

PASSIONIST
EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG



MINDFULNESS MEDITATION

Personal Practice, Professional Application

Training FOR Educators

10 Week Course – Classes start February 2017 – Wednesday Evenings

Calm Your Mind

Brighten Your Attention

Grow in Wisdom

This program is designed to help teachers, counselors and school administrators in the Jefferson County Public Schools (JCPS) and other educational systems establish a personal mindfulness practice and bring the research-proven benefits of mindfulness skills to young people in educational and clinical settings.

Personal Practice Introduction to Mindfulness

Meditation is an ancient spiritual practice that has remarkable practical benefits for both body and mind. This course offers step-by-step guidance for developing a personal meditation practice using mindfulness. It presents meditation in a clear and straightforward way. Participants receive a map of the inner world and directions on how to navigate the world within. Each class offers: basic instruction in the techniques of mindfulness meditation that come from various spiritual traditions; the psychological principles and spiritual underpinnings of the practice; and clear guidance for bringing the fruits of the meditation practice into everyday life.

- Orientation Retreat: Saturday, February 10 – 9:00 AM to 3:30 PM
- 10 Wednesday classes: 7:00 – 8:30 PM
- February 14, 21, 28, March 7, 14, 28, April 4, 11, 18, 25
- Instructor: Joe Mitchell

Professional Application Training for Educators

Participants take part with the general public in a 10-week Beginning Meditation course to learn the basic skills of mindfulness. An additional 5-session training segment offers educators guidance on how to bring mindfulness practices to a professional application in education. Collegial sharing, exposure to rich resources, and current research will support this application.

- Up to 12 hours of JCPS PD or EILA credit are available.
- 5 Wednesday classes: 5:45 – 6:45 PM
- Feb. 28, Mar. 14, 28, Apr. 11, 25, 2018
- Instructor: Donna Benton

- Tuition: \$185.
- JCPS employees should register through the Earth & Spirit Center, NOT pdCentral.
- For more information, email info@earthandspiritcenter.org or call 502.452.2749.
- Register using this form or online at www.earthandspiritcenter.org.



✂ **REGISTRATION**

Please register me for the February 2018 **Introduction to Mindfulness** meditation course and the **Professional Application Training for Educators**.

- Introduction to Mindfulness – 10 Wednesdays 7:00-8:30 PM
- Orientation Retreat – Saturday, February 10
- Professional Application Training for Educators – 5 Wednesdays 5:45-6:45 PM

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Tuition Enclosed \$ _____

Enclose \$185 to reserve your place. Make check payable to "Earth & Spirit Center." See our website for refund policy.
MAIL TO: Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205 • 502.452.2749