

Jack Kornfield - Mindfulness Teaching Curriculum Package 2022

DOWNLOAD OUR 10-WEEK MINDFULNESS & MEDITATION TEACHING CURRICULUM

You can put YOUR name, YOUR brand, and YOUR logo on everything in this curriculum...

And you can use all of it with your clients, students, or patients... starting TODAY.

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On this page, I'm going to show you a curriculum that I use when I teach mindfulness and meditation to others.

I designed this curriculum based on the teachings and trainings I've received over many years from the monks, researchers, teachers, coaches, and mentors who I was fortunate to have teach me.

And this curriculum has been ***proven to be highly-effective***, which means it ACTUALLY HELPS people. It's not only been proven to be effective anecdotally (with the thousands of people who I've taught and led through it), but it's also based on the latest methods, practices, and techniques that have been proven ***scientifically*** too.

This curriculum has not only helped me to **help thousands of people to become proficient at mindfulness and meditation... and improve and enhance their lives as a result...**

...but it's also made ***my job*** as a mindfulness and meditation teacher ***A LOT EASIER*** too.

I want YOU to have this same curriculum that I use ... so you can use it too... to help your clients, students, or patients learn and use mindfulness and meditation...

...AND so your job as a teacher becomes A LOT EASIER too!

On this page, you can download this curriculum RIGHT NOW... and start using it RIGHT NOW with your clients, students, or patients!

The BIG MISTAKE I made when I first started teaching mindfulness and meditation

When I was starting out as a mindfulness and meditation teacher, I was constantly “winging it.”

I would teach a different lesson and do a different meditation at every session.

I would wait until the last minute to come up with an agenda for sessions, or I would grab some other mindfulness teacher’s lesson, at the last minute.

There was no continuity to what I was doing when I taught mindfulness and meditation to others. I didn’t have a program that I used and led people through. I didn’t have any kind of game plan.

This ended up creating a lot more work for me. I was spending a lot more time than I had to, and I was just stressed a lot of the time, because I had no plan, no program, no curriculum.

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I felt like a hamster running on a wheel... running real fast... but not really getting anywhere.

And my students and clients noticed it too. They could tell that I was just “flying by the seat of my pants.”

And that made them wonder whether I was credible... whether I was professional... whether I was to be trusted or not.

When your students, clients, or patients question your credibility, professionalism, or whether they should trust you... it can make things very difficult for you... *and for them.*

And, I realized later, after I created a proven, structured curriculum and started using it with my students and clients... that **the results they got were MUCH BETTER whenever I used the curriculum, too!**

It’s REALLY HARD and it takes a REALLY LONG TIME to create a mindfulness and meditation curriculum

Eventually, I realized that I couldn’t keep reinventing the wheel every time I started teaching someone new. I was exhausted... and I was starting to burn out.

So I decided that I needed to create some kind of program that I could use every time I taught mindfulness and meditation to anyone. I needed a curriculum that would ensure a consistently high-level experience for every one of my students and clients. And I figured, that once I was done creating it, I could follow this same

curriculum every time with every student, and this would cut down on my workload and time, and would hopefully make teaching easier for me.

All of those things ended up coming true, but ***there was something I WASN'T expecting...***

When I started creating my curriculum, I found out that **it's REALLY HARD and it takes a REALLY LONG TIME to create a mindfulness and meditation curriculum.**

It turns out that developing a 10-week curriculum that combines the lessons and trainings I received from venerable monks, world-class mindfulness teachers, and the coaches and mentors I had, with the conclusions from real scientific research and studies... ***is a HUGE PROJECT.***

So it took me A LOT longer than I expected it to... and it was a lot more difficult too.

You don't always realize it, but when you're doing a project like this, you have to make a million tiny decisions about what to create... and what to say... and what not to say... and how to do this part... and that part... etc.

And doubt always seems to creep in... and makes you rethink everything you've done... and every decision you've already made...

And this kind of project always takes twice or three times as long as you were expecting it to.

So, it ended up taking me a really long time... and in the end it was a very difficult process for me to create the curriculum I use today to teach mindfulness and meditation.

If you've ever tried to create your own mindfulness and meditation curriculum, you probably know what I'm talking about! ?

But, HERE'S THE GOOD NEWS:

You don't need to spend months, OR YEARS creating your own mindfulness and meditation curriculum.

You can just REBRAND mine, and use it as your own... STARTING TODAY!

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I learned the hard way that when you teach mindfulness and meditation without using a proven, structured curriculum, it *makes things much more difficult* for you AND for your clients, students, or patients... *AND the results are almost always disappointing.*

Don't make the mistake I made... of not using a curriculum, and trying to “wing it” or “fly by the seat of your pants” when you teach mindfulness and meditation — it's definitely the hard way of doing it!

And, you certainly CAN develop your own teaching curriculum, but based on my experience, I wouldn't recommend it. It's A LOT harder than most people think... and it takes A LOT LONGER.

After realizing that I definitely needed a curriculum, and after going through the difficult and time-consuming process of developing my own curriculum, I realized that **this is one of the hardest things that all mindfulness and meditation teachers face — developing a curriculum for their students, clients, or patients... that actually works.**

And one day it dawned on me that I could easily help mindfulness and meditation teachers (like you!) with one of the toughest things they face, by simply allowing them to use my curriculum.

What's great about my curriculum is...

IT'S DONE FOR YOU.

My curriculum is already done, so you won't have to go through the grueling process of developing your own curriculum, that can take months, or even years. You can just put your name, your brand, and your logo on every piece of my curriculum, and then start using it immediately with your clients, students, or patients.

IT'S HIGHLY-EFFECTIVE.

I know my curriculum is highly-effective, because I've seen the results that thousands of people have gotten from using it... AND because I developed my curriculum using the wisdom I learned from monks, researchers, teachers, coaches, and mentors that have taught me... AND using conclusions and evidence from **the latest scientific research and studies on mindfulness and meditation.**

IT'S SUPER-EASY TO USE AND TEACH FROM.

I spent A LOT of time making sure that this curriculum would be easy for you to use, and that it would be *crystal clear* to you exactly what you need to do and say at every moment, to give your clients, students, or patients the best possible learning experience. As you'll see below, I've included extensive materials for you, as a

teacher, that give you specific, detailed instructions about exactly what to do and say when you're teaching this curriculum. This is what makes this so easy for you to use.

IT'S FLEXIBLE.

This curriculum works for in-person teaching, as well as online, remote teaching. It's also equally effective for teaching individuals or groups.

IF YOU TEACH ADULTS, OR TEENS, OR BOTH... YOU'RE COVERED.

Another great thing is, I actually have two different curriculums — one designed specifically for teaching mindfulness and meditation to adults, and one designed specifically for teaching mindfulness and meditation to teenagers. So if you only teach adults, you can get the adult curriculum. If you only teach teenagers, you can get the curriculum designed to teach teenagers. And if you teach both, you can get both curriculums, right now!

BONUS #1:

MINDFULNESS TEACHER TRAINING DEEP DIVES

Having a comprehensive 10-Week, Brandable Curriculum is an amazing tool for any mindfulness and meditation teacher...

But, **an evidence-based, highly-effective curriculum ISN'T ENOUGH.**

If you don't ALSO have the right attitude, and the right understanding, and the ability to handle conflict when it arises, and a full understanding of teaching dynamics, and the ability to gently guide and encourage people when they experience difficult emotions...

Then you won't be an effective mindfulness and meditation teacher, and your clients, students, and patients won't get the most out of their time with you.

This is why I created the **Mindfulness Teacher Training Deep Dives**.

These Deep Dives will...

Help you establish and maintain just the right attitude, intention, and mindset while you're teaching

Help you understand teaching dynamics

Help you understand your audience

Show you how to handle conflicts when they arise

Show you how to help and guide students or clients when they experience difficult emotions

Show you what NOT to do as a mindfulness and meditation teacher

And LOTS more...

ALL of this is NECESSARY if you want to be a highly-effective mindfulness and meditation teacher... if you want your clients, students, or patients to get the most from their time with you... and actually improve and enhance their lives.

If you order now, you'll get these Mindfulness Teacher Training Deep Dives as a BONUS, FOR FREE.

Here's an example of a Mindfulness Teacher Training Deep Dive:

This one is designed to be used with the Teenager Curriculum. (We have other Deep Dives designed specifically for the Adult Curriculum as well).

(Click the images below to make them larger.)

Depending on which Curriculum(s) you order, you will receive Deep Dives that are designed for either teaching Adults, Teens, or both.

BONUS #2:

ONLINE COURSE: HOW TO GUIDE MINDFULNESS MEDITATIONS FOR WELL-BEING AND RESILIENCE

The Curriculum you're getting here is an amazing tool because it allows you to immediately start using a completely systemized, and evidence-based 10-week program for teaching mindfulness and mediation that ACTUALLY WORKS.

But, as you probably know, a big part of teaching mindfulness and meditation is regularly guiding your clients, students, or patients in meditation.

And ***guiding people in meditation can actually be quite tricky...***

This is why I want to give you this online course *How To Guide Mindfulness Meditations For Well-Being And Resilience*, as a bonus, for free... because I want to make sure you have this, because it's that important.

This online course includes **6 in-depth videos** and **an accompanying ebook** that will teach you how to lead meditations with integrity, confidence and impact.

Here's just a small sample of what you're going to learn in this course:

Why it's important to understand what mindfulness really is, ***before you teach or guide anyone***

One of your primary aims and responsibilities as a mindfulness teacher is to help your student, client, or patient *begin to TRUST again*... in themselves... in their experience... in their own inner guidance. In this course, you'll learn all about the path to trusting again, that each mindfulness student must travel, and how to help them along the way.

Every person brings their experiences, *their* world, and *their* filters into *their* mindfulness practice, and into the "classroom" with you. In this course, you'll learn the most helpful and effective way you can respond to and interact with what they bring.

Why guiding mindfulness practices is the most important skill for teachers to develop

The pros and cons of working with groups

Mindfulness *isn't* just about being present. There are two more ingredients that are critical. You'll learn these in the course, and how to teach them.

You'll learn WHY it's so important to be in the present moment. Many people don't know the reason, but it's actually very important.

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How to skillfully read guided meditations so your students, clients, and patients get the most from each session, even if you have no experience yet.

You only ever have one goal in mindfulness, and this goal is very different from the goals that most people have. This is one of the challenges of mindfulness, and knowing this can be very beneficial if you want to lead others in meditation and mindfulness training.

You'll learn **the Being and Doing modes** and why it's important to understand how they affect people's ability to learn and understand mindfulness.

Your state of mind as the teacher and leader is critical. The degree to which you can embody nonjudgmental awareness is a strong determining factor in students' openness to the teaching and practices.

How to use metaphors to teach and help students understand mindfulness... **with real examples you can start using right now.**

How to help students see their personal difficulties as human difficulties, and how this can be a crossroads in their understanding and even a catalyst to personal healing.

Why you shouldn't 'step in' and solve students' problems for them, but rather *let them allow their difficulties*.. This is a powerful lesson you should not deprive your students of.

How to effectively navigate a group dynamic, and help foster a positive learning experience for everyone, even when negative agendas, competition, and pettiness surface among members of the group.

The Three Elements needed to skillfully and successfully guide a group through meditation and mindfulness practice.

What you can do as a new teacher and meditation leader to help your members be more present during meditations.

The importance of the environment in which you teach and lead meditation, and what you can do to make it more conducive to learning, openness, and trust.

There are two important components of mindfulness practice — attention and attitude. Attention is what to do, attitude is how to do it. Both are necessary for effective mindfulness practice. You'll learn more about both so you can make sure your students and members are aware and using both components in the right way.

You'll learn **3 powerful attitudes that create more space, openness, and presence for most people.** Teach your members to embody these attitudes and they can experience much different states than they normally do.

How to help students who are worried about having no experience with meditation.

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Why space and silence are so important in mindfulness, and a highly-effective way to cultivate them in your environment and in your sessions with students and members.

Every teacher brings biases and expectations into the room. How to deal with yours effectively, and how to be compassionate with yourself when it doesn't always work perfectly.

Why it's important to **focus on the process, rather than results**, and how to convey this to your students and members.

Why balance is so important if you lead and teach meditations... and what things you need to balance... and how to actually balance them.

Questions and prompts you can use with students to help them notice their experience more.

How to make your students feel like they are in the driver's seat of their own experience, and why this is so important...

Common misunderstandings, objections, and questions that you will encounter as a meditation and mindfulness teacher... and how to handle them skillfully.

Exact, word-for-word language you can use to invite your students, instead of directing them.

The different segments of a meditation session, how to structure your sessions, how to create consistency for students, and how to prepare and systematize things so all of this becomes easier and less time-consuming for you.

And there's lots more...

BONUS #3:

200 GUIDED MEDITATION SCRIPTS

What if, in addition to having a 10-Week, Brandable Curriculum, you could also IMMEDIATELY have, at your fingertips, 200 different guided meditation scripts, that are evidenced-based and proven to be highly-effective?

Just imagine being able to use any of these 200 Guided Meditation Scripts at any time with your clients, students, or patients...

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You can read these guided meditation scripts aloud for individuals or groups. These guided meditations were uniquely formatted to make it easy for you to read them phrase-by-phrase and line-by-line.

You can use these guided meditation scripts to make audio and video recordings. And you can share these recordings online, or play them during meditation sessions you are leading. You can even sell these recordings, too.

You can use these guided meditation scripts to create courses, that you can share and sell.

You can also use these scripts privately, in your own meditation sessions.

Imagine being able to do all of that.

If you order right now, you're going to get these 200 Guided Meditation Scripts as a BONUS... FOR FREE.

Watch this short video to learn more about these 200 Guided Meditation Scripts:

And, here is an example of just 1 of the more than 200 guided meditation scripts that you're going to get when you join the program. (Click the images below to make them larger):

[Click here to see a full list of every meditation script you will get.](#) (A pop-up window will open when you click the link.)

BONUS #4:

300 MINDFULNESS WORKSHEETS

What if, in addition to having a 10-Week, Brandable Curriculum, you could also IMMEDIATELY have, at your fingertips, 300 different mindfulness worksheets, that are evidenced-based and proven to be highly-effective?

Just imagine being able to use any of these 300 Mindfulness Worksheets at any time, with your clients, students, or patients...

You can download them, print them out, and give them to your clients, students, or patients so they can write their answers and reflections on the printouts with pen or pencil.

You can also give them to your clients, students, or patients as digital PDF files, and they can type their answers or reflections directly into the PDF files, and then save them after they make their entries.

You can use these worksheets as opt-ins, giveaways, and/or post them on your website.

You can use them as inspiration to create your own worksheets.

Imagine being able to do all of that.

If you order right now, you're going to get these 300 Mindfulness Worksheets as a BONUS... FOR FREE.

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And, here is an example of just 1 of the more than 300 mindfulness worksheets that you're going to get when you join the program. (Click the images below to make them larger):

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