

introduction to mindfulness and children

More and more people who work with children are becoming interested in using mindful approaches to support themselves and to use with children. This two day workshop will discuss some of the reasons for introducing mindfulness into your work and will give you the opportunity to experience mindfulness practices, learn about the theory behind mindfulness, explore some of the current research and begin to consider how to apply mindfulness in your own field.

This 2 day introductory course is appropriate for those who work with children in education, clinical settings or in the home. It will be followed with more in depth courses regarding mindfulness and children.

This course will include: experiential practices for adults and children, theory of mindfulness, how to use appropriate interventions, and integrating mindfulness into your existing work.

3 – 4 March 2012 from 10h to 17h

holys espace yoga 31, rue Général Leclerc Versailles 78000

participation 200€ including CD's of practices

Eluned Gold is a teacher and trainer of Mindfulness based approaches at the Centre for Mindfulness Research and Practice. She is a qualified psychotherapist who has been working with children and families for 10 years. During this time she has been incorporating mindfulness into her therapeutic work . Eluned has also adapted Mindfulness Based Stress Reduction (MBSR), courses for parents/foster parents and teachers.

Holly Niemela teaches yoga, mediation and mindfulness programs at her center in Versailles, France as well as on retreats in Switzerland and India. Mother in a blended family, she is especially interested in living mindfully in complex family situations.

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registration form for introductory workshop 3-4 march 2012

first/last name: _____

telephone number: _____

email: _____ @ _____

profession: _____

work experience with children:

knowledge/trainings in
mindfulness/meditation: _____

please note the following:

- bring your own bag lunch/drink each day
- bring or wear comfortable clothes for yoga/meditation practices (there is a changing room)
- bring a notebook/pen
- RETURN THIS FORM with your check of 200€ dated 3 march 2012 to
Holly Niemela Interventions en Mindfulness
31 rue general leclerc 78000 Versailles