Mindfulness Facilitator Certification
January - November 2021
with Miranda Chapman & Sandrine Harris and Guests

This experiential learning program consists of three (3) in-person, weeklong retreats and three (3) online modules per month. Flowing with Nature’s cycles and seasons, we have created a curriculum of radical mindfulness steeped in practice and learning through lived experience, storytelling, and a wide range of themes bridging our individual and collective practice into the 21st century movement of justice-forward mindfulness.

As white, cis-women Miranda and Sandrine acknowledge that our bodies have historically, and continue to, hold a place of privilege and bias in our world. While we both actively work to uncover blind spots and push our growing edges as humans and facilitators we also honor our limitations. Embodying this wisdom we have invited folks with different identities and stories to offer modules throughout this training, weaving a truer picture of the intersectionality and immensity of the human experience. We will be adding guest facilitator’s bios to our MFC information page soon.

Here is a glimpse at a few modules throughout the cycle of the seasons:

**WINTER**
- A Feminist Approach to Facilitation
- Darkness and Working with Suffering
- Neuroscientific research and benefits of mindfulness practice

**SPRING**
- Somatics, Body Politics, and Somatic Meditation
- Sensuality, Sexuality and Reclaiming an honest embodied practice
- Understanding Trauma and Trauma-sensitive Mindfulness Facilitation

**SUMMER**
- Interdependence, Activism, Environment, Ethics
- Connecting with Nature as an Integral Part of Practice
- Identities of Oppression

**AUTUMN**
- Orienting Towards Radical Mindfulness
- Language & Inclusivity
- Practicing Facilitation within our own communities

**Talks and Learning themes will include:**
- Intersectionality and unconscious bias
- Equanimity and paradox
- Heart work and compassion
- Growing empathy
- Harnessing vitality, playfulness, and resilience
- Creativity and pleasure
- White-washing and spiritual by-passing
- History of mindfulness

**Please Note:**
We are currently reviewing best practices regarding in-person modules for 2021 for this training, including the first gathering in January. Please be advised that we will be carefully monitoring COVID-19 protocols, and will be advising all accepted applicants of any changes to the format of this training.

Registration is open until December 1, 2020 and we recommend that you apply as soon as possible. Once you have submitted your application, it will be reviewed and you’ll be contacted by Alexis with any follow up.

For More Information, please visit: copperbeechinstitute.org/mfc
For questions about this program, registration, applying for scholarships: please contact Alexis, Program Director: info@copperbeechinstitute.org

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Below you will find an example for what to expect during our 3 in-person retreats.

**DAY I:**

Breakfast - 1hr

*Morning:*
- Opening Circle
- Practice
- Dyad practice: theme to discuss via mindful listening + group discussion
- Mapping out the week and orienting together

Lunch Break - 1.5hrs

*Afternoon:*
- Walking practice
- Mindful writing: guided process
- Talk / Primary Theme for the day + group discussion
- Q & A from the day's facilitation and practices
- Closing practice

Dinner Break - 1.5hrs

*Evening:*
- Mindful Movement: Celebrating Choice & Vitality (1hr)
- or - Evening Meditation

**DAY II:**

Breakfast - 1hr

*Morning:*
- Welcome Practice & Arrival / Orienting (30mins)
- Laying out guidance for a day of silent practice and answering questions
- Silent Meditation together

Lunch Break - 1.5hrs

*Afternoon:*
- Writing & reflections (1hr)
- Silent Meditation individual practice
- Gathering

Dinner Break - 1.5hrs

*Evening:*
- Talk and Meditation (1hr)

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