

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



ACADEMY FOR MINDFUL TEACHING
Method Eline Snel

AMT INTENSIVE COURSE MINDFULNESS IN EDUCATION

18-24 August 2020

9:30am – 5:00pm daily

📍 Location

Landgoed De Heuvelkamp
Kerkweg 7, 3832 RH Leusden
The Netherlands

💬 Costs

1550 euro (excl. 2 supervisions,
travel expenses)

🗨️ Included

- A workbook for participants
- A complete set of written handouts for each of the eight, 2 ½ hour Mindfulness in Education weekly lessons
- A set of audio materials including meditations from *Sitting Still Like a Frog* and *Breathe through This*
- A set of written meditations
- Two sets of 20 minutes yoga exercises to be delivered to participants
- Lunch

🗨️ Contact

AMT
+31 (0)6 41794028
amt@elinesnel.nl

AMT INTENSIVE COURSE MINDFULNESS IN EDUCATION

METHOD ELINE SNEL®

Mindfulness in Education (MiE)

Eline Snel teaches a specialized MBSR training program to train teachers-psychologists and parents in an eight-week Mindfulness course (also known as MiE). This intensive course is based on the classical MBSR course of Jon Kabat-Zinn.

The AMT Intensive Course MiE Method Eline Snel® is a seven-day course suitable for professionals who work with parents, teachers and other professionals in schools and healthcare (see sidebar for dates and times) and an excellent way to teach mindfulness to teachers. The course is seamlessly connected with the bestsellers *Sitting Still Like a Frog* (published in 38 countries) and *Breathe through This*, and the Method Eline Snel – Mindfulness for Children and Teenagers.

REGISTRATION

August 18-24, 2020

www.elinesnel.com

Pre-booking is essential

For whom?

- Mindfulness trainers certified in the Method Eline Snel – Mindfulness for Children (Mindfulness Matters)
- Professionals working with parents and children who have completed an equivalent teacher training course for mindfulness in school or health organisations

Content

This intensive MiE course Method Eline Snel is developed and written by Eline Snel and is conducted in English. The guiding workbook is translated in English, French, Turkish and Spanish. After completing the intensive course and having finished a pilot group in your own country plus all the criteria for certification, participants will be a certified specialized MBSR Trainer in the Method Eline Snel MiE.