

Mindful Moments Teacher Training

Fall 2018/October Cohort

Last day to register for course: September 28, 2018

Blended Learning Model with Community of Practice (COP)

DATE	Community of Practice	Mindful Schools	TOPIC
MINDFULNESS FUNDAMENTALS (MF) Adult Mindfulness Practice			
October 5		MF - Week 1 On-line	Mindfulness of the breath
October 12		MF - Week 2 On-line	Mindfulness of the body
October 18 Thursday	COP #1 In person		• Introduction to COP, reflections, practice, connections
October 19		MF - Week 3 On-line	Mindfulness of Emotions
October 26		MF - Week 4 On-line	Development of the Heart
November 1 Thursday	COP #2 In person		• Reflections, Practice, Connections
November 2		MF - Week 5 On-line	Interaction with others
November 9		MF - Week 6 On-line	Everyday mindfulness
November 15 Thursday	COP #3 In person		• Reflections, Practice, Connections
MINDFUL EDUCATOR ESSENTIALS (MEE) Learn to Teach Mindfulness to Students K - 12			
November 15		MEE - Week 1 On-line	Curriculum introductions
November 22		MEE - Week 2 On-line	Mindful Teaching
November 29 Thursday	COP #4 In person		• Reflections, Practice, Connections
November 29		MEE - Week 3 On-line	Mindfulness in Education
December 6		MEE - Week 4 On-line	Working with Resistance
December 13 Thursday	COP #5 In person		• Reflections, Practice, Connections
December 13		MEE - Week 5 On-line	Research and Neuroscience
December 20		MEE - Week 6 On-line	Live group consult
January 10 Thursday	COP #6 In person		• Reflections, Practice, Connections