



Professional Development

Enhancing Education and Wellness in the Classroom and Beyond



Mindfulness in Motion®

Well-being for the Classroom and Beyond

MIM-Youth (MIM-Y) Teacher Training 8 Hour

Cross-training Your Mind, Body, and Heart for a Better Life

Learn how to successfully bring the **Mindfulness in Motion® curriculum** to your gym or classroom. Walk away with the knowledge, tools, materials, and experience to deliver this robust, video-supported program with confidence. MIM-Y supports the development of physical exercise and character traits with mindful movement. Ten sequential-themed videos along with extended activities, short instructional videos, and teacher scripts make it easy and flexible to implement into physical education, the classroom, electives, after-school programs, youth-oriented organizations, and more.

Contact us to learn more on how to bring MIM-Y into your school or organization! Contact details below.

Lighter Being

Finding Freedom Wherever You Are

Lighter Being

Self-Care for the Mind, Body, and Heart

Stressed? Overwhelmed? Anxious? Fatigued? This transformative self-paced video series is designed for the busy and the stressed to develop your own mindfulness practice in just a few minutes a week. Learn how to improve mental and emotional stability, focus, job satisfaction, performance, stress management, inner peace, and an overall “lighter sense of being”.

Lighter Being Life

1-3 Day Retreat to Unwind, Restore, and Reset

Educators are by nature givers and often forget to take care of themselves. Let us give you **the TLC you deserve** through a variety of mindful experiences including yoga, meditation, self-reflection, mindful eating, and more. Can be offered as a separate event and/or included in staff development training. Improve job satisfaction and retention by nurturing those who nurture the minds and hearts of our future.

Mindfulness Matters

Mindfulness for a Healthier, Less Stressful Personal and Professional Life.

Mindfulness Matters -1 or 2 Hour Workshop

Finding Ease in Every Moment

This transformative workshop will give access to mindfulness tools that can help **reduce stress, and increase productivity** and an overall sense of well-being. Participants will take these first steps on how to find ease in everyday challenges, big and small, throughout their professional and personal lives. The ripple effect expands well beyond the individual by fostering a culture of stability, cooperation, understanding, and harmony at work, home, the community and beyond.

Calm in a Crisis

Reclaim Your Classroom in a Crisis

Fear-Less Classroom Crisis Care

Learn how you, the teacher, can have a positive impact before, during, and after a classroom crisis/trauma by using information and skills of Awareness, Breath, Connection, and Right Action. Be better prepared to **be the calm in the storm** and create a safe haven for all by being proactive in your environment, and developing skills to empower yourself and your students to overcome trauma in the short and the long-term.