

# EFFECTIVE STRESS MANAGEMENT WITH YOGA & MINDFULNESS



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**OID: E1020112**

Advanced Institute for Skills Development

# COURSE DESCRIPTION

Teachers confront significant challenges. They must adapt curricula to a wide range of learning styles, manage shifting education policies, attend to students with special needs, and do administrative work.

Starting a regular habit of meditation can help us to improve concentration, reduce stress & anxiety, alleviate depression and generally improve our mental wellbeing. Yoga has long been known to be a **great antidote to stress**. Yoga combines many popular stress-reducing techniques, including exercise and learning to control the breath, clear the mind, and relax the body. Through guidance, you will discover ways to nurture your body and mind and experience more moments of reflection, clarity, empowerment, and connection in your daily lives.

This course aims to identify the causes of anxiety and learn how to manage and eliminate it.

## Course Objectives

This course is specifically designed for educators and school personnel across various educational levels, from preschool to primary, secondary, vocational, adult education, and even corporate settings. Its aim is to foster a **deeper mind-body connection**, promote calmness, and enhance overall well-being through mindfulness practices. The course's main goal is for the participants to identify areas of improvement and how to become effective communicators in stressful situations. The learning environment includes instruction, exercises, small and large group discussions, and lots of hands-on practice. Our goal is to help our participants to develop skills in handling pressure and a sense of confidence.

# COURSE INFORMATION

## Learning Outcomes

- Manage stress through a greater understanding of emotions
- Promote teachers working on emotional management
- Employ self-care techniques to cultivate personal and professional resilience
- Increase self-esteem and creativity
- Create effective strategies for relating to challenging situations
- Enhance concentration and executive function (planning, decision-making, and impulse control)
- Revitalize purpose, personally and professionally Improve your overall mental and physical health
- Promote happiness through healthy habits of the mind  
Integrate mindful awareness into a Yoga class
- Learn to adapt and promote changes
- Effectively manage communication breakdowns
- Agree to communication action plans
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues
- Promote intercultural awareness
- Facilitate experience and cultural exchanges between European participants and Portuguese teaching personnel, which results in a fruitful international experience
- Develop social and soft skills
- Enhance English language skills

# DAILY PROGRAM

Our courses also include a **daily Coffee Break** throughout the week.

## DAY 1 / 18h30

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

## DAY 2 / 8h30-13h30

- Definitions of meditation, roots, theory, its aim and goals
- The myths and misconceptions about meditation
- Preparatory practices for meditation
- Meditative psychology
- Difficulties faced during meditation and how to overcome them
- Different types of meditation practices and their applications
- The psychological benefits of regular meditation practice
- Training & Practice

## DAY 3 / 8h30-13h30

- How meditation trains your attention
- The mind and the body connection and creative well-being
- Stress and its effects on the mind and body
- How to shift the stress response
- Training & Practice

## DAY 4 / 8h30-13h30

- Transcendental experiences in meditation, the role of Spiritual Intelligence
- The spiritual side of meditation: mystic and wisdom traditions, awakened states of awareness, and self-discovery
- Clearing the Mind
- Breath Control
- Meditation or relaxation
- Creating a personal practice and nourishing daily routine
- Techniques: Training & Practice

## DAY 5 / 8h30-13h30

- Practical Training
- Exercises
- Outdoor Activities

## DAY 6 / 8h30-13h30

- Planning follow-up activities
- Course roundup & review
- Learning outcomes' validation
- Certification Ceremony



# OTHER DETAILS

**Certification:** Certificate of Attendance and description of learning outcomes; Europass validation

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

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