

Teacher Mindfulness Training
January 31 – May 2, 2019
Blended Learning Model with Community of Practice (COP)

DATE	Community of Practice	Mindful Schools	TOPIC
MINDFULNESS FUNDAMENTALS			
January 31 Thursday	COP #1 In person		• Reflections, Practice, Connections
February 1		MF - Week 1 On-line	Mindfulness of the breath
February 8		MF - Week 2 On-line	Mindfulness of the body
February 15		MF - Week 3 On-line	Mindfulness of Emotions
February 21 Monday	COP #2 In person		• Reflections, Practice, Connections
February 22		MF - Week 4 On-line	Development of the Heart
March 1		MF - Week 5 On-line	Interaction with others
March 8		MF - Week 6 On-line	Everyday mindfulness
March 14 Monday	COP #3 In person		• Reflections, Practice, Connections
MINDFUL EDUCATOR ESSENTIALS			
March 21		MEE - Week 1 On-line	Curriculum introductions
March 28		MEE - Week 2 On-line	Mindful Teaching
April 4???? Monday	COP #4 In person		• Reflections, Practice, Connections
April 4		MEE - Week 3 On-line	Mindfulness in Education
April 11		MEE - Week 4 On-line	Working with Resistance
April 18 Monday	COP #5 In person		• Reflections, Practice, Connections
April 18		MEE - Week 5 On-line	Research and Neuroscience
April 25		MEE - Week 6 On-line	Live group consult
May 2 Monday	COP #6 In person		• Reflections, Practice, Connections