

Teacher Wellness: Yoga and Mindfulness

Maria Webb teaches two weekly classes at a local yoga studio and has led several yoga classes at Senator Patrick Burns School for staff and students. She provides a wide range of options to accommodate all levels; no experience is necessary.

This workshop will:

begin with a calming mindfulness practice to introduce participants to techniques they can implement in the classroom with their students,

continue with a gentle movement flow to connect body, mind, and breath,

finish with a gentle breath practice to slow things down and allow you to enter a state of relaxation.

The techniques taught in this workshop will be sequences in an effort to provide you with material you can use to incorporate a mindfulness practice in your classroom. This practice will utilize a yoga mat and chair; participants are encouraged to dress comfortable and bring layers. We will have some mats for participants to borrow but if you have your own, feel free to bring it to practice. At the end of this practice, participants will receive a paper copy of the mindfulness techniques they have practiced.

This session will be free of charge (aside from the refundable attendance deposit & Eventbrite fee). If participants would like to make a monetary donation, they can send a donation to the Aboriginal Friendship Centre of Calgary (<https://www.afccalgary.org/>).

Location

Senator Patrick Burns
2155 Chilcotin Rd NW Calgary AB T2L 0X2

Time/Date

Monday 2024 April 29
4:30pm – 6:00pm

Audience

Grades K – 12 Teachers & Administrators

Registration

Registration is limited to 30 applications.

Registration will open **Sunday April 7 at 7:00 pm** on Eventbrite and is first come, first served. Once the tickets sell out, Eventbrite will provide a waitlist option.

A fee of \$11.98 is required to register (\$10 refundable deposit + \$1.98 non-refundable Eventbrite fee). Refunds of registration deposit will be issued to participants after verification of attendance. One ticket per participant. Please do not register for others.

Register at: <https://AprilTWYoga.eventbrite.ca>

