



### Christopher Titmuss

Christopher is a senior teacher worldwide. Poet, photographer and social critic, he is the author of numerous books including *The Mindfulness Manual* and *Mindfulness for Everyday Living*. He writes a weekly Dharma blog. A former Buddhist monk in Thailand and India, Christopher is the founder of the online Mindfulness Training Course. He has lived in Totnes, Devon, England since 1982.  
[www.christophertitmuss.net](http://www.christophertitmuss.net)  
[www.mindfulnesstrainingcourse.org](http://www.mindfulnesstrainingcourse.org)



### Lila Kimhi

Lila from Israel teaches retreats since 2005 mindfulness/insight meditation. She gives mindfulness workshops to organizations on leadership in Israel. Her work includes supports people with cancer, chronic pain and illness. Lila is the co-founder of 'Aley Adamot', an Eco-spiritual centre. Her teachings emphasise compassion, wisdom and liberation. Artist and peace worker, she holds a BA degree in Psychology and MA in Indian studies and Sanskrit.  
[www.thisfreedom.com](http://www.thisfreedom.com) [www.aleyadamot.com](http://www.aleyadamot.com)



### Shelly Sharon

Shelly's life is marked by her commitment to renunciation and truth. She lived as a nomad for four years including India, Thailand, Cambodia and Laos. Trained in classical ballet, she has worked as a professional dancer, independent researcher, social evaluator with corporations, NGOs and as a business woman. She developed a mindfulness-based training programme for organisations. Since a 2011 spiritual break-open, Shelly offers various teachings and practices, as well as personal and business guidance.  
[www.shellysharon.com](http://www.shellysharon.com)

## TO REGISTER

Initially, complete registration form on:  
[www.mindfulnesstrainingcourse.org](http://www.mindfulnesstrainingcourse.org)



## ISRAEL

MTTC will take place at Ein Dor kibbutz, about 80 minutes' drive north of Tel Aviv. Tovana, who hosts the MTTC, is the Israeli Dharma network offering various retreats. For information about payment for the MTTC and Ein Dor: [mttc@tovana.org.il](mailto:mttc@tovana.org.il)

## GERMANY

Pauenhof e.V. Pauendyck 1  
D - 47665 Sonsbeck Hamb  
(40 minutes from Düsseldorf)  
[www.pauenhof.de](http://www.pauenhof.de)  
[info@pauenhof.de](mailto:info@pauenhof.de)  
Nearest rail station is Geldern.



# Do you want to train as a

# Mindfulness Teacher?

We are happy to offer the first residential **Mindfulness Teacher Training Course** in Germany / 2017 and in Israel 2017 / 2018.

We wish to make participants **Agents of Change**.

The training will take place at Pauenhof, near Düsseldorf in Germany and Ein Dor in northern Israel. Held on two occasions, MTTC will consist of a 14-day residential programme. Participants will receive more than 200 hours in training in mindfulness, public speaking and leadership over four weeks.

**GERMANY** 17. June - 01. July 2017 and  
14. - 28. October 2017  
**ISRAEL** 05. - 19. September 2017 and  
01. - 14. April 2018



*Mindfulness reduces stress, helps dissolve pain and supports empowerment for individuals and society.*

- *Mindfulness sees into the body, feelings, states of mind and the world around.*
- *Mindfulness turns to past, present and future issues for wise judgement.*
- *Mindfulness points directly to ethics, insights and realisations.*
- *Mindfulness contributes to deep empathy, happiness and wisdom.*

Designed as a transformative experience, MTTC will be offered to a minimum of 30 participants and maximum of 60 participants.

MTTC will provide a Certificate of Authorisation to teach for all those whom the teachers consider ready to teach.

Participants have the choice of joining the Course in either Germany or Israel or both. MTTC will be in English/German and English/Hebrew in the respective countries.

### MTTC Dates and Cost for Food and Accommodation in Germany

Saturday 17. June - 01. July 2017 and  
Saturday 14. - 28. October 2017  
€550 for single room and food (at Pauenhof)  
€450 for double room with food  
€370 for dormitory with food.  
(possibly small changes in the price due to organisational costs in Germany and Israel).

### MTTC Dates and Cost for Food and Accommodation in Israel

Tuesday 05. - 19. September 2017 and  
Sunday 01. - 14. April 2018.  
Cost for two weeks in Israel is around 2455 NIS (€560).

### Teachers Fee - Donations (*Dana*)

Teachers rely on donations of the participants. They do not receive payment for the course. Teachers will invite participants to offer *dana* (donation) to the teachers and centre at the end of each course.

### Who can apply to join the MTTC?

Participants can join who wish to explore depths of mindfulness along with empowerment to support others and address issues, social and global.

**The MTTC is suitable** for people who work in the public/private sector, self-employed or in transition. We welcome business managers, MBSR teachers, yoga teachers, social workers, counsellors, medical profession, police and people in the media. Religious leaders, sports trainers or those engaged in cultural activities will be able to give mindful support to people of faith, athletes and art students. The course will use a secular language.

**A comprehensive mindfulness** training in teaching and leadership is a primary feature of the MTTC. Participants will learn how to prepare and give a public talk, offer guided meditations and teach various groups of people from the young to the elderly, from professionals in various occupations to people dealing with illness to people in prison. The course will show mindfulness practices to reduce stress, deal with pain and explore various issues.

**Teachings will include** discussion on use of social media, advertising and setting of charges for offering practice. Right from the start, we offer two hours daily in the practice of actual teaching to develop inner authority as a teacher.

**We offer personalised** commitments between the two 14 day sessions. After much research, we believe we have created the MTTC as the top course of its kind available.

