

Do you want to teach mindfulness in your work with children or as a parent?

Has mindfulness helped reduce stress in your life?

Want to incorporate a child-tested mindfulness curriculum into your classroom or home?

Mindful Schools – Level 2: Curriculum Training

A Weekend Intensive Course Based on Experience Teaching Over 8,000 Children

Parents, teachers, school counselors, administrators, and other professionals working with children will learn:

- How to introduce mindfulness to children
- How to present mindfulness lessons in your classroom or home
- Grade and age-appropriate expectations
- Effective demeanor in presentation
- Appropriate child-friendly mindfulness vocabulary
- How to address classroom difficulties that may arise
- Effective tools for relationship dynamics between students or with your children

This is a condensed intensive of the Level 2 Eight Week Training, done in two 8-hour days. This convenient format is for people who are traveling from afar or who cannot take weekly night classes. Though the course is very thorough, it does not cover every module of our curriculum (in contrast to the full Level 2 Eight-Week Training). However, either version of Level 2 serves as a prerequisite for Level 3 (Teacher Certification).

Prerequisite for this class is Level 1 or equivalent mindfulness experience. Please contact us for information.

1000 Broadway, Suite 109, Oakland, CA 94607

August 21 & 22, 9:00am to 5:00pm

\$500

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