



IMISA

Institute for Mindfulness
South Africa

Tier 1 Training

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

Course Information

This 10-week 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

Tier 1 Training will be offered twice in 2026, dates as below, and applications are now open:

- **First 2026 intake:** 18 April 2026
- **Second 2026 intake:** 1 August 2026

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

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This training is suited to

- Health professionals
- Coaches
- Educators
- Leaders & trainers in NPOs (non-profit organisations)
- Religious leaders
- Corporate executives & managers
- Human resources practitioners
- Mind-body practitioners (e.g. yoga teachers)

Prices for 2026 are:

- R 16 750.00 for private individuals
- R 9 500.00 for individuals from NPOs (non-profit organisations) (limited places available)

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



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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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