

# DIDACTIC PLAN

**WORKSHOP, SEMINAR or SESSION TITLE: MINDFULNESS SESSION**

**AIMS:**

Learn the basic techniques of mindfulness: position and pay attention to the own breathing process.  
Appreciate the benefits of using this technique.

**CONTENTS:**

intrapersonal dimension: recognize positive attitudes and proper behaviors.

**ACTIVITIES:**

Take several positions: sitting, back straight, feet flat on the ground.  
Pay attention to the nose breathing.  
Let the thoughts pass and don't get to them.  
Follow the instructions until a total body and mind is reached.  
Conjure up the suggested images.

**TIMING:**

20 minutes 3 times a week.

**MARTA BUTJOSA ROCA**

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