



FREE MINDFULNESS COURSES FOR PRIMARY SCHOOL TEACHERS

**Open to
all primary
school teachers
in Northern
Ireland!**



**Courses
delivered
via Zoom by
certified
trainers**

Eight-week courses exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

**Mindfulness-based Stress Reduction (MBSR) Course
An 8-week course starting Wednesday 13 January 2021**

**Mindfulness-based Cognitive Therapy (MBCT) Course
An 8-week course starting 1st February 2021**

For more information or to register, please email

Sharon@aware-ni.org