

Mindfulness Instructor

Certified Mindfulness & Meditation Instructor (CMMI)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$3,500
- " In-person training: 8 days (64h)
- " Live cohort calls: 2 days (8h)
- " Supervised practice: 80h
- " Portfolio + jury: 40h
- " Total: 192h (~24 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Secular mindfulness foundations and key practices
- " Designing and delivering an 8-week mindfulness program
- " Teaching guided meditations: pacing, language, silence
- " Working with common difficulties: pain, boredom, restlessness
- " Bringing mindfulness into a workplace context
- " Building a teaching practice: ethics, marketing, pricing

Curriculum modules

Module 1 Foundations

Roots, modern secular framing, the eight-week arc.

Module 2 Core practices

Body scan, sitting practice, mindful movement, RAIN.

Module 3 Teaching craft

Leading a class, holding a room, fielding inquiry.

Module 4 Workplace mindfulness

Adapting practices for corporate and community settings.

Module 5 Practice & business

Designing programs, pricing, ongoing supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.