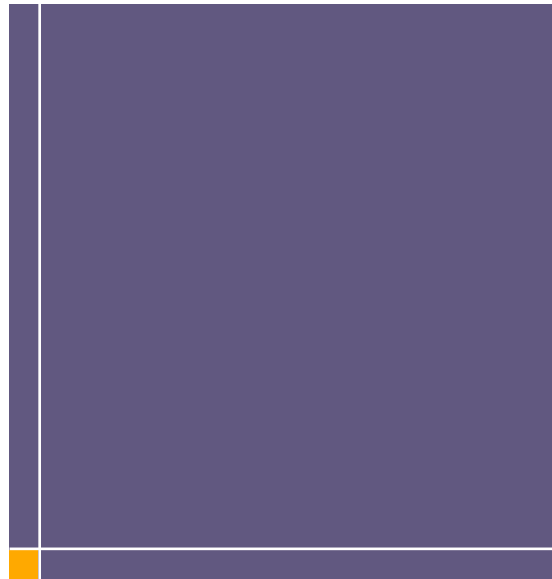




## Professional Development

Each course will give classroom teachers the knowledge and confidence they need to successfully incorporate mindfulness practices into their classrooms. Use of a standards based approach to include mindfulness activities as part of the existing curriculum frameworks will allow teachers to feel comfortable including mindful movement, breathing techniques, and mindful awareness activities into the school day. Workshops are a combination of lecture, hands on practice, reflection, and discussion. Coaching and mentoring in mindfulness methods and delivery will allow any teacher to easily integrate this practice into their classroom.



Mindfulness in the Classroom is a research based professional development model and consulting service that is based on practices aimed at improving students' social and emotional well-being. Mary Lance, Ed.D offers a rich program that is available in a variety of formats to meet the needs of teachers, schools, and districts.

To develop a customized professional development plan for yourself or your school please contact Mary Lance, Ed.D at Sangha Yoga Center.

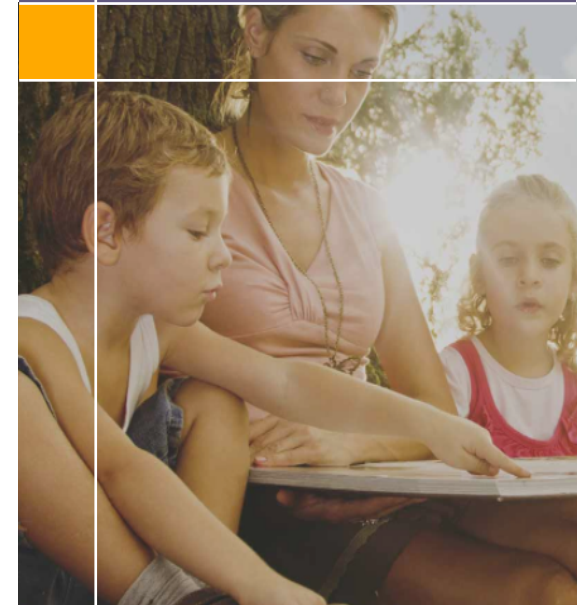
**978.790.8108**

### **Sangha Yoga Center**

42 Parker Road  
Shirley, MA 01464  
[www.SanghaYogaCenter.com](http://www.SanghaYogaCenter.com)

# Mindfulness in the Classroom

Sangha Yoga Center



PD for Educators

# 10 PDPs Awarded

Professional development programs can be formatted to be approximately 10 hours, taking place over 2 or more days. Professional Development services are discussed and planned between a Sangha Yoga Center program developer and the instructional leadership to match the mindfulness support to the specific school, district, or site. Teachers from multiple districts may come together for a general mindfulness course. Extensive program design and development is also available as a continued service. 10 PDPs will be awarded for general educators and comprehensive health

Massachusetts DESE approved  
Professional Development Provider  
(#S2016012)



*"We take care of the future best by taking care of the present now."*

~Jon Kabat-Zinn

## Possible PD Formats

### School Professional Development Days:

- Two days, 6 hours including a lunch hour for five full hours of training each day.
- Days can be consecutive or spread out through the year.
- 10 PDPs awarded for two-day workshops.
- One or two-hour workshop included as part of a larger district PD day.

### Early Release or Late Start Days:

- Full 10 hour PD spread out over time throughout the school year.
- One or two hour workshops with a specific focus determined by the school.

### Summer Days:

- Full 10 hour PD over two full days or 4 half days.
- Customized one or two hour workshops at a school location or at Sangha Yoga Center for smaller groups.

### Sample Pricing:

- Workshops under 10 hours ~ \$150 per hour
- Full 10 hour PD ~ \$1350
- Per person rate for smaller groups ~ \$25 per person per hour (5 person minimum)

