

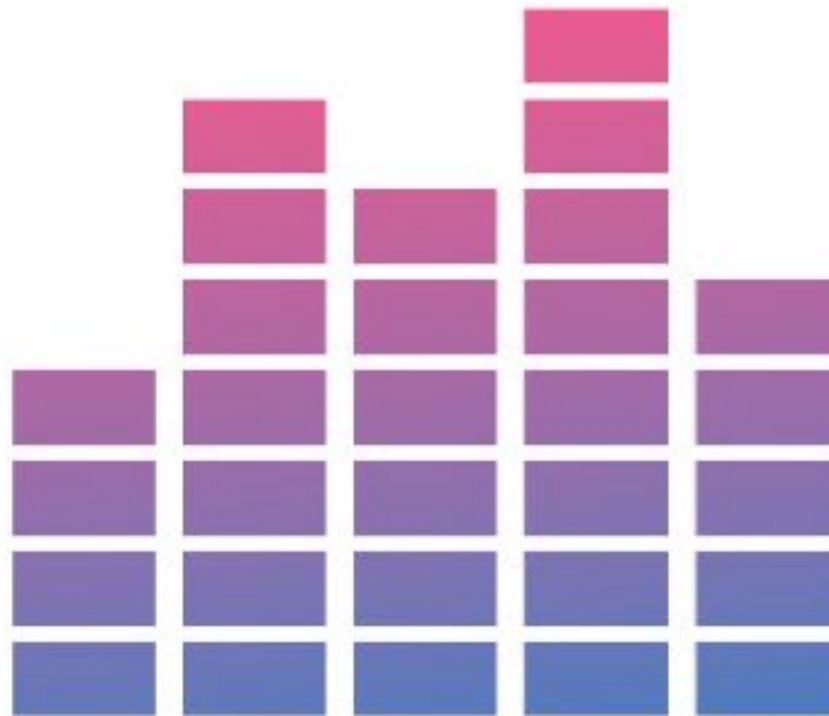
NOM



Classroom Training 



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 programs, have been adapted to work in the classroom and have been proven to be affective through research. Over 700 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.



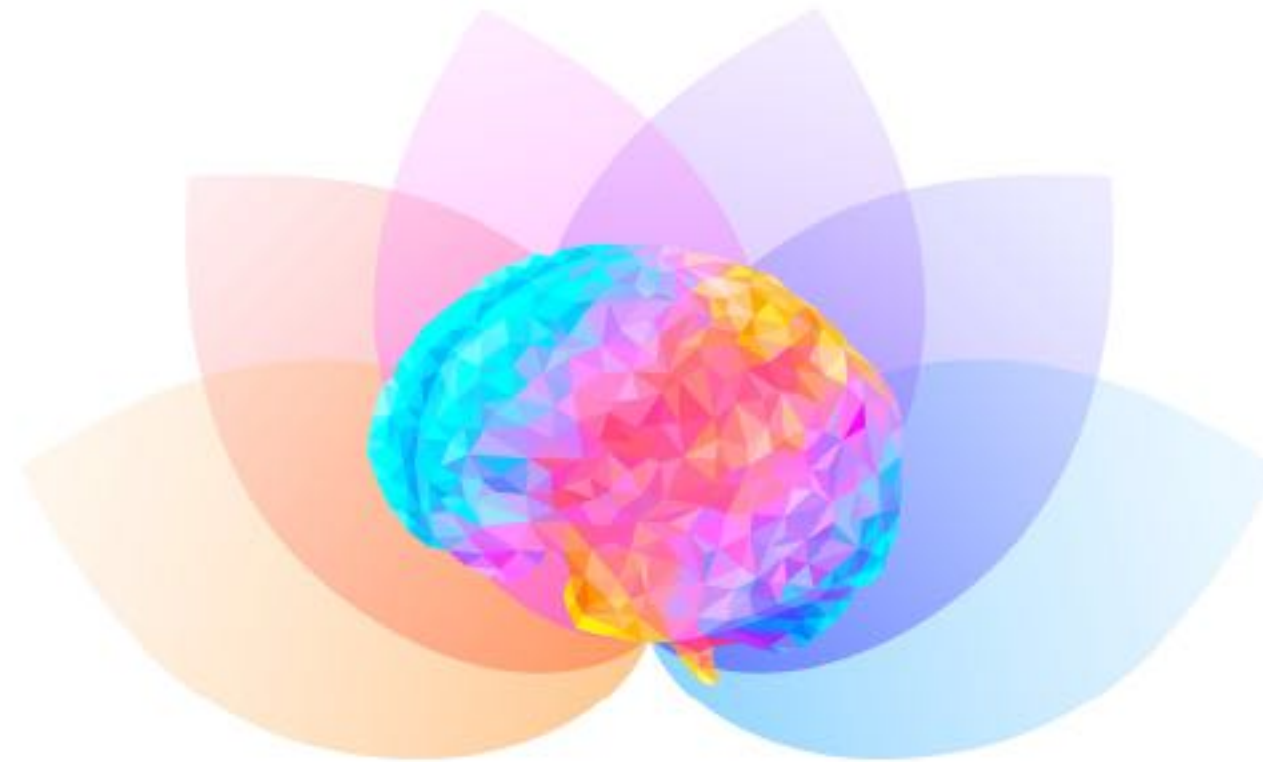
1 on 1 training is the key to success when learning how to incorporate mindfulness in your classroom. NOM school programs include 3 in class visits with mindfulness expert Anthony Berlingeri. Anthony has worked with thousands of students and teachers across the greater Toronto area. In addition to his 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! NOM school programs are designed to help students and their teachers learn how to practice daily. Online content ensures that you have the tools necessary to flex your mental muscles with interactive videos and recordings that can be played straight from your computer or Smart Board.



NOM school programs 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 student's education. Practicing mindfulness in the classroom ensures that students and teachers are given opportunities to maintain good mental health and a positive outlook on life!



- ✓ Three 45 min 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.

NOM



1 Classroom

\$550.00 + hst



2 Classrooms

\$970.00 + hst



3 Classrooms

\$1300.00 + hst

*To take advantage of the pricing outlined for 2 & 3 classroom packages, the in class training sessions will need to be arranged back to back. Please note that depending on the location of your school, a small travel fee may be applied. Please contact anthony@natureofmindfulness to receive information/pricing for specific events such as mindfulness presentations, assemblies or staff training.