

# Discover Mindfulness

Spring Day of Mindfulness for Educators  
Sun, May 5, 10am- 3pm

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Toronto Estonian House, 958 Broadview Ave

Admission is \$25. Please [REGISTER NOW](#) to reserve your spot! <https://daysofmindfulness.eventbrite.ca> or <http://discovermindfulness.ca/discover-mindfulness-events/>

Parking is free.

These days are offered in partnership with [Mindfulness Everyday](#).

Committing an entire day to mindfulness is a wonderful opportunity to deepen practice and offer yourself some calm and joy away from the rush of daily life. The day will consist of a mix of mindful practices and introductory dialogue around best practices when teaching mindfulness to students. You will leave feeling nourished, connected to other educators and fuelled by discussions and sharing.

The event is open to everyone in education - educators, parents, professionals and for anyone who is taking or has taken a SMART training. Please arrive at least 15 min early to settle in. Please wear comfortable clothing and bring a yoga mat, blanket, a mindful lunch, a thermos and/or reusable water bottle and anything else you need to be comfortable. Hot water and tea will be provided. Experience the power of community while practicing mindfulness together.

### About the Facilitators:



**Shawna Watson, BA, B.Ed:** A long-time volunteer with community mindfulness groups, Shawna is on the Discover Mindfulness Steering Committee where she coordinates and facilitates Days of Mindfulness for educators. She is a facilitator in the mindfulness-based smartEducation™ (Stress Management and Resiliency Techniques) program for educators with Mindfulness Everyday. A Toronto District School Board teacher for 17 years she also teaches Learning to Breathe (a mindfulness curriculum for adolescents) to grade 7 and 8 students at her school and is certified in MBSR-T through the Stressed Teens curriculum with Gina Biegel.

**Triti Namiranian BA, B.Ed., RYT 200:** Triti is a mindfulness and yoga practitioner, and she has been an educator for 11 years with the TDSB. She came to know Discover Mindfulness and the days of mindfulness a few years ago and loved what the day had to offer so now she is member of the Discover Mindfulness Steering Committee where she helps facilitate these days, and is also in the process of becoming a facilitator for smartEducation™ (Stress Management and Resiliency Techniques). Most recently, Triti has completed her yoga teacher training, and has had the privilege to teach mindfulness and yoga to her elementary school students.