

NOM Supporting youth with mental health





According to a recent study at Harvard University, the practice of mindfulness has been proven to increase the amount of grey matter that surrounds the hippocampus. This increased grey matter enhances brain functions related to self-awareness and compassion, as well as memory and learning. Harvard also discovered that the amygdala, a primal region of the brain responsible for fear, and stress shrinks after regular mindfulness practice.



The techniques used in the Nature of Mindfulness school trainings, have been adapted to work in the classroom and have been proven to be affective through research. Over 600 students were given the opportunity to complete 6-8 week mindfulness programs during their school day. Based on the observations and evidence that was collected, the most affective techniques were chosen and have been incorporated into NOM school programs.



Anthony Berlingeri Mindfulness Expert

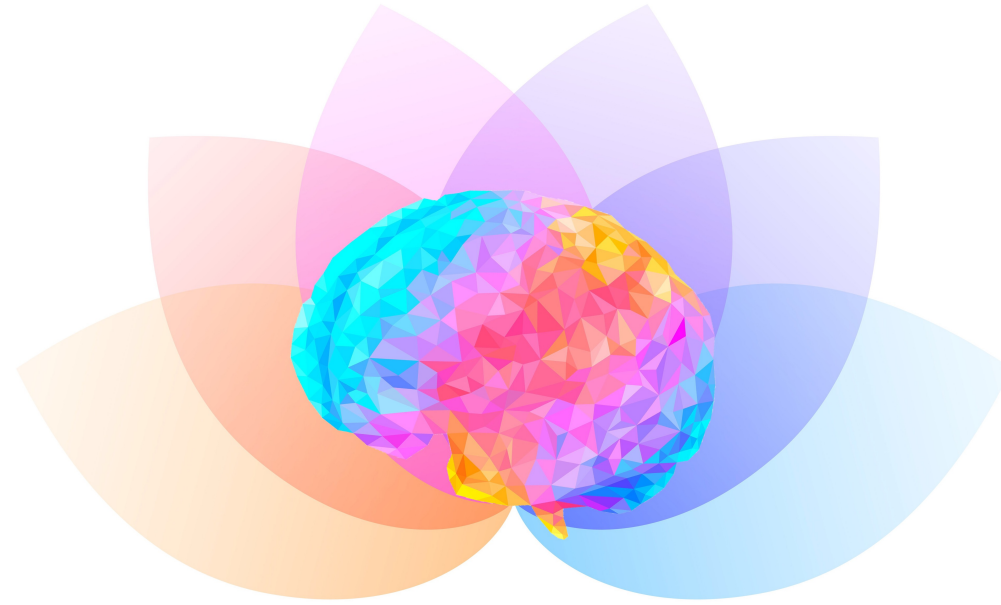
1 on 1 training is the key to incorporating mindfulness in your classroom. NOM school programs include 3 in class training sessions with mindfulness expert Anthony Berlingeri. Anthony has worked with thousands of students and teachers across the Greater Toronto Area. In addition to his work with youth, Anthony also created and continues to teach the advanced mindfulness training for McMaster University & Hamilton Health Sciences.



Mindfulness is like exercise for your brain and to see results you need to practice regularly! The NOM school training is designed to help students and their teachers learn how to practice daily. Online content ensures that you have the tools necessary learn about mindfulness. Interactive videos, recordings and journal can be played straight from your computer or Smart Board.



NOM school trainings adapt to different age groups and are suitable for grades 1-12. Learning healthy strategies to manage stress should be a necessary part of every students education. Practicing mindfulness in the classroom ensures that students and teachers are given opportunities to maintain good mental health.



In School Mindfulness Training \$550.00 + hst

*An extra travel fee may be applied, depending on the location of the school.

Three in class training sessions

Access to online content (instructional videos & guided practices

Emotional IQ journal for reflection

Mindfulness manual

Continued support with any questions that arise along your journey

Please contact anthony@natureofmindfulness.com

