

a CPD with **YOGA and NATURE WALKS!**



**WOW!
Yes please!**



Natural Connections Nurturing Physical, Emotional and Mental Health

Enhance skills, knowledge and techniques to develop the whole person and enhance the learning environment.

Participants enjoy *yoga, mindfulness and nature.*

Discussions address issues chosen by participants to be most relevant.

Summer Course for Teachers

DES approved for EPVs

Face to face 20 hour course

July 2-6 or July 9-13, 10am – 2:30pm including lunch break
Ballin Temple Nature Club, Ardattin, Co. Carlow

- Yoga-based movement and simple mindfulness techniques, adapted for the classroom.
- Appreciate nature and our place in the web of life.
- Discuss challenges like social media and dealing with bureaucracy.
- Develop emotional intelligence and how to nurture it in pupils.
- Gain confidence in applying open techniques in the classroom.

Information and booking:

www.astraea.net/shop

Pam 086 089 1141; Tom 086 817 9238

info@astraea.net