

Mindful Schools

presents

Mindfulness in the Classroom

A Weekend Training for People Interested in
Bringing Mindfulness into Schools

Do you want to learn a powerful technique for teaching concentration, attention, conflict resolution, and empathy to children?

Mindful Schools has used a scientifically proven technique called mindfulness to teach these critical skills to nearly 8,000 children and 450 teachers in 32 schools.

Teachers, school administrators, school counselors, psychologists, and parents will learn key lessons from the Mindful Schools K-5 curriculum, as well as the brain science and psychology behind these mindfulness techniques.

Mindfulness is an invaluable gift to teach to children. Mindfulness supports:

- Better focus and concentration
- Improved impulse control
- Happier school-wide culture & climate
- Increased empathy and understanding of others
- Stronger self-awareness
- Deeper calm
- Skillful ways to handle difficult emotions
- Decreased stress for kids and teachers
- Natural conflict resolution skills

Saturday & Sunday August 21 & 22
9 am to 4 pm
2010 Laney College – Oakland, CA



Cost: ~~\$300~~ \$225 until July 1st

Scholarships Available
Lunch Included

Please register online at <http://www.mindfulschools.org/>.

Questions? Contact Kate Janke at kate@mindfulschools.org or call 510-684-0364.

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