



# YOGA AND MINDFULNESS

## Objectives

The aims of the course are:

- Understand the beginning philosophies of yoga. Learn about and practice energy work, embodiment and breathing, and yoga mantras
- Delve into the components of emotional intelligence through access to the creative mind. Guidance with new applicable tools to use in the classroom
- Live meditative practices by using the senses and connecting back to nature through mindfulness components

## Target group

This training course is addressed to teachers in general, specifically teachers that have had an increase in behavioral problems with their students recently and want to obtain the resources and knowledge to help combat this. This course is recommended for both primary and secondary teachers, university teachers, and teachers at language schools or private classes. It is recommended for everyone in general, so all teachers will benefit from this course, both professionally and personally.

## Language of course

This course will be provided in English. It is requested to all participants to have a level of English enough to understand the trainer and to interact and participate actively in the course.

## Methodology

The approach used by the two teachers is personalized and practical. We are two professionals that have accumulated a plethora of information in the fields of yoga, mindfulness, and emotional intelligence, and we will use this knowledge to be of service to the teachers in the course. For this course to reach the most satisfactory results, it is necessary to have the active participation of the group. The course has a set guideline, that will then be adjusted in accordance with the specific needs that the teachers reflect to use before and during the course, therefore there is room for adaptation, as the goal is



to solve problems through finding solutions and teaching tools. All that is taught will be brought back to the classroom and how it can be introduced with your students. We will be sending out a form to fill out before the course, as we want to get information about you regarding your comfort level with yoga, any potential pain points in your body you might have, and the metaphorical pain points you have with your students in the classroom regarding emotional management.

## Programme

### Day 1 – 4 hours

#### Embody yourself!

- Introduction to yoga and philosophies
- Breathwork; structural alignment & chakras-discipline from an emotional standpoint in the classroom
- Soundwork: emotional trigger identification and ways to ground yourself and your students
  
- City Tour – 1 extra hour

### Day 2 – 4 hours

#### Uncover & Claim

- Mantra work regarding values education
- PBL and neuroplasticity components about our capacity to learn
- Mini Design Thinking Process to unleash the creative mindset for problema solving

### Day 3 – 4 hours

#### Tap in the Mind!

- Neuro Linguistic Programming
  - Motivation
  - Speech
  - Pranic Healing
  - Basic Human Needs
- Awareness focused tools to bring back attention and be in the now
- Impact of sound and breathwork from previous days



#### Day 4 – 4 hours

##### Putting it into Practice!

- Guided meditations with varied techniques one can choose from
- Practice of rituals: dancing, chanting
- Nature connection & coming back to the now with conscious eating practices
- Action Plan to take away from the course and back to your schools & students

#### Day 5 – 4 hours

##### Professional visit, Evaluation, Certification and Farewell

- Visit a school of Valencia
- Evaluation and certification
  
- Farewell activity – 3 extra hours approximately

### Quality Commitment

ESMOVIA, as course provider, commit to respect and follow the quality standards for courses under Key Action 1:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/quality-standards-key-action-1>

### Fees

Course fee: 423,50 €/participant VAT included. Possibility of invoicing 350,00 €/participant if sending organization has Intracomunitary VAT number. The price includes:

This amount includes:

- Preparation for the course
- Tuition
- Training materials
- Administration costs
- Organizational costs
- Professional visit to school
- City tour in Valencia
- Farewell activity



KA1 ERASMUS+ COURSES FOR TEACHERS AND TRAINERS  
**YOGA AND MINDFULNESS**

**Requirements**

Minimum of 8 participants. For smaller groups, contact us.

**Contact**

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