



8 -week MBSR Shadowing opportunities

For MBSR TT Students who are FULL community members

FAQ	Answers
<p>What is it</p>	<p>Shadowing is simply observing an experienced tutor to teach the 8-week MBSR course – an opportunity for MBSR TT Students to deepen their understanding</p> <p>Shadowing does NOT count as a supervised MBSR for the student as part of their pathway</p> <p>Shadowing is completely optional</p> <p>There is the opportunity for 2 students to shadow a tutor per 8-week MBSR course</p>
<p>Who is this open to</p>	<p><i>Must meet all criteria below:</i></p> <p>Current FULL community members, who must remain FULL members for the duration of the MBSR they are shadowing</p> <p>MBSR TT Students that have completed their teaching sessions with MindfulnessUK</p> <p>Students must commit to having supervision with MindfulnessUK for their teaching or co/teaching their own 8-week MBSRs whilst on the MBSR TT pathway</p>

	<p>Students must commit to completing other aspects of the MBSR TT Pathway with MindfulnessUK, namely, 5 days of retreat and the Process of Inquiry Masterclass.</p>
<p>Considerations and how students can request to shadow</p>	<p>Students express an interest in shadowing opportunities for specific 8-week MBSR course taught by MindfulnessUK Tutors by emailing info@mindfulnessuk.com. Students are required to specify the course dates they are interested in and clarify that they are able to complete all the following:</p> <ul style="list-style-type: none"> ● attending all the session and the retreat half day of practice (<i>Each course will only run if 6 or more participants sign up</i>) ● Can arrive in zoom 5 mins before each session starts to connect with tutor ● Willing to liaise with the tutor to identify a practice, reading and inquiry at the retreat practice session and will prepare and deliver this. <p>Mandy, our Training co-ordinator will let you know if your request is successful.</p>
<p>What's expected from the student shadowing</p>	<p>During the 8 weeks sessions - Staying on mute and simply observing the 8-week sessions, being a reflective practitioner and capturing reflections as part of their MBSR TT portfolio</p> <p>Preparing and delivering a practice with a reading and inquiry at the retreat session</p>
<p>Cost</p>	<p>There is no payment to the student or from the student for shadowing</p>