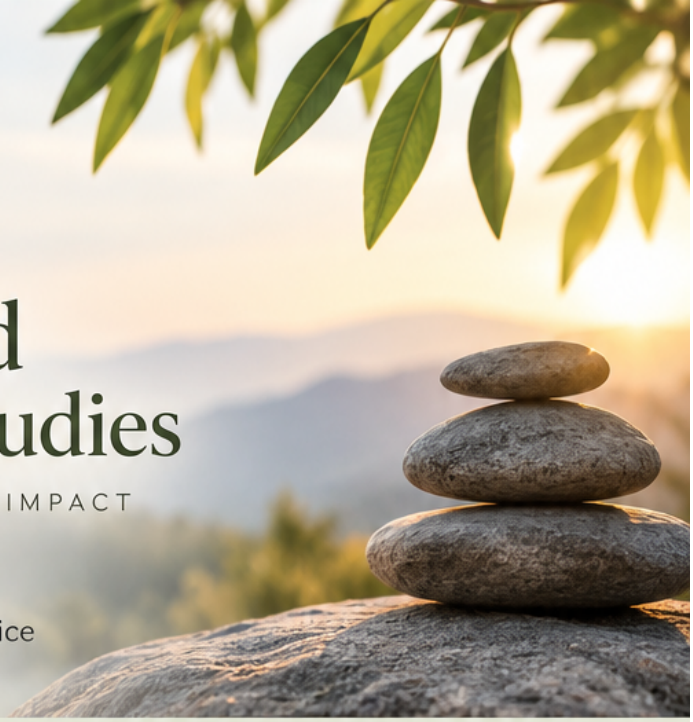
LEHMAN COLLEGE | CUNY

SCHOOL OF EDUCATION
DEPARTMENT OF MIDDLE & HIGH SCHOOL EDUCATION

ADVANCED CERTIFICATE IN

Mindfulness and Contemplative Studies

PRACTICE | PURPOSE | POSITIVE IMPACT



Build the knowledge, skills, and experience to integrate mindfulness and contemplative practice into your personal and professional life.

DEEPEN YOUR UNDERSTANDING

Explore the theory, origins, and practice of contemplative studies and mindfulness.

APPLY ACROSS FIELDS

Learn to integrate mindfulness practices in education, medicine, social work, counseling, leadership, health and wellness, and more.

GAIN PRACTICAL SKILLS

Develop the technical skills and knowledge to practice and teach mindfulness in varied settings.

SUPPORT GROWTH

Cultivate self-awareness, self-care, and resilience for personal and professional growth.

ABOUT THE PROGRAM

The Advanced Certificate in Mindfulness and Contemplative Studies is a 12-credit program designed for individuals who have earned a bachelor's or master's degree, or for those currently enrolled in a graduate degree program. Students will acquire a strong foundation in the theory, origins, and practice of contemplative studies and mindfulness, while also gaining the skills to apply this knowledge in their professional work and/or personal lives. Graduates will be well-equipped to make a positive impact in their communities and across a variety of professional contexts.

WHO IS IT FOR?

This program is ideal for individuals working in education, medicine, social work, counseling, leadership, health and wellness, or for those seeking personal and professional growth through the study and practice of mindfulness and contemplative studies.

PROGRAM DETAILS

- **12 Credits**
- Flexible format for working professionals
- Open to individuals with a bachelor's degree or master's degree, or those currently enrolled in a graduate program

ADMISSIONS REQUIREMENTS

- Bachelor's or master's degree from an accredited institution
- Official transcript with a minimum 3.0 GPA
- One letter of recommendation from an employer, faculty member, or community leader
- A personal essay explaining your interest in this area of study and future career plans

LEARN MORE & APPLY →