# Mindfulness Fundamentals

## Course Syllabus

### Week 1: Mindfulness of Breath
- Exploring the motivation for mindfulness practice
- Introduction to Mindfulness: Definitions
- Practice: Mindfulness of Breath
- Mindfulness, Self-regulation and the Pre-frontal Cortex

### Week 2: Mindfulness of Body
- Importance of Feeling the Body (The Embodied Nervous System)
- Practices: Body Scan; Mindful Walking
- Daily Mindfulness of the Body
- Mindfulness as an Exploration of Being Human

### Week 3: Mindfulness of Emotions
- Emotions, Neurobiology and Thoughts
- Practice: Feeling Emotions in the Body
- Working with Emotional Intensity
- Mindfulness and Self-Regulation

### Week 4: Development of the Heart
- Cultivating Gratitude and Kindness
- Practice: Heartfulness
- Self-Compassion and the Inner Critic
- Forgiveness

### Week 5: Interpersonal Mindfulness
- Bringing Mindfulness to Interactions
- Mindfulness and Communication
- Our Habits of Separation
- Empathy and the Brain
- Compassion

### Week 6: Everyday Mindfulness
- Training the Mind to be more Mindful
- Weaving Mindfulness into Life
- Mindful Eating
- Maintaining a Daily Practice
- The Benefits of Mindfulness Practice

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Think differently about education.

Building capacities for awareness, attention, connection and compassion are essential skills for educators and students of the 21st century. Our research-backed professional development trainings are based on our work in schools and over a decade of experience training educators. Mindful Schools courses empower educators to develop and deepen their mindfulness practice, provide access to K-12 curriculum, and give adaptable strategies to spark positive change in their work with youth.

Educators, start your journey.

**Foundational Courses**

**Mindfulness Fundamentals**
Learn how to develop your personal mindfulness practice and your ability to be fully open, aware, and active in the present moment. Practice alongside fellow educators.

6-week online course
Register at www.mindfulschools.org/MF

**Mindful Educator Essentials**
Learn strategies to integrate and adapt mindfulness into your classroom using our research-backed Mindful Schools K-12 Curriculum. Prerequisite: Mindfulness Fundamentals.

6-week online course
Register at www.mindfulschools.org/MEE

**Continued Learning**

**Mindful Communication**
Transform your communication patterns and explore how to cultivate trust, cooperation, and collaboration to build stronger relationships.

www.mindfulschools.org/MC

**Working with Difficult Emotions**
Learn practices to regulate your emotions and create greater emotional freedom. Based on the latest scientific research.

www.mindfulschools.org/DE

**Certification Program**
Invest in yourself as an educator and change the future of education through our immersive, year-long Certification Program.

www.mindfulschools.org/MTCP

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