

MINDFULNESS WORKSHOP FOR TEACHERS

1st Session:

We defined the meaning of mindfulness and we analysed Jon Kabat Zinn's definition.

We discussed:

Scientific characteristics

Neuroscience

The automatic pilot

The importance of living in the present moment.

Breathing practice

2nd Session:

Mindfulness and the connection between mind and body.

We discussed the differences between: emotion, sensation and feeling.

Body exploration practice

3rd Session:

The senses : We talked about sight, sound, touch, taste and smell.

Raisin practice

This is a hug game

Guide me game

4th Session:

Attentive listening

Mindfulness and Stress

Exploring difficulties

Who is on your right game

Difficulties practice

Wu shu practice

Sculpture practice

Conscious breathing with *whatapps* when you receive the word STOP

5th Session:

Mindful walking and Mindful yoga : Through our movement we connect with our inner self, being conscious of the feelings that we are experiencing in our bodies.

Successful and unsuccessful person activity

6th Session:

Discussions about different applications on ipads or phones related to Mindfulness and mental health.

Audiovisual material on the internet: Films, documentaries, interviews, etc...

Experiences of Mindfulness in different high schools throughout Spain.

7th and 8th Session:

“Programa respirar” from Stuart MacNicholls for secondary students.

9th Session:

Silence retreat with Carola García . We reviewed some Mindfulness

Practices, conscious meals and discussions about how we integrate Mindfulness in our daily lives.

10th Session:

Mindfulness in nature. This session is done by Pepe Valverde .It´s an experience of relationship between our inner world and the natural world through Mindfulness.