

Train to teach mindfulness to teens!

Mindfulness in Schools Project's acclaimed **.b** curriculum

**Crystal Springs Upland School
Hillsborough, CA (SF Bay Area)**

Aug 6 – 9, 2018 * \$1095

What will I get from this course?

- 4 days with the **.b** curriculum so that you can teach mindfulness to young people in an inspiring, interesting and fun way.
- All clear and colorful materials– PowerPoints, lesson plans, a student booklet, film/video/audio clips and a “How to teach **.b**” manual.

Am I eligible?

- **.b** teacher trainees need to have:
 - attended an extended formal mindfulness training such as MBSR or MBCT; and
 - practiced mindfulness regularly for at least 4 months after that course.

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*.b is an excellent curriculum – thorough, relevant, important material that communicates complex concepts in a simple & profound way. (Teach **.b** participant)*

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*The training course was amazing – easy to follow, in-depth conversations, open and thoughtful leaders. Both personal and professional!. (Teach **.b** participant)*



**For further
Information:**

Email: dotb@animalearning.com

Or visit <https://animalearning.com/dotb>

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