

The Educational and Personal Benefits of Meditation: Improving Focus, Creativity, Productivity and Wellbeing

Audience:	K-12 Teachers, Specialists, Administrators	Location:	EDCO Seefurth Educational Center, Waltham
Instructor:	Helen Rainoff	Cost:	\$60 TEC/EDCO Members \$75 Non-Members
Dates & Times:	Saturdays, January 21, February 4 and March 3, 2012 9:00 – 11:30 AM	Earn:	7.5 Hours of Participation

Course Description: The health benefits of meditation have been widely documented. Recent studies using neuroimaging also report that practicing mindfulness meditation appears to be associated with measurable changes in the brain regions involved in memory, learning, and emotion. Come and learn how meditation can help you and your students manage stress and improve concentration. The program will consist of three 2 ½ hour sessions. This will allow participants to experience and practice different meditation techniques.

The three sessions will include:

- Gentle stretching exercises, muscle relaxation and focus on the breath (each session)
- An introduction to a variety of guided meditation techniques (one per session)
- Discussion of current research on the benefits of meditation
- Discussion of ways to incorporate meditation and other stress-reduction techniques into everyday life
- Brainstorming to develop strategies to incorporate meditation into the work with students in the classroom

This workshop is designed for those who have never meditated, and for those who meditate in their personal life but would like to learn how to use it with students.

About the Instructor: Helen Rainoff, a science teacher at Wayland High School for 32 years, has integrated guided meditation sessions into her work with students during classes and during special programs. She has also taught professional staff development programs in Stress Management to educators.

Cancellations: No credits or refunds will be given on withdrawals less than 10 business days before the first class.

Checks will be processed approximately two weeks prior to the start date of the course; other payments are processed immediately.

Note: After January 6, a \$25 late fee is required with each course registration

Online registration available! - see TEC website for more information

To register: Visit our Online Registration Form at http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, along with your check or purchase order, to:
 TEC Professional Development, P.O. Box 186, Dedham, MA 02027

Please register me for "The Educational and Personal Benefits of Meditation" beginning on 1/21/12!
 Enclosed is a check or purchase order for: ___\$60 TEC / ___\$75 Non-TEC

Name: _____	School: _____
Home address: _____	Role: _____
City, state, zip code: _____	Address: _____
Email: _____	City, state, zip code: _____
Home phone: _____	Work phone: _____