



Mindful Moments in the Classroom

Summer Workshop for Teachers

WHAT: Learn to create an environment based on **Mindfulness Practices** for students of all ages. “Mindful Moments in the Classroom” will lead participants through personal practice, brief structured lessons, and practical application that can be immediately used with youth groups, classrooms, or individual students.

WHY: *Mindfulness leads to physical, emotional, and mental benefits that improve the academic, social, and emotional needs of all students.* Teaching mindfulness to students helps to reduce stress, improve conflict-resolution, and increase cognitive functioning.

HOW: **Molly Nechvatal** is a National Board Certified Teacher of gifted middle school English. Ms. Nechvatal is also a 300 hour Registered Yoga Teacher and Meditation Teacher. By combining the mindfulness aspects of her yoga training with Illinois’ Social-Emotional Learning Standards, Ms. Nechvatal will share a series of weekly Mindfulness lessons that can be used with students of all ages. She brings over 20 years of experience as a teacher, IAGC member, parent, yogini, and meditator to this interactive course.

WHEN: **Session 1 – June 12, 13, 14 2018** T, W, Th in LOMBARD
 Session 2 – July 9, 11, 13 2018 M, W, F in ELMHURST
 8:30 am to 1:00 pm *plus 2 hours Independent practice for 15 hr CPDUs*

COST: **\$140** (payable by check or PayPal)

Complete and return REGISTRATION FORM to: molly@peaceoutfitness.com

www.peaceoutfitness.com
Peaceout Fitness 2018



Mindful Moments in the Classroom

REGISTRATION FORM

*Name _____ *email _____

*Home address _____ State ____ Zip Code _____

Home/ cell phone _____ Work phone _____

*School/ Organization _____ *Position/Title _____

*School Address _____ State ____ Zip Code _____

Registering for **Session 1** (June 12, 13, 14 in LOMBARD)

Registering for **Session 2** (July 9, 11, 13 in ELMHURST)

Payment: **\$140** (includes manual and light refreshments)

[PAYPAL](#)

OR

Check # _____ Amount _____

Email REGISTRATION FORM to molly@peaceoutfitness.com

OR

*Mail Check and Form to: Molly Nechvatal
P.O. Box 1014
Lombard IL 60148*

Molly Nechvatal holds a BA in English from Elmhurst College and MS in Organizational Development from Benedictine University. Molly renewed her National Board Certification in 2012, earned her 200 hr Yoga Certification from YogaFit in 2010, is the author of "Mindful Moments in the Classroom Curriculum", and is sole proprietor of PeaceOut Fitness.

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