

Racial Awareness Training Requirement

Since the UCLA Training in Mindfulness Facilitation (TMF) began in 2011, MARC has had a commitment to both exploring and deepening our personal and professional practice pertaining to issues of equity, diversity, and inclusion (EDI) in the TMF and in service of the development of the larger mindfulness field. UCLA (of which MARC is a part) has a clear, concrete commitment to these issues, including a Vice Chancellor for EDI.

Throughout the TMF program, we will be collectively exploring and honoring our uniqueness and diversity and learning how and why this is relevant as mindfulness teachers. Often these conversations are centered around- but not limited to, nuanced dimensions of race, ethnicity, nationality, gender, sexual orientation, socio-economic status, age, abilities, religious beliefs, political beliefs, or other ideologies.

At MARC, we are committed to the radical accessibility of mindfulness. We recognize the importance of supporting the growth of mindfulness teachers from all backgrounds who can speak both from within (or to) communities of which they are a part, so that as the mindfulness field develops it can continue to be a growing resource for all communities.

Because the issue of racial justice is so significant in the United States (and we acknowledge it has different forms and issues in different countries) we have instituted a learning requirement. We do this in the service of building safety within our TMF community and making our program welcoming and accessible to people from all racial backgrounds. While we focus on race, our hope is that such training will also help you to see how similar principles and understanding might also apply across different types of oppression, such as gender, sexual identity, class, and ability.

We require that all participants actively engage in anti-racist and racial awareness training.

As part of the application, we have available a [list of trainings](#) that meet this requirement, including financially accessible options. We request a minimum of 10 hours, completed ideally before the program begins, or by the start of the second practicum at the latest.

Please feel free to contact the MARC office if you have further questions about this requirement.