



# Train to teach **.b** !

Mindfulness in Schools Project's  
acclaimed curriculum for teens

**San Francisco, CA** Jan 19<sup>th</sup> – 22<sup>nd</sup>, 2017

**Miami, FL** Apr 10<sup>th</sup> – 13<sup>th</sup>, 2017

**Atlanta, GA** Sep 7<sup>th</sup> – 10<sup>th</sup>, 2017

**\$950-\$995**

## 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** teachers 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.

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

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:

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



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