Level 1:
Mindfulness Fundamentals
A Six Week Class on the Development of a Personal Mindfulness Practice

What is Mindfulness?
Mindfulness is a simple, powerful technique that reduces stress and promotes well-being.
Backed by over 30 years of research, mindfulness develops awareness of thoughts, emotions, and the body. This awareness allows you to identify sources of stress and anxiety before they intensify and become overwhelming.

About Mindfulness Fundamentals
This six-week course will teach you the basic methods of mindfulness as well as help you build your own practice.
The course offers weekly mindfulness techniques, periods of group practice, practical ways to apply mindfulness to your everyday life, and a take-home workbook to help develop your use and understanding of mindfulness in the home and at work.

Course Fee: $125
Sliding Scale and Work Trade Scholarships are available for applicants who need them.

Benefits of Mindfulness

Reduced Stress and Anxiety
• More skillful responses to challenging life situations
• Natural conflict resolution skills
• Physiological and cognitive relaxation

Stronger Relationships
• Deeper communication skills
• Effective tools for managing relationship dynamics
• More empathy for oneself and others

Increased Well-Being
• Cultivation of gratitude
• Increased patience
• Improved concentration
• Easier adaptation to change

For dates and registration, visit www.mindfulschools.org.
Questions? Contact us at (510) 535-6746 or training@mindfulschools.org.

About Mindful Schools
Since 2007, Mindful Schools has brought a 5-week program to nearly 10,000 children in 38 Bay Area schools, and trained over 1,200 adults in mindfulness. Dramatic results include increased attention, enhanced impulse control, less stress, leading to happier students and educators by addressing social-emotional needs as well as academic needs.