

## APPLICATION FOR MBSR PROFESSIONAL TEACHER TRAINING - FUNDAMENTALS

To apply for the Mindfulness Fundamentals Teacher Training Program please fill out this form in its entirety.

Please forward completed application to [GrecoCM@upmc.edu](mailto:GrecoCM@upmc.edu). Applications are due by April 27<sup>th</sup>, 2018.

Date:

Name:

Address:

City:

State:

Zip:

Email:

Best phone number to reach you:

### Education:

- Bachelor Degree
- Graduate Degree
- Other, please specify:

What is your professional background:

### Meditation Experience:

- A year or less
- 2-5 years
- 5-10 years
- 10 + years

**Please describe your current meditation practice/style:**

**How many silent retreats have you been on?:**

**Please list all silent retreats of 5 or more days you have attended. Please include dates, teacher(s) & location (if more than five retreat, please list only the most recent five retreats):**

**Have you attended an 8-week MBSR course?** Yes  No

If so, please provide dates, teacher & location:

Did you attend all sessions? Yes  No  If no, why not?

**Why are you interested in MBSR Professional Teacher Training? What calls you to this?**

**Commitment Required:**

This is an intensive course! Attendance at all MBSR classes and seminars is required, in addition to the MBSR Class ongoing practice assignments between classes, there are readings, journaling and other assignments.

**Tuition:** \$1,300 (if you are unable to pay in full at start of course, please contact Brittany Kail to set up a payment plan 412-623-1203)

Once approved by Dr. Greco, there will be a brief phone interview to review next steps.