

PASSIONIST  
EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG



Mindfulness Mentors is a program of the Passionist Earth & Spirit Center that teaches mindfulness practices and compassionate action to some of Louisville's underserved populations – youth and adults experiencing homelessness, emotional or physical disabilities, and others in disadvantaged environments. The program seeks to recruit and train new mentors in order to expand services to more communities.

Following training, mentors work in teams to deliver the ten weekly sessions that include discussions, hands-on activities, and opportunities for mindfulness practice. Participants learn the benefits of mindfulness, gain a variety of tools to increase awareness, and explore ways to develop compassion for themselves and each other.

To become a Mindfulness Mentor, one must:

- Complete one or more mindfulness meditation courses at the Passionist Earth & Spirit Center (or equivalent)
- Maintain a personal meditation practice for at least two years
- Demonstrate experience with or willingness to learn teaching skills
- Complete this application and background check
- Complete the Mindfulness Mentor 3-hour orientation
- Serve as a “class intern” for one 10-week course with experienced mentors

If you do not fit these qualifications and are still interested in volunteering for Mindfulness Mentors, please contact [info@earthandspiritcenter.org](mailto:info@earthandspiritcenter.org) or 502-452-2749 for additional service opportunities in the program.

Following training, volunteer instructors will:

- Instruct at least one 10-week class per year
- Attend a monthly meeting for program feedback and ongoing training
- Report the number of the hours contributed and number of individuals participating
- Complete an annual self-evaluation and re-commitment process

**Please return this application to the Earth and Spirit center. Application can be sent electronically to [info@earthandspiritcenter.org](mailto:info@earthandspiritcenter.org) or mailed to Earth & Spirit Center, 1924 Newburg Road, Louisville, KY 40205**

# Mindfulness Mentors Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_

**What is your occupation or professional background?**

**Which classes have you completed at the Earth & Spirit Center?**

\_\_\_\_\_ Meditation 1: Beginning Meditation

\_\_\_\_\_ Meditation 2: Insight

\_\_\_\_\_ Meditation 3: Contemplation and the World

\_\_\_\_\_ Meditation 4: Contemplative Compassion

\_\_\_\_\_ Meditation 5: Finding Balance

\_\_\_\_\_ Other courses \_\_\_\_\_

**Describe your experience with mindfulness meditation (retreats, MBSR, etc). How long have you been practicing?**

**Describe your current meditation practice (frequency, duration, etc). What benefits or challenges do you experience in your practice?**

**Why are you interested in teaching and mentoring mindfulness meditation to underserved communities?**