



Mindfulness in a Montessori Setting by The Houston Montessori Center

by Houston Montessori Center
\$75, Lunch is included

DATE AND TIME

Sat, April 7, 2018
9:00 AM – 3:00 PM CDT
With one hour for lunch

LOCATION

Waltrip High School - Library
1900 West 34th Street
Houston, Texas 77018
No Refunds

Register at

www.Eventbrite.com

Mindfulness in a Montessori Setting

Event Information

Workshop for all Montessori Educators and Administrators

Featuring Dr. David Zuniga is a Licensed Psychologist with expertise in mindfulness, spiritually integrative counseling, grief, loss, and wellness.

<http://www.drdavidzuniga.com>

The experiential workshop will give both a clinical conceptual overview of mindfulness, as well as offer practical, experiential exercises in mindfulness for both Montessori teachers and students. First depicted in ancient Buddhist texts, mindfulness is described as meditative awareness of the body, emotions, thoughts, and experiences in the wider environment. Mindfulness has been integrated in a multi-cultural way within contemporary mental and biological healthcare and is highly congruent with Montessori teaching methods. A wealth of research has emerged to support mindfulness for a wide range of psychological and educational goals. This skills-building session will include practical techniques for self-care for busy teachers such as diaphragmatic breathing, traditional mindfulness meditation, body scans, and compassion-based visualizations as well as age-appropriate children's practices. Mindfulness related to Montessori educational philosophy will also be discussed, and extensive resources will be provided.

Workshop will provide 5-clock hours of AMS Professional Development & Texas Educators CPE 500934