

# 2020 Online Summer Course



## Mindfulness, Self-Care & Classroom Wellbeing

Course Ref: 313

**A happy teacher builds a happy classroom. With over 7,000 previous participants endorsing the course, teachers are its top priority. The course offers a welcome opportunity to learn and practice mindfulness and wellbeing and to gain new and fresh activities for pupils. Not a typical online course, it is very experiential with audios, videos, practices, cute clips, mindful walks and fun. It cultivates mindfulness; enhances positive mental, emotional and physical health; integrates SPHE; reduces stress; increases calm and contentment and encourages a skilful responses to challenging classroom situations. We teach the easy way so you can relax and enjoy!**

**Early Bird course fee €59.**

Early bird offer only available until the 29th of June, after this date course price will be €69  
(fee non-refundable)

Please note there will be no multi course discounts this year.

**Course eligible for EPV days.**

**Course will run from 1st July - 14th of August.**

Course will have a maximum capacity and is subject to availability, so book early!

Visit [www.MayoEducationCentre.ie](http://www.MayoEducationCentre.ie) and click on 'Access Online Courses'.