

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](http://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

