



INTERNATIONAL
MINDFULNESS
TEACHERS ASSOCIATION

What is the IMTA's Mission?

The IMTA's mission is to provide guidelines, and to oversee national and international mindfulness teacher education and training standards, to ensure teaching and education programs continue to meet a level of depth and rigor needed to serve students and clients at the highest level, and standardize the mindfulness teaching profession.

CHALLENGES TO THE FIELD

Differentiating Among Mindfulness Teachers

Increasingly mindfulness teachers, and training programs, are launching all over the world, but they have no way to distinguish their qualifications as being best in the field.

SOLUTIONS PROVIDED BY IMTA

Credentialing mindfulness teachers that have demonstrated proficiency in understanding, personal practice, and teaching experience.

Hiring a Qualified Teacher

It's become more difficult for the general public and hiring managers to discern which of the available mindfulness teachers have the type of quality, depth, and experience they need to ensure you receive the most qualified care, training, and guidance.

Providing a geographically searchable online directory so that hiring managers and the general public can find a qualified teacher, and certified teachers can promote their work.

Differentiating Among Teacher Training Programs

Because various types of credentialing standards are being formed individually every time a new school launches, there is no universal baseline as to what teacher training program qualifications are needed. Accredited training programs need to be able to certify that graduating teachers can deliver the most qualified care, training and guidance on an international scale.

Accrediting teacher training programs around the world and making sure those teacher training programs are run by qualified teachers and have a thorough curriculum that helps teachers develop the kind of depth and understanding and experience that will make them into qualified guides in their own right.

Learn how you can be a part of the IMTA



Become a Member of the IMTA

The value of membership in the IMTA comes from the professional recognition granted through the certification and accreditation process. Additional value comes in the form of an online public directory, continuing education, access to special offers, and networking opportunities. An IMTA membership can be the first step in the journey to full certification and accreditation.

To become an Organizational member, your mindfulness teacher training program must:

- ✔ Operate at or actively work toward operating at a 200-hour training program level toward receiving IMTA accreditation (accreditation must be reached within three years of joining IMTA)
- ✔ Direct the program with a qualified supervising teacher or team (guiding teachers must have demonstrated years of advanced mindfulness experience, personal practice, and teaching)
- ✔ Provide one-on-one mentorship and support with supervising teachers (to ensure the quality of students within a program, the IMTA requires that the guiding teacher or core teaching team has personal contact with students)



To become an Individual member, you must be a mindfulness teacher that has completed:

- ✔ Two years of personal Mindfulness Practice
- ✔ An introduction to mindfulness class series
- ✔ 60 hours of teaching experience or have enrolled in a Mindfulness Teacher Training Program that includes at least 60 hours of teaching-related training and experience
- ✔ At least one mindfulness meditation retreat of 5 days or more

We invite organizations or individuals that are aspiring for credentialing to join the IMTA as members. And as always, we encourage you to send us questions at membership@imta.org.

Founding Board Members



Phillip Moffitt



Dawa Tarchin Phillips



Diana Winston



imta.site-ym.com



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