



THE MIND & BODY MOVEMENT INSTITUTE

Integrative Wellness *Facilitator Program*

200-HOUR CERTIFICATION · 2026 COHORT

*"A rigorous, transformative training for practitioners ready to lead at
the intersection of science, somatics, and relational wisdom."*

YOGA ALLIANCE REGISTERED SCHOOL · RYS-200 · YACEP

September 2026 — March 2027

WELCOME

You Were Made for *This Work*.

"I created this program because I spent years searching for a training that held the full complexity of human wellness — the nervous system, the relational patterns, the psychology, and the spirit. When I couldn't find it, I built it."

The Integrative Wellness Facilitator Program is the most comprehensive training I have ever designed. It is built on the same proprietary framework — the Mind-Body Relational Wellness Framework — that I have used in my private practice, my coaching work, and my own personal healing journey. This is not a certificate you hang on a wall. It is a transformation you carry in your body.

Over seven months, you will move through three deep modules that will change how you see your clients, your practice, and yourself. You will learn to hold the nervous system, illuminate relational patterns, and guide others toward sustainable, embodied change. You will graduate not just as a certified facilitator, but as a more integrated, grounded, and effective practitioner.

I am deeply honored that you are considering this journey. I look forward to holding this space with you.

Marie Benjamin

FOUNDER, THE MIND & BODY MOVEMENT INSTITUTE
MA PSYCHOLOGY · MBA · RYT-500 · YACEP · RYS-200 · TRAUMA-INFORMED PRACTITIONER

THE PROGRAM

At a *Glance*

The 200-Hour Integrative Wellness Facilitator Program is a hybrid, cohort-based certification designed for wellness professionals who are ready to deepen their practice and expand their impact. The program is structured around three core modules, two in-person immersion weekends, and a comprehensive online learning portal.

TOTAL HOURS

200 Certified Hours

FORMAT

Hybrid (Virtual + In-Person)

DURATION

7 Months (Sept 2026 – Mar 2027)

COHORT SIZE

Limited to 12 Participants

WEEKLY CALLS

Thursdays, 6–9 PM EST

IN-PERSON INTENSIVES

2 Weekend Immersions (NJ)

YOGA ALLIANCE STATUS

RYS-200 · YACEP Approved CE
Provider

INVESTMENT

From \$3,800 (Early Bird)

CREDENTIAL AWARDED

MBM Certified Integrative Facilitator
(Yoga Alliance Registered)

YOGA ALLIANCE RECOGNITION

The MBM Institute is a Yoga Alliance Registered Yoga School (RYS-200) and an approved Continuing Education Provider (YACEP). This means graduates of this program receive a credential that is recognized by Yoga Alliance — the largest international registry of yoga teachers and schools. Yoga teachers who complete this training may log these hours toward their Continuing Education requirements for RYT renewal.

WHO IS THIS FOR?

This program is designed for certified yoga teachers (200-hr+), therapists, counselors, social workers, coaches, and healthcare professionals who want to integrate somatic, psychological, and relational frameworks into their existing practice. Admission is by application only.

WHAT YOU WILL LEARN

The Curriculum

MODULE 01

Foundations in Somatic Stabilization

APPROX. 70 HOURS

The art and science of nervous system regulation. You will learn to see the body not just as a physical structure, but as a living archive of experience — and to guide others in returning to safety and stability.

Applied Polyvagal Theory

Trauma-Informed Facilitation

Somatic Sequencing

The Art of Holding Space

Advanced Breathwork

Ethics of Embodied Practice

MODULE 02

The Psychology of Transformation

APPROX. 70 HOURS

Bridging the gap between body and mind. This module explores the core psychological frameworks that underpin relational health and personal growth, moving from self-criticism to self-compassion.

Attachment Theory in Practice

Family Systems & IFS

Psychology of Shame & Resilience

Narrative & Storytelling in Healing

Working with Belief Systems

MODULE 03

Applied Relational Intelligence

APPROX. 60 HOURS

Integration and facilitation. Translating theory into practice and guiding others through transformative work with skill, integrity, and confidence in both individual and group settings.

Conscious Communication

Group Facilitation

The 1-on-1 Session

Boundary Dynamics

Integrated Workshop Design

Business of Wellness

Practicum & Final Project

TUITION & DATES

Your *Investment*

EARLY BIRD — PAY IN FULL BY JULY 15

\$3,800

Save \$400 · Full program access
All materials included

STANDARD TUITION

\$4,200

Full program access
All materials included

A non-refundable \$500 deposit is required upon acceptance to secure your spot. Payment plans are available — contact us for details. All materials, workbooks, and portal access are included in tuition.

PROGRAM SCHEDULE

MILESTONE	DATE	FORMAT
Applications Open	June 1, 2026	Online
Early Bird Deadline	July 15, 2026	—
Program Begins	September 2026	Virtual Orientation
Immersion Weekend 1	October 16–20, 2026	In-Person · NJ Studio
Immersion Weekend 2	February 24–28, 2027	In-Person · NJ Studio
Program Completion	March 2027	Virtual Graduation

YOUR QUESTIONS, ANSWERED

Frequently Asked *Questions*

Do I need to be a certified yoga teacher to apply?

No. While many of our participants are yoga teachers, the program is designed for any wellness professional — therapists, coaches, social workers, nurses, and healthcare providers are all welcome. The prerequisite is a genuine commitment to the work and a professional background in a helping or wellness field.

Is this program accredited?

Yes. The MBM Institute is a Yoga Alliance **Registered Yoga School (RYS-200)** and an approved **Continuing Education Provider (YACEP)**. Graduates receive the MBM Certified Integrative Wellness Facilitator credential, which is recognized by Yoga Alliance. Yoga teachers who complete this program may log these hours toward their Continuing Education requirements for RYT renewal and re-registration.

How much time should I expect to commit each week?

Plan for approximately 8–10 hours per week. This includes the Thursday evening live session (3 hours), self-paced portal work (3–4 hours), and integration assignments (2–3 hours). The two immersion weekends are full four-day commitments.

Are payment plans available?

Yes. A 6-month payment plan is available for the standard tuition rate. A \$500 non-refundable deposit is required to secure your spot upon acceptance, and the remaining balance is divided into equal monthly installments. Contact us directly to discuss your options.

How do I apply?

Applications are submitted online at themindandbodymovement.com/teacher-training. The application includes a short written response and a brief questionnaire about your professional background and intentions for the program. Accepted applicants will be invited to a 20-minute interview call with Marie before enrollment is confirmed.



2026 COHORT · LIMITED TO 12 PARTICIPANTS

Your Next Chapter Begins *Here.*

Applications for the 2026 cohort open June 1st. Spaces are strictly limited to 12 participants to ensure the depth of experience this program demands. We invite you to take the first step.

YOGA ALLIANCE

RYS-200 Registered School

YOGA ALLIANCE

YACEP Approved CE Provider

APPLY ONLINE AT

themindandbodymovement.com/teacher-training

Questions? Email us at hello@themindandbodymovement.com

