

Mindfulness in the Classroom

*Presented by
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Would you like to

Learn strategies for self-care

Identify the benefits of mindfulness with students

Learn best practices for language and participation
when sharing practice with others

Practice leading peers through mindfulness practice

Assess level of commitment for personal and pro-
fessional use of mindfulness in the classroom

Workshop # 213923

January 13, 2022

8:30 am to 3:30 pm

Brooks County Room

Free Training Opportunity

Face to Face

For more information contact:

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