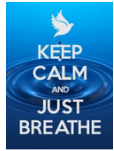




# Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools



## Mindfulness as Self-Care

*facilitated by: Jenn Wood, M.Ed*

**Target Audience:** K-12 Educators

These 30-minute sessions are designed to support educators during this time of additional stress to find balance and calm. You will incorporate 3 evidence-based practices that are effective self-care practices for beginners and experienced mindfulness practitioners.

**Relax and nourish** with these practice sessions. Establish a new practice and reignite existing practices that are doable and supportive. We will introduce the 3 practices in week 1 and dive deeper into each at the following 3 sessions.

Week 1:

Welcome, introduce the 3 practices

Week 2:

Movement/qi gong

Week 3

Intentions

Week 4

3 breaths (extend to several minutes of breathing practice),  
resources



**Dates:**

*Tuesdays*

January 5, 2021

January 19, 2021

February 2, 2021

February 9, 2021

Time: 3:30 – 4 pm

**Location:**

Online with Zoom

**Cost for 4 sessions**

CVEDC member \$85

Non-Member \$100

**About our facilitator:** Jennifer Wood, M.Ed, has worked with adults, teens and children in diverse, international contexts for almost 30 years as teacher, workshop facilitator, public historian, researcher, and coach. Mindfulness is effective professional development that supports personal growth, and she is passionate about mindfulness as self-care for educators, and caregivers. She also teaches mindfulness to young people. Jennifer's current intention is to adapt mindfulness practices to nourish individual and collective wellbeing during the pandemic.

To Register: [www.cvedcvt.org](http://www.cvedcvt.org)

Questions? [info@cvedcvt.org](mailto:info@cvedcvt.org)