

MBST Teacher Programme

Programme starting in April 2025.



Embark on the journey to become a certified teacher in **Mindfulness-Based Sustainable Transformation Programme** and bring it to your learning community.

8 modules of self-learning + 8 Q&A sessions of 3 hrs each + 3 double Certification sessions of 4 hrs each + Nature Walks Guidance + Mindfulness Deeping Sessions

