

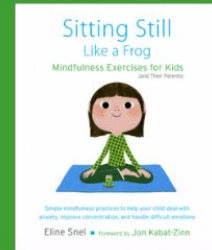
## Mindfulness Everyday

is proud to host a series of **FREE** workshops in Toronto with **ELINE SNEL**



### A series of free workshops with **ELINE SNEL**

for healthcare professionals, parents and teachers  
in Toronto July 12 & 13, 2022



Join ELINE SNEL, author of global bestseller [\*“Sitting Still Like a Frog”\*](#) and Founder of the [International Foundation Academy for Mindful Teaching](#) for an opportunity to learn and practice mindfulness. *All sessions will be free and offered both in person and online.*

**In Toronto from July 12-13, 2022** and experience:

- how the Eline Snel Method and her books can be used to support healthcare professionals, parents, educators and mindfulness facilitators with using mindfulness practices with children and strategies to support yourself with empathy fatigue and burnout.

### [LEARN MORE](#)

#### About Eline Snel and the Foundation Academy for Mindful Teaching



FOUNDATION  
ACADEMY FOR MINDFUL TEACHING  
Method Eline Snel

Eline Snel is a therapist and certified MBSR trainer. She manages the International Foundation Academy for Mindful Teaching and has been developing and teaching mindfulness-based courses for over forty years. Eline trains professionals to become mindfulness trainers in the Method Eline Snel. After completion of the course participants can teach the 8-week mindfulness training to children, adolescents or professionals who work with children and adolescents. Eline trains professionals to teach mindfulness techniques to children, adolescents and professionals who are working with children and adolescents. The Foundation Academy of Mindful Teaching is a world-leading, evidence-based and teacher proof Mindfulness training institute for professionals working with children. **They have now trained more than 2,800 professionals worldwide!**

Eline has written several books for children, adolescents and their parents, including *Sitting Still Like a Frog*, *Breathe Through This – Mindfulness for Parents and Teenagers* and the *Sitting Still Like a Frog Activity Book*. Currently, more than 1,000,000 copies of *Sitting Still Like a Frog* have been sold in 39 countries and translated into 30 languages.

Her program is used in many primary schools, private practices, hospitals and mental health institutions throughout the world.

Practice Mindfulness  
Everyday®

[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)

