

# ST. NICHOLAS MONTESSORI TEACHERS' ASSOCIATION

Supporting Montessori Education in Ireland



## Booking Form

**Workshop:** Mindful Practice in a Montessori Environment

**Date:** Saturday 27th January 2018

**Time:** 9.45 a.m. – 1.00p.m

**Schedule:** Registration: 9.45 a.m.-10.00 am

Starting time: 10.00 a.m.

Refreshments: 11.15 a.m.

Finish: 1.00p.m.

**Venue:** Royal Marine Hotel, Dun Laoghaire, Co Dublin

**Parking:** (Free Parking)

**Fee:** Members €20. Others: €30 (Cheque/Postal Order payable to St. Nicholas Montessori Teachers' Association)

### This workshop will include

- Presentation on the art of mindfulness
- What is Mindfulness?
- Caring for oneself / compassion and kindness.
- Benefits of mindfulness?
- Mindfulness in early years
- Learn to meditate and mindfully respond rather than react
- Cultivate mindfulness in your practice
- How a Montessori environment supports the mindful child
- Practical activities to support mindful practice

**Bring a yoga mat or towel, a small personal notebook and wear comfy clothes.**

### Presenter: Gaye Mullen

Gaye is a Montessori teacher and a director and owner of Punchestown Montessori School. She also holds qualifications in mindfulness, meditation, and effective communication.

Gaye is an experienced mindfulness teacher and parenting mentor. She believes children recognize and cope with anxiety and stress through mindful and engaging activities!

Name: \_\_\_\_\_ Membership Number \_\_\_\_\_

Montessori School: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No: \_\_\_\_\_ Email: \_\_\_\_\_

I enclose a cheque €

Return to: Administrator, St. Nicholas House, 16 Adelaide Street, Dún Laoghaire, Co Dublin

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