Loud
- ◆ How inquiry can support presence, awareness, and insight
- ◆ Ways to practice co-meditation and relational mindfulness
- ◆ How to hold space for another person's direct experience
- ◆ How one-on-one practice can inform and deepen teaching

Module 17 | Spiritual Activism: Serving the World

This module explores spiritual activism as an expression of mindfulness, compassion, and ethical responsibility in the world. Students consider how inner practice can support wise engagement with conflict, disruption, injustice, and collective challenges. This module invites future teachers to consider how mindfulness can move beyond the classroom and contribute to healing, service, and compassionate action.

What You'll Explore:

- ◆ The relationship between inner practice and outer action
- ◆ How mindfulness and compassion can support social engagement
- ◆ Ways to respond to conflict and disruption with wisdom and care
- ◆ How teaching can inspire service, responsibility, and collective healing
- ◆ The role of mindfulness teachers in a complex and changing world

Module 18 | True Nature and Awakened Awareness

This closing module explores awareness itself and invites students into deeper inquiry around freedom, liberation, and true nature. Through teachings and guided practice, students reflect on how these themes can be understood not only as spiritual concepts, but as lived experiences. This module helps students integrate the training by returning to the deeper ground of presence, awareness, and possibility.

What You'll Explore:

- ◆ The meaning of liberation, freedom, and awakening in mindfulness practice
- ◆ How to sense awareness itself through direct experience
- ◆ The concept of true nature and how it can inform practice and teaching
- ◆ Ways to communicate deeper teachings with humility and care
- ◆ How the training can continue unfolding as a lifelong path of practice, service, and awakening