



# Summer Teacher Workshop

## ***A Mindful Classroom***

We invite you to join us for single-day workshop on

**Monday, June 3 from 8:30 a.m. to 3:00 p.m.**

High Meadows School

Join High Meadows educator counselor Sue Amacker, MA, LPC, NCC in learning how mindfulness can support well-being for students and teachers. The workshop will highlight bringing the benefits of mindfulness to our classrooms, empowering children's self-management and regulation, and practicing mindfulness as an adult.

- What is mindfulness
- Benefits of mindfulness
- Mindfulness as a classroom tool
- Mindfulness practices that resonate with children
- Building mindfulness practices into our adult lives



*“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.”*

Jon Kabat-Zinn

**This single-day workshop includes lunch and a copy of  
*Teach, Breathe, Learn* by Meena Srinivasan**

**Price: \$100**

**VISIT [www.highmeadowscenter.org](http://www.highmeadowscenter.org) to register today!**