

TEACHING PRESENCE IN RELATIONSHIP

Professional Training to teach IMP

With **Florence Meleo-Meyer** and **Phyllis K. Hicks**
8-10 October 2025 - in **Santa Maria de Huerta**. Soria. **Spain**



This professional training is designed to prepare MBSR & MBCT or other MBI instructors, to teach Interpersonal Mindfulness as a follow-up to the 8-week MBSR program.

Teaching Presence in Relationship is a training designed to prepare instructors to teach the 8-week Interpersonal Mindfulness program to graduates of mindfulness-based programs. Awareness, mental stability, and calmness associated with silent meditation are developed in practice with others. Based on the meditation practice of Insight Dialogue, participants experience greater freedom and compassion internally and interpersonally as they integrate meditative qualities directly into relationship.

In this training, participants will:

- Experience first-hand the meditative Guidelines of Insight Dialogue
- Develop a theoretical and practical understanding of relational Mindfulness methods and practices.
- Expand and enrich their capacity as teachers to effectively interact and communicate with program participants.
- Examine, in detail, the elements of the Interpersonal Mindfulness Program.



Phyllis K. Hicks teaches Insight Dialogue retreats internationally and is co-developer of the Interpersonal Mindfulness Program (IMP). She chairs the Insight Dialogue Community Teachers' Council and mentors new teachers . Phyllis is a licensed psychotherapist, for 35 years bringing together Eastern and Western understandings of psychology and...
<https://es.insightdialogue.org/teachers/306/phyllis-k-hicks/>



Florence Meleo-Meyer teaches Insight Dialogue retreats in the US and abroad and is co-developer of the Interpersonal Mindfulness Program (IMP). She has studied in India and the US with meditation masters, S.Muktananda and S.Chidvilasananda since 1976 and has practiced insight meditation for over 20 years. She met and began studying with Gregory Kramer in 2003. Florence has taught meditation for over 35 years and has taught and trained Mindfulness-Based Stress Reduction teachers and teacher trainers worldwide.. Florence Meleo-Meyer
<https://insightdialogue.org/teachers/307/florence-meleo-meyer/>



Language: The training will be taught in English and translated in Spanish (as the intention is to build a Spanish speaking teaching community).

Prerequisite for application to the IMP training



- Maintaining a regular personal meditation practice
- Previous participation in silent retreats, at least one silent retreat which is preferably 7 - 10 days or at least two 5-day silent retreats led by a teacher.
- Previous participation in at least two 5 - 7-day Insight Dialogue retreats*
- Participation in an 8-week IPM course (in mother tongue if possible).
- Professional training as a teacher of MBSR or MBCT (or other standardized mindfulness programs depending on experience) **.
- To have taught at least three cycles of MBSR/MBCT or accrediting experience as a mindfulness teacher.

Format



The first four days of this training are presented primarily in retreat form. Noble silence is practiced throughout this part of the retreat except when we are actively meditating in dialogue together. During the subsequent four-day training period, opportunities are available for participants to speak, practice, guide and be guided in small and large groups, and to network, further supporting personal and professional connections.



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Casa de Espiritualidad de Santa María de Huerta, Soria (Spain)

Rate



- Training in individual contract: 1400€
- Training with company agreement: 1600€

Additional costs are to be expected for accommodation and full board (around 520 euros in single room)

Registration



Please complete the online form by March 31, 2025.
A €400 deposit will be required to reserve your spot, once your acceptance into the program has been confirmed.