

Mindfulness Learning Community

A Practice Network for Educators

Are you looking for support in maintaining a mindfulness practice? Do you know the basics but would benefit from community and an exchange of ideas and experiences with colleagues?

The Mindfulness Learning Community (MLC) is intended for alumni of PassageWorks Institute mindfulness programs as well as any other educators with a mindfulness practice. Whether you have taken SMART 1, SMART 2, The Mindful Teacher or another mindfulness training program, the Mindfulness Learning Community will help you maintain your practice and well being during the busy school year. The course is also open to those who have taken MLC previously.

Mindfulness Learning Community
September 2017 - April 2018

MLC includes:

- Once a month after school meetings with PassageWorks faculty and colleagues to practice together and share experiences
- At least one half day Saturday retreat to reconnect with a deeper experience of practice and silence
- One CSU graduate credit (\$61 additional fee paid directly to CSU) is available based on:
 - Attendance
 - Meditation logs
 - Two half-day retreats during the year
 - One written reflection (two pages) each semester

[Click Here to Register](#)

Date and Time

8 Monthly Meetings
Sept. 27, 2017 - Apr. 18, 2018
4:30pm - 6:30pm



Location

Horizons K-8 (Room 150-The Hub)
4545 Sioux Dr.
Boulder, CO 80303

