



Preliminary Teacher Training Course (4 days)

Saturday, March 12th
introductory day

Monday, 18th to Wednesday, 20th April
residential course at Tonbridge School

This course will provide an in-depth training in how to teach mindfulness to young people in secondary schools:

- Learn from its creators how to teach the **.b** curriculum.
- Learn about some of the theoretical underpinnings for the curriculum and mindfulness practice that enable more effective classroom teaching
- Gain full access to curriculum materials for students and teachers, including student booklet and comprehensive teachers' notes and lesson transcripts
- Join the team collaborating with Oxford and Cambridge Universities to research the effectiveness of mindfulness in schools.



There are 24 places on this course. To apply for a place please email:
enquiry@mindfulnessinschools.org

Or click here to register your insight via the website:
<http://www.mindfulnessinschools.org/courses/bookings>

Who should attend?

Those with an established mindfulness practice who are teaching (or would like to teach) mindfulness to children aged 12 and above, either in classroom or adolescent health settings e.g. School teachers, mindfulness teachers, school counsellors, psychologists working with children and adolescents.

How much does it cost?

£475

This includes curriculum materials and lesson transcripts etc, as well as full board and accommodation in one of Tonbridge's boarding houses.