

MINDFULNESS I

COURSE DETAILS

Who

Educators: teachers, administrators, counselors, psychologists, therapists

Where

Your home

What and When

3 Credit Workshop:

LIVE Zoom Classes-

June 20, 21, 22 (8am-11am)

OR

August 1,2,3 (8am-11am)

Independent Learning-

Self-paced pre-recorded instruction and videos

Independent Practice-

Independent practice options: breathing, gratitude, walking, yoga, eating, body scans and more.

Cost

\$671



DESCRIPTION:

Are you interested in reducing stress, improving quality of life, and becoming a happier, more present, energized educator and human being? We live in a fast paced, distracted, high intensity world and second to health care, education is ranked as the most stressful job in the US. Stress is the number one cause of burnout, loss of productivity, physical illness, mental illness and disability. As a nation, we are facing a mental health crisis that could yield serious health consequences for years to come. Now more than ever, self-care skills and stress management are essential for our ability to live, work and thrive. This course will focus on the following mindfulness skills: breathing, eating, walking, communication, stress reduction and gratitude. Activities will include discussions, personal reflections and guided mindfulness practices. Be prepared to immerse yourself into a course that focuses completely on YOU and take away skills to utilize personally and professionally!

Course creator and instructor-Melissa FitzGerald (M.Ed., RYT-500) has 28 years of teaching experience at Solon High School as a Health and Yoga teacher. Melissa also serves as an adjunct professor for Ashland University and has created 5 different courses for Mindfulness and Yoga in Education. Over 250 Solon educators have taken her courses. As a result, the school district has successfully implemented mindfulness curriculum Pre-K to High School.

To learn more about your instructor and the benefits of mindfulness go to:

<https://www.mindfulnessyogaed.com/>

If you are interested or would like more information, email Melissa FitzGerald at:

melissafitzgerald15@gmail.com



**CLICK HERE TO REGISTER FOR JUNE or
CLICK HERE TO REGISTER FOR AUGUST**