

Start sharing mindfulness with your students!

A Mindfulness Toolkit For Educators

Presented by: the WCU Center for Contemplative Studies

FOUR WORKSHOP DATES AVAILABLE

9 am to 3 pm • Lunch Included

December 2 • January 20 • February 3 • April 21

- Establish or refresh your personal mindfulness practice
- Review the theory and science of mindfulness in schools
- Learn to lead mindfulness practices with students

This six-hour workshop will get you started in working with students with mindfulness—one-on-one in counseling situations or in the classroom. The key to effective teaching of mindfulness is to know the subject well, so your own practice is of paramount importance. We'll get you started with direct instruction, plus support for your home practice through handouts and recordings.



Mindfulness in schools has its own fast-growing scientific and pedagogical literature. We'll take a look at the highlights, and go deep into what really counts in building relationships and community. There is a specific skill set for leading mindfulness practices in front of a class, or with an individual. We'll spend lots of time learning practices and teaching them back, so you'll feel ready to go!

Four dates will let you find a time that works for you—to bring the benefits of mindfulness practice to yourself—and the students you work with!

To Register: wcupa.edu/contemplativestudies