

**Teacher Mindfulness Training**  
**February 25, 2019 – June 10, 2019**  
**Blended Learning Model with Community of Practice (COP)**

DATE	Community of Practice	Mindful Schools	TOPIC
<b>MINDFULNESS FUNDAMENTALS</b>			
Thursday Feb. 25	COP #1 In person	On-line	• Reflections, Practice, Connections
March 1		MF - Week 1 On-line	Mindfulness of the breath
March 8		MF - Week 2 On-line	Mindfulness of the body
March 15		MF - Week 3 On-line	Mindfulness of Emotions
Monday March 18	COP #2 In person		• Reflections, Practice, Connections
March 22		MF - Week 4 On-line	Development of the Heart
March 29		MF - Week 5 On-line	Interaction with others
April 5		MF - Week 6 On-line	Everyday mindfulness
Monday April 8	COP #3 In person		• Reflections, Practice, Connections
<b>MINDFUL EDUCATOR ESSENTIALS</b>			
April 18		MEE - Week 1 On-line	Curriculum introductions
April 25		MEE - Week 2 On-line	Mindful Teaching
May 2		MEE - Week 3 On-line	Mindfulness in Education
Monday May 6	COP #4 In person		• Reflections, Practice, Connections
May 9		MEE - Week 4 On-line	Working with Resistance
May 16		MEE - Week 5 On-line	Research and Neuroscience
Monday May 20	COP #5 In person		• Reflections, Practice, Connections
May 23		MEE - Week 6 On-line	Live group consult
June 10 Monday	COP #6 In person		• Reflections, Practice, Connections