

Teachers, Administrators, Educators – You're invited!

Be Mindful, Teach Mindfully, Teach Mindfulness

An Introduction to Mindfulness in Education with an emphasis on Teacher Self-Care



Discover...

- Tools to develop your own personal mindfulness practice
- Ways to integrate mindfulness practices into everyday teaching
- Examples of mindfulness curricula for students
- How to develop a mindful culture in schools

Wednesday | 11 April 2018 | 17:30 – 20:00 | Snacks

Cost: €20 per person | Students €10 | Unemployed Free

@ Fachstelle Kinderwelten im Institut für den Situationsansatz

[Muskauer Str. 53, 10997 Berlin](https://www.muskauer-str.53.de) | **Workshop language is English**

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