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siner advanced skills institute

Erasmus+ Training

STRESS MANAGEMENT THROUGH MINDFULNESS, YOGA & MEDITATION

Enroll Here

more info

OID

Registered Provider
Portugal: E10201112
Poland: E10419682 **Spain:** E10417947

Language:
English

Area:
Mindfulness, Yoga & Meditation / Stress Management & Burnout Prevention

Level:
Basic to Intermediate Professional Literacy

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.

Learning Outcomes

- Manage stress through a greater understanding of emotions;
- Promoting teachers working on emotional management;
- Employ self-care techniques to cultivate personal and professional resilience;
- To 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;
- Adaptation and promote changes;
- Effectively manage communication breakdowns;
- Agree to communication action plans.

Course Programme

5 DAYS

course code LTSMYM30

All our courses include a daily standard Coffee Break

DAY 1

- Definitions of meditation, roots, theory, its aim and goals. The myths and misconceptions about meditations;
- 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 2

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

Our courses typically run ***from 08:30 to 13:30.***

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

DAY 3

- 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;
- Teaching techniques & Practice.

Course Programme

5 DAYS

course code LTSMYM30

All our courses include a daily standard Coffee Break

DAY 4

- Practical Training - outdoor learning and activities.

DAY 5

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

Planned Schedule: *Our courses typically run from* ***08:30 to 13:30.***

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Course Programme

6 DAYS
course code LTSMYM30

All our courses include a daily standard Coffee Break

DAY 1

Cross-Cultural Exchange, European Educational Context & Course Orientation

- Pre-Session work: Self Preparation to share your school's context, cultural background and completion of the Cultural Quiz.
- Welcome Session: Networking between participants and Erasmus+ team
- Icebreaking activities and sharing of European core values.
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity).
- Week briefing and planning.

DAY 2

- Definitions of meditation, roots, theory, its aim and goals. The myths and misconceptions about meditations;
- 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

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

***Day 1** (Sunday) combines flexible pre-session self-work with an in-person evening session starting at 19:00.*
***Days 2-6** typically run from 08:30 to 13:30.*

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

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- Practical Training - outdoor learning and activities.

DAY 6

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

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Full Documentation Learning Agreement; **Certificate of Attendance** (with detailed Learning Outcomes); Europass validation; and other required Erasmus+ supporting paperwork.

100% Eligible for Erasmus+ Funding (2021–2027) - Our courses are eligible to be completely funded by the Erasmus+ program.

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