

“The method is playful, simple, effective and obviously written from the heart”



ACADEMY FOR MINDFUL TEACHING  
Method Eline Snel

## AMT BASIC COURSE HONG KONG METHOD ELINE SNEL

*Mindfulness for children is a powerful and heartfelt way to cultivate presence of mind and body at home and at school.*

### Certification program for Method Eline Snel – Mindfulness for Children

This AMT Teacher Training Course is designed for those who would like to teach mindfulness to children aged 4 to 14, using the Method Eline Snel program (Mindfulness Matters!) in schools, institutions, or in private practice. The 6-day AMT Course will be conducted in English and held over three weekends. Your trainer will be Angie Bucu, Licensed Partner and Trainer for AMT.

### Conditions for participation

- Completion of an eight-week MiE/MBSR/MBCT/MSC training by a certified trainer
- Degree level education
- Work with children aged 4-14 in schools, private practice, healthcare institute, or in after-school care.


### Requirements to complete certification

- Full attendance at all training days
- Prepare and conduct one eight-week pilot course for your own target group
- One mandatory supervision meeting (HK\$600 additional cost)
- An essay reflecting your experiences of the pilot course

### AMT BASIC COURSE

#### Dates

2020 - 3 weekends  
March 14 & 15  
May 9 & 10  
May 30 & 31

 Saturday 9:30am – 5:00pm  
Sunday 9:30am – 5:00pm

#### Costs

HK\$12,500

Includes:

- One Trainers Handbook (4-7, 8-11, 12-14)
- Supporting documents to assist you in delivering the Method Eline Snel

Excludes:

- Mandatory Supervision
- Lunch & Travel

#### Location

Alive Wellness

Rm 602, Yu Yuet Lai Bldg ,  
43-55 Wyndham Street,  
Central, Hong Kong  
(opposite to Tai Kwun)

#### Contact

Angie Bucu  
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### REGISTER FOR THE 2020 AMT COURSES - HONG KONG

AMT Basic - March 14-15, May 9-10, 30-31

AMT Extra - June 13-14

[www.elinesnel.com](http://www.elinesnel.com)

*Pre-booking is essential*