

# BEEMINDFUL SCHOOL PROJECT

## YOGA & MINDFULNESS PROGRAMS

### What we offer:

#### BeeMindful 8-Week Introduction to Mindfulness for Students

16 Session Curriculum: delivered in the classroom over 8 weeks (15 min, 2x a week)

#### Mindfulness Teaching Mentorship for Teachers

Sustain your classroom mindfulness practice with our mentorship program, available to teachers who have experienced at least one 8-week program of BeeMindful with their students.

#### Staff Development Workshops

Staff workshops offered for your staff to equip them with the tools necessary to integrate yoga and mindfulness into their daily class plans. Full & half day options available.

#### BeeMindful Yoga & Mindfulness Teacher Training (20 hours)

Teachers and staff will be trained in the Level 1 - BeeMindful Yoga & Mindfulness Teacher Training for schools. This 20-hour training can be taken over the course of the school year and will equip your teachers with the tools and confidence to share yoga and mindfulness in their classrooms daily.

#### BeeMindful School Wide Assemblies

#### Refresher Trainings For New Staff and Incoming Students

### Who we are:

*The BeeMindful School Project is the product of founders Maura Bradley, owner and creator of Bee You Kids Yoga and Kathryn Kret, Social Emotional Learning consultant and teacher trainer.*

*Together they bring over 25 years of experience and expertise, in working with children both on and off the mat, to create a unique school yoga & mindfulness program that supports social emotional skill development.*

*Maura and Kathryn both have a deep personal practice in mindfulness and yoga which is essential in offering this mindful program, as they are a product of what they teach. They are passionate about offering the BeeMindful curriculum in classrooms across Monmouth County and sharing the benefits of yoga and mindfulness with children. Their mission is to make mindfulness accessible to all students by inspiring mindful kids, one breath at a time.*

