

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.

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

Mindfulness Learning Community
October 2018 - May 2019

Course fees subsidized by BVSD Health Services

Course Fees

BVSD Licensed Staff: \$95

BVSD Classified Staff: \$50

Non-BVSD Educators and Staff: \$175

[Click Here to Register](#)

Date and Time

8 Monthly Meetings
Oct. 17, 2018- May 15, 2018
4:30pm - 6:30pm

Location

Fairview High School
1515 Greenbriar Blvd.
Boulder, CO 80305