



BECOME A CERTIFIED MINDFULNESS CHILD TRAINER - METHOD ELINE SNEL®

**Mindfulness for children is a powerful and heartfelt way
to cultivate presence of mind and body at home and at school.**

Mindfulness Child Trainer Certification – July 3-8, 2023 Toronto, Canada

This Foundation Academy for Mindful Teaching (AMT) Course is designed for those who would like to teach mindfulness to children 4-12 years old, using the Method Eline Snel in schools, institutions, or private practice. The 6-day AMT Course will be conducted in English. Materials can also be made available in French. Over 3,000 participants have completed the training worldwide.

(<https://www.elinesnel.com/en/find-a-trainer/>).

Mindfulness Adolescent Trainer Certification – Additional Specialization: July 10-11, 2023

This additional specialization is for those interested in working with teenagers and young adults (12-14, 14-18, as well as 18-24 age groups).

Method Eline Snel

Method Eline Snel consists of 8 x 30 to 40-minute lessons delivered weekly as well as 10-minute daily practices to support the weekly lessons, suitable for delivery in educational as well as private counselling sessions. The program addresses 2 age groups: 5-8 and 8-12. The content of the training course is synchronized with two “parent books”:

- “Sitting Still Like a Frog”, for parents of children 5-12
- “Breathe Through This”, mindfulness for parents of teenagers 12-19

When Method Eline Snel is implemented in private practice, in small or individual counselling groups, parents are encouraged to practice with their children in a playful way and are included by weekly communication with home practice details.

Taught by Eline Snel and Mark Hansen

Eline Snel is a certified Mindfulness trainer (MBSR) in the method of Jon Kabat-Zinn. For more than 20 years Eline has been developing meditation and mindfulness courses for children, teenagers and parents. She is the founder of the Foundation Academy for Mindful Teaching and the author of *Sitting Still Like a Frog*, *Breathe through This*.

Mark Hansen is the chair of the Board of Directors for the Foundation Academy for Mindful Teaching. As a medical child and adolescent psychologist, he provides training within for the AMT training courses in the Netherlands and abroad.

Who Should Attend:

Education professionals including teachers, educational assistants, child and youth workers, social workers, psychologists, occupational therapists, audiologists and speech-language pathologists, physiotherapists, student support staff, special education staff, guidance counsellors as well as administrators and office staff.

The program is also suitable for helping professionals who work with children, teenagers and young adults, including health care professionals, community leaders and staff.

Schedule

Mindfulness Child Trainer: July 3-8, 2023
Mindfulness Adolescent Trainer: July 10-11,
9: 30 am – 5 pm with 1-hour break for lunch

Fee

(excl. traveling, hotel and supervision costs):

Mindfulness Child Trainer:

1575 Euros (\$2125 CAD approx.)

Early Bird Rate (Before March 1, 2023)

1399 Euros (\$1890 CAD approx.)

Mindfulness Adolescent Trainer:

575 Euros (\$775 CAD approx.)

Early Bird Rate (Before March 1, 2023)

499 Euros (\$675 CAD approx.)

REGISTER NOW



More Course Information HERE:

https://mindfulnessseveryday.org/elinesnelsummer2023_lp.html