

TEACHER TRAINING FOR MINDFUL CLASSROOMS



The Inner Space



Benefits for teachers:

- Increase knowledge and ability to talk about and cultivate mindfulness in classroom
- Learn to recognize signs of stress and respond effectively internally and externally
- Acquire a variety of activities and exercises to lead in class

Audience:

Primary and secondary teachers

Duration:

1.5 hours or half-day (3 hours)

Cost:

To be quoted

Contact:

For questions or to book, please contact Tanya Porter

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- (647) 891-2805

www.theinnerspace.ca

Overview

Attention Teachers: Do you want to learn how to integrate wellness practices with confidence in your class and truly promote mental health within the student body directly?

The Inner Space training workshops teach educators how to guide basic yoga, breathing and mindfulness exercises in a classroom or gym setting.

Teachers will learn how to capture the attention and imagination of their students in practices that redirect their focus to the rich landscape within themselves. Teachers will learn methods, with props and metaphors, to describe to and teach students yoga, mindfulness and breathing techniques for self-care and regulation.

Training is facilitated by Tanya Porter, and can be executed in 1.5-hour sessions or half-day workshops. Please see page 2 for program details.



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The Inner Space

1.5-Hour Session

During this fully-customizable session, teachers will learn how to develop and implement sustainable mindfulness practices and discover ways to reinforce a mindful environment long after the training.

Teachers will learn and experience the following:

- Learn the foundations and benefits of mindfulness practices, and their value in improving mental health in schools
- Learn how to teach an engaging introduction to the connection between body, mind and breath with props and metaphors
- Learn some physical and breathing exercises that can be implemented for DPA



Half-Day Workshop

This experiential half-day workshop covers all of the training included in the 1.5-hour session, plus hands-on guided working time to develop programming for class.

All activities will allow for visceral learning, and opportunities to make cross-curriculum connections.

Depending on the workshop goals, teachers will be led in some or all of the following:

- Create their own yoga adventure story that can be easily modified for each class
- Learn and practice mindfulness games and crafts that can become part of the classroom culture
- Learn various breathing techniques that will balance the energy of the class, depending on their need (ie. focusing, relaxing, energizing, releasing)

Please keep in mind that the workshop can be tailored to your needs. Please discuss with Tanya.