



IMISA

Institute for Mindfulness
South Africa

Tier 1 Training

Sharing Mindfulness in Context: Training in trauma-sensitive mindfulness-based practices

Course Information

This 3-month online training run by skilled facilitators consists of

- 2 Saturday meetings and 10 weekly evening group sessions
- 6 sessions with a mentor in groups of 3 or 4
- Meetings with a learning partner from the group

Dates for the first 3-month cycle of 2025 are **26 July – 30 September** and applications are now open. Contact Lynne Gordon (IMISA Operations Officer) at lynne@mindfulness.org.za for more information.

Participants will

- Have access to the learning platform with course content, videos and relevant articles
- Develop a personal mindfulness practice
- Be equipped to skilfully share short mindfulness practices within their work and community contexts

This training is suited to

- Health professionals
- Coaches
- Educators
- Leaders & trainers in NPOs (non-profit organisations)
- Religious leaders

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- Corporate executives & managers
- Human resources practitioners
- Mind-body practitioners (e.g. yoga teachers)

Prices for 2025 are:

- R 16 000.00 for private individuals
- R 9 000.00 for individuals from NPOs (non-profit organisations)

Watch this video for more information about from [Simon Whitesman, Course Director](#)



Application forms available on <https://mindfulness.org.za/imisa-training/>
Numbers are limited and will be on a first come first served basis.

This training is accredited for 30 CPD points for health professionals.

We look forward to you joining us in our endeavour to make mindfulness more practically applicable within our unique context.

IMISA Training Team

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