

SMART-2 is a 20-hour evidence-based personal renewal program designed especially for adults working in ECE-12 education.

SMART-2 offered once every two years, refreshes and deepens the practices and perspectives developed in SMART-1.

Like SMART-1, **SMART-2** involves experiential activities in mindfulness including meditation, emotional awareness and movement. Weekly meetings also incorporate presentations and group discussions.



We encourage you to register with your colleagues to maintain continued support for the practice of mindfulness.

Key topics include:

**COMPASSION AND SELF-COMPASSION | WORKING WITH OUR THOUGHTS
GRATITUDE | JUDGEMENTS AND BIAS | FEAR AND ANXIETY | CONFLICT**

Credit Options

- 20 hour Certificate of Completion
- One Graduate Credit from Colorado State University (for additional \$61)

Course Fees

BVSD Educators and Staff: \$175.00

To register, please visit
passageworks.org/calendar



Begins September 17
7 Mondays , 4:30-6:30pm
Plus Saturday Retreat Sept. 29

Louisville Elementary School
400 Hutchinson St.
Louisville, CO 80027

