

INTERESTED IN SEL CURRICULUM FOR YOUTH?

Join us online and get certified in facilitating our research-based Mindfulness Ambassador Council program for youth. This two-level online training program is offered to participants that have a strong interest in teaching social & emotional learning, secular mindfulness and leadership in the classroom.

Mindful 365: In *five* online classes, you will explore the core concepts of social-emotional learning (SEL) and everyday mindfulness practices as they relate to self-awareness, self-management, social awareness, attention, and stress management. **Open to all. No meditation experience required. CEUs available.**

Dates: Starting Tuesday, September 9th, 2014
Starting Tuesday, October 21, 2014

Mindful Educators: In *six* online classes, you will master the key resources and technical skills to become a certified trainer of our 12-week evidence based curriculum. Educational materials include a Facilitator and Student Guidebook, complete with teaching strategies, lesson plans, home assignments, instructional videos, and downloadable mindfulness practices. **Prerequisite: Mindful 365. CEUs available.**

Date: Starting Tuesday, January 20th, 2015

**Register Today at mindfulnesswithoutborders.org/online-learning
Save 10% with Discount Code: Nashville**

Questions? Email info@mwithoutborders.org

Mindfulness Without Borders offers educational programs in mindfulness based social-emotional learning (MBSEL) to youth and the professionals that surround them.