

Criteria for MMTCP Qualifying Online Retreats (For Teachers)

In order to qualify and satisfy the pre-requisite requirements for the MMTCP program, in addition to meeting the requirements for qualifying in-person retreats, online retreats must meet the following criteria. **Only online retreats pre-approved and listed on the Sounds True site will be counted as qualifying MMTCP pre-requisite retreats** and retreat teaching teams must agree to meeting and upholding these criteria for MMTCP students in order for a retreat to be listed.

1. MMTCP student attendance and practice participation (**with camera on**) must be observed and confirmed for at least 5 formal practice sessions per day that can include a combination of talks; guided/instructional meditations; Q&A periods; silent meditations; guided mindful movement; and small group/individual teacher meetings. Included in this number must be at least 2 silent sits of 30-45 minutes each. This means that the retreat teachers must have a way of tracking and recording MMTCP student attendance at sessions including silent sits.
 - a. While the retreat schedule may contain additional elements such as walking meditation and eating meditation, as well as additional silent sitting periods, these are not required to be done on camera or documented and do not count toward the five practice hours. However, students should include those in their “practice agreement/schedule” that they commit to in advance--see 3 and 4 below.
2. MMTCP students must meet with a retreat teacher (in a small group, 8 people or less, or individually) at least twice during the six-night retreat.
3. MMTCP students must review, sign, and submit to the retreat teachers the **MMTCP Online Retreat Participant Agreement** before the retreat, covering such elements as “netiquette,” silence as appropriate to their situation, minimizing/abstaining from news/social media, etc. An agreement will be provided by the MMTCP though individual retreat teaching teams may also use their own agreements if they prefer.
4. As part of that agreement (3), students should write up and commit to their individual home practice plan/schedule, which in addition to the observed 6 practice sessions, should include walking meditation, eating meditation, and continuity of practice. Students will be provided with a place to do this in their Participant Agreement. Retreat teachers are encouraged to refer to this in practice meetings with the students.
5. Online retreats must meet the same requirements as in-person retreat in the following ways: must be a six-night, primarily silent retreat in the Insight, Vipassana, or Goenka tradition.

The retreat teaching team/coordinating teachers must agree to uphold these criteria for MMTCP students, even if they are not standard for other retreat participants, and certify afterward in writing that they have been met via the **MMTCP Online Retreat Participant Completion Certification** form, which will be provided to them by the MMTCP student.

Only after this has been agreed to by the teaching team will the online retreat be listed on the Sounds True site as an approved retreat.