

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



## AMT SUMMER SCHOOL MINDFULNESS FOR CHILDREN

METHOD ELINE SNEL ®

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

### AMT INTERNATIONAL SUMMER SCHOOL 2023

This AMT Course is designed for those who would like to teach mindfulness to children from 4 to 12 years old, using the Method Eline Snel (also known as Mindfulness Matters!) in schools, institutions, or private practice. The 6-day AMT Course will be conducted in English. It is scheduled from **7 – 12 of August 2023**. The course will be taught by Eline Snel and Mark Hansen.

#### REGISTRATION AMT SUMMER SCHOOL

7 - 12 August 2023

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

*Pre-booking is essential*

### AMT SUMMER SCHOOL - Specialisation 2023

Those interested in working with adolescents aged 13-19, may also register for the AMT Specialisation Course. This extra course is scheduled for **August 14 – 16, 2023** and is also conducted in English.

#### Conditions for participation

- Completion of an eight-week MBSR/MBCT training by a certified trainer
- Degree level education
- Working with children aged 4-12 in school, private practice, health care institute or after-school care.

More info about Method Eline Snel can be found at [www.elinesnel.com](http://www.elinesnel.com)  
More than half a million copies of Eline's book *Sitting Still Like a Frog* have been sold



FOUNDATION  
ACADEMY FOR MINDFUL TEACHING

Method Eline Snel

### AMT SUMMER SCHOOL

7 – 12 August 2023

2.00 – 6.00 daily CEST Time Zone

#### Location

Online

#### Investment

1375 euro (excl. supervision €75)

#### Included

- Both handbooks
- Age: 4 – 8 years
- Age: 8 – 12 years

### AMT SUMMER SCHOOL Adolescents

14 – 16 August 2023

2.00 – 6.00 daily CEST Time Zone

#### Location

Online

#### Investment

475 euro (excl. supervision €75)

#### Included

- Both handbooks
- Age: 12 – 14 years
- Age: 13 – 19 years

#### Contact

T: +31 (0)6 20 05 41 84

E: [amt@elinesnel.com](mailto:amt@elinesnel.com)

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## During and after the course....

- You will prepare and carry out an eight-week and/or ten-week pilot course for your own target group
- You will receive one mandatory supervision meeting (Supervision fees of Euro 75 are exclusive of the course fee)
- You will be required to prepare a report reflecting your experiences of your pilot course
- You can expect 100% commitment and involvement from us, as well as years of experience in giving mindfulness training to children in schools, healthcare, private practices and to a wide range of other target groups.

## Method Eline Snel

Eline Snel is a certified Mindfulness trainer (MBSR) in the method of Jon Kabat-Zinn. For more than 20 years Eline has been developing meditation and mindfulness courses for children, teenagers and parents.

Eline is the owner of the International Academy for Mindful Teaching, where teachers, psychiatrists and other healthcare professionals, and others who work with children, train to teach the Method Eline Snel (also based on the MBSR program of Jon Kabat-Zinn). The Method Eline Snel is an 8-week course for children and a 10-week course for teenagers.

Eline is also the author of the mindfulness book for parents and children *Sitting Still Like a Frog*, and for parents and teenagers, *Breathe through This*.

## Certification

Certification as a Mindfulness trainer of children using the Method Eline Snel, is awarded following 100% attendance, completion of a pilot course, one supervision meeting and an approved report (with feedback from the trainer).