

Mindful Moments in Education Community of Practice 2019

a group of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.

If you would like to meet **in person** for on-going mindful teaching collaboration, this group is for you! We will meet 5 times throughout 2019.

Session Agenda:

- Personal Practice
- Student Lessons
- Sharing and Caring

Time: 6:30 - 8:00 pm

Place: 9235 Gooseneck Drive, Sparta, MI 49345 (Patti's home)

Donation: \$5.00 per session (helps defray cost of refreshments and handouts)

Thank you!.

Suggested Topics:

January 21, 2019 - Monday

- Topic: *Mindfulness of the Breath*

March 18, 2019 - Monday

- Topic: *Mindfulness of the Body*

May 13, 2019 - Monday

- Topic: *Mindfulness of Emotions*

Taking the summer to wind down and just BE

September 16, 2019

- Topic: *Development of the Heart*

November 18, 2019

- Topic: *Mindful Communication*

Encouraging Mindfulness Leaders:

If you are interested in leading one of our 'sits' or share a student lesson or resources, please contact me. This group will support you **and** learn from you as well. This group is about US.

CONTACT INFORMATION:

Patricia Ward, M.Ed., Mindful Schools Certified Instructor

Phone: 616-204-2099

Email: mindfulmomentsinedu@gmail.com

Website: www.mindfulmomentsinedu.com