

Do you work with kids or have kids of your own?

Does stress impact your interactions with the children in your life?
Is your mind constantly busy in the past or the future?
Might you be missing out on what is happening right now?
Do you have a hard time sleeping?

Why not make a New Year's Resolution to live in the present?

Mindfulness Fundamentals

A Six Week Class

For parents, teachers, school counselors & administrators, & other professionals working with children. Learn:

- Mindfulness of breath, sound & body
- Mindfulness in speech, action and everyday life
- Mindfulness in difficult situations
- Letting go of negative thought patterns
- Anti-stress techniques
- How to nurture personal peace and happiness
- Self awareness, patience and understanding for your life and profession.
- Kindness, compassion and gratitude for yourself and others

Since 2007, Mindful Schools has brought a five-week program to 27 schools and over 7,000 children in the Bay Area. Dramatic results include: increased attention, enhanced impulse control, less stress, and a happier community of children.

Mindfulness is not just for kids. Teachers & parents need these tools too!

6 Wednesdays: Feb 24 – March 31 7:00–9:00 pm

Park Day School, 370 43rd St. Oakland, CA 94609

Phone: (510) 653-0317 Ext. 105 **Email:** Laurie@mindfulschools.org

\$125

No one will be turned away for lack of funds – please call.

To register: Pay at www.mindfulschools.org or send a check to the attention of Mindful Schools to **PO Box 22944, Oakland, CA 94609-22944**. Space is limited.

“The mindfulness classes are really good for me. I am under a lot of stress and they cool me out and then I am much better for my students.” - Fifth grade teacher

Mindful Schools

Mindful Schools is a Community Outreach Program of Park Day School.

www.mindfulschools.org