**COURSE CONTENT**

**MINDFULNESS & MEDITATION: WELL-BEING AT SCHOOL AND LIFE"**
**(MMORE in advance)**

The course is aimed for teachers and school staff from pre-school level to primary, secondary, vocational, adult and special needs education, staff of non-government organizations, government and policy makers and company staff. The course is focused on dynamic and practical contents of Mindfulness, Meditation and Yoga topics and it will be taught in English by non-native people. Therefore, only a level B1 in English is expected from the participants.

Participants will increase their efficiency and effectiveness in productive performance within the workplace and personally, through learning the technique of Meditation. Applied correctly in the school environment, Meditation technique will allow us to achieve greater **SOCIAL EQUALITY**, **AVOID AND PREVENT CONFLICTS** and achieve a better resolution of these. Its use will involve directing learning towards greater **CREATIVITY**, which will improve educational **INNOVATION** and achieve better **EMPLOYABILITY** for students as well. On the other hand, it will create a **BETTER ENVIRONMENT** in the school, having a positive impact on the whole school community, increasing their **MOTIVATION** towards studies and improving the abilities of the students.

The technique of meditation has a very positive impact in intellectual activity and, on the other hand, in a development of personality, intelligence, **SELF-CONFIDENCE**, greater tolerance and control in the face of stress situations, and in an increase in personal satisfaction and self-esteem.

Some of the topics to develop during the sessions of the course:
- What Mindfulness is: be here and now – on purpose – no judges.
- The awareness triangle: thoughts – physical sensations – emotional reactions.
- Benefits of meditation: reducing stress.
- Meditation: Breathing and Body Scan.
- Mindfulness eating.
- The 8 attitudes of Mindfulness.
- The power of music, vibration and sounds.
- Meditation for relaxation.
- Mindful walking.
- What stress is and how to deal with it. STOP technique.
- Meditation: breath & relax.
- Cognitive distortion and attitude.
- Meditation: 4 steps practice – acceptance.
- Assertive communication.
- Thoughts pattern.
- Meditation: label your thoughts.
- Settling the mind: Meditation for a clear mind
- Emotions – The story of Hope – Heal.

- The five stages of meditation.
- Meditations: Gratitude – Loving kindness.
- Mindfulness exercises for your daily life.

Yoga sessions are running during the week of the course and will have very importance in the knowledge of relaxing education. Teachers will be able to transmit those yoga sessions to their students because of the daily practical of the yoga.

Moreover, some of the activities to run during the sessions of the course can be:
- Free cultural activity: Discovering the city and its cultural heritage. You will visit the city center in a guided tour included in course fees.
- Free cultural activity: Discovering the culture and the heritage of the country. Free entrance to the most visited museum of the city.
- Networking activity: Presentation of your own school and your KA1 PROJECT.
- Networking activity: Guided session to find your best partner for a future JOB SHADOWING.
- Optional cultural activity: trip to some relevant places of the city with all participants from the course and other structured courses of the company just to reinforce networking between all of you.
- Optional dinner in the center of the city. Networking activity to deepen the relationship between all participants.