



## Taking Retreat as Part of Your Development as an MBSR Teacher

East Coast Mindfulness strongly encourages an annual retreat during ongoing teaching of MBSR. As part of the training process to become a certified MBSR teacher through East Coast Mindfulness, you are required to participate in at least one live, 5-day (or more) silent, teacher-led retreat in a group setting in the tradition of MBSR. You will arrange to attend retreat after completing [Fundamentals in Teaching MBSR](#) and at some point before applying for [Mentorship Cycle Three](#). Once you register for the retreat, please advise your mentor of the retreat date, teacher(s) and location/ sponsoring organization.

The purpose of attending retreat while in our teacher training pathway is to continuously live inside the experience of being alive and human and to allow that experience to directly, intimately inform your understanding of mindfulness practice and life. It's important to recognize that participating in an extended retreat can be intense, rewarding and challenging. As you prepare to retreat, you are encouraged to wrap up your work and home obligations a few days before beginning the retreat. It's best to have a few days afterward where work and life pressures are as light as possible. This helps to make space for the best possible retreat experience.

After participating in the retreat, you'll reflect on and write about your retreat experience. Below are guiding questions for this reflection and writing. You can also include other insights and share beyond these questions.

- What personal intentions or learning goals, if any, did you bring with you into retreat?
- What was your experience during the retreat? Please speak to whatever was salient for you, as a person and perhaps also as a teacher.
- What are you aware of now, as you reflect on and write about your retreat experience?
- How might this retreat experience influence your understanding or embodied sense of teaching MBSR as you continue teaching?

This written reflection would ideally be 2-4 pages long. **Please complete and send your written reflection to your assigned mentor within one month of completing your retreat.** Your mentor will notify you that they've received your written reflection, then read and consider the reflection in preparation for your next mentorship course. During that mentorship series, your mentor and you will explore the retreat experience together as an aspect of learning and development to become an MBSR teacher.

East Coast Mindfulness strongly encourages participation in an annual retreat while in training and ongoing as you continue to teach MBSR.