

Application for MaLa Mindfulness Facilitator Training 2018

Thank you for your interest, please copy and paste and send back by e-mail. Please take a few moments of contemplation to answer the questions and maybe wait a day or two and revisit your answers before sending them. Please note that we would like to have at least 4 or 5 sentences per question.

Name:

Address:

Telephone number:

Occupation:

Please copy and paste into an e-mail and e-mail to mala8now@gmail.com

1. What is calling you to take this training?
2. Do you have any specific environment in mind that you would like to bring some of the contemplative tools that you will learn during this course?
3. What contemplative qualities would you like to cultivate personally and possibly in your professional environment and why ?
4. In what capacity do you work with other people currently and in the past?
5. Do you currently have a personal home practice? Please describe.
6. Do you have the availability during the duration of the 4 month course to spend approximately one hour each day to dedicate to contemplative practices, such as journaling , embodiment practices, reading and meditation?
7. Do you have any specific questions?