

Bring Mindfulness to your Classroom, School or District



“Community of Practice”

NEW Blended Learning Model

Learn how to teach mindfulness in your K – 12 setting
New cohort starting in **January 2018**

We will be offering our 2nd Cohort of a blended learning model in which course content is acquired online through the experienced teachers at Mindful Schools but will be facilitated utilizing face-to-face practice/learning sessions with Patti Ward, Mindful Schools Certified Instructor and Cheryl Blackington, Mindfulness in Schools Certified Instructor. The purpose will be to create *‘Communities of Practice’ within a geographic area, school building or school district, which will serve to provide sustainability of this social emotional learning practice.

Phase 1: Mindfulness Starts with You – Be the Change

Increase well-being by becoming a Mindful Practitioner. The central objective of this phase is to introduce you to mindfulness meditation and help you cultivate a personal mindfulness practice.

Phase 2: Teaching Mindfulness in the classroom

Learn how to integrate mindfulness into your work with youth using the [research-backed](#) K-12 Mindful Schools Curriculum.

Phase 3: Sustainability

Through a “Community of Practice” model staff will meet in person to:

- Support a Personal Practice – adults practice mindfulness
- Share, practice and review student mindfulness lessons
- Observe demonstration teaching within your classroom by a certified mindfulness instructor.

Want to learn more? Schedule a **free 45-minute overview** for your school.

Winter Discount \$75.00 savings only \$600.00 for

- **Both on line courses from Mindful Schools (normally \$675.00)**
- **Plus 5 in person teaching/learning sessions with Patti and Cheryl**
- **Two in class demonstration lessons at your school.**

Cost: \$600.00 per teacher (group discounts available) **Payment must be made by December 29, 2017**

Registration for Individuals: Visit website below and look under ‘Offerings – Teacher Training’.

Registration for schools: Contact us regarding 6 or more registrations; we may be able to offer this course **at your school site**. I can also provide an Invoice for payment for school districts.

Graduate Credit available: *Mindfulness Fundamentals* – 16 hours, *Mindful Educator Essentials* – 16 hours, Face-to face time – 5 hours, Total Hours: 37 hours or 2 graduate credits (15 hours = 1 graduate credit \$93.00 per credit from Courses4Teachers and University of the Pacific)

Patricia Ward, M.Ed., Mindful Schools Certified Instructor
616-204-2099

Email: mindfulmomentsinedu@gmail.com

Website: www.mindfulmomentsinedu.com