

CPD Summer Course for Teachers

DES approved for EPVs

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.



Face to face 20 hour course

July 2-6 and 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 humans within nature, biomimicry, and “different but the same”.
- Relevance of SPHE in learning, school culture and life goals. Ways of communicating benefits of emotional intelligence and health to pupils.
- Critical and parallel thinking and how to develop it in pupils.
- Differentiate between hierarchy and holarchy and gain confidence in applying open techniques in the classroom.



Information and booking:

www.astraea.net

Pam 086 089 1141; Tom 086 817 9238

info@astraea.net