

## Mindful Schools

Curriculum Training  
January 16 – 18, 2015  
Nashville, TN

*“The...training was beyond words! It has renewed my hope in education.”*

– CT Course Graduate

# Teach mindfulness to youth

Build attention, self-regulation, and empathy.

Learn the basics of mindfulness in education, the neuroscience behind it, and how to implement our research-backed K-12 curriculum.

*Vinny Ferraro, Chris McKenna, and Megan Cowan* will be in Nashville this January for first in-person Curriculum Training of 2015!



This team has over 40 years of combined mindfulness practice and over 30 years of teaching mindfulness and/or emotional intelligence to children and adolescents, as well as



experience training many thousands of adults. Their work is featured in documentary films **Healthy Habits of Mind** and **Room to Breathe**, and MTV’s “If You Really Knew Me”.



Sponsored by



UNIVERSITY SCHOOL OF NASHVILLE  
Working with Mindful Schools since 2009

### WHEN

January 16 – 18, 2015  
Friday 4:00 pm - 7:00 pm  
Saturday, 9:30 am - 4:30 pm  
Sunday 9:30 am - 3:30 pm

### WHERE

University School of  
Nashville  
2000 Edgehill Avenue  
Nashville, TN 37212

### COST

\$550

Scholarships, groups discounts for 3 or more, and CEUs (up to three) available.

Register: [MindfulSchools.org/CT](http://MindfulSchools.org/CT)