

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?

Level 1 - Mindfulness Fundamentals

A Six Week Class on the Development of a Personal Mindfulness Practice

This class is for teachers, parents, psychologists and anyone who would like to learn mindfulness for themselves. This six-week course will teach you the basic techniques of mindfulness as well as help you build your own practice.

- 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

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

6 Thursdays: July 8 to August 12 5:30–7:30 pm

Holy Names University in the Brennan building, Room 61
3500 Mountain Boulevard, Oakland, CA 94616
\$125

Scholarships are available for applicants who need them.

To register: Pay [securely online](#) or email us.
Phone: (510) 684-0364 Email: kate@mindfulschools.org

About Mindful Schools

Since 2007, Mindful Schools has brought a 5-week program to over 8,000 children in 34 Bay Area schools. Dramatic results include increased attention, enhanced impulse control, less stress, and happier schools.

Mindfulness addresses the social-emotional needs of children as well as their academic needs!

Mindful Schools

Mindful Schools is a Community Outreach Program of Park Day School
Web Site: www.mindfulschools.org Email: info@mindfulschools.org