

WEBINAR: Mindfulness for Educators



PRESENTED BY
Ayra Kelly



SERIES SESSIONS

Date	Time
March 06, 2018	4:30 PM - 6:00 PM



LOCATION
Online

FEE

\$20.00

QUESTIONS?

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crc-register@arpc.ab.ca
403-291-0967

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Program

TARGET AUDIENCE: K-12 TEACHERS AND SUPPORT STAFF ARE ENCOURAGED TO ATTEND

In our fast paced society, it is becoming critical that we provide students with the tools to reduce stress and be more aware of where they are and what they are doing, in lieu of feeling overwhelmed by what is going on around them. This session will focus on an exploration of the value of developing mindful habits. Participants will have the opportunity to consider and reflect on a variety of insights and exercises to calm the mind. Teachers and support staff are welcome.

This learning opportunity is being offered through curriculum implementation funding from Alberta Education.

Presenters

Ayra Kelly

has a Bachelor of Arts in Social Science and a Bachelor of Education with great distinction from the University of Lethbridge. Ayra's small town roots are credited for her fervent love of community. She is a celebrated member of her unique school community teaching secondary English at Foothills Academy, a school specializing in supporting students with Learning Disabilities and ADHD. Ayra is a certified yoga and meditation teacher inspired by the idea of investigating how bridging concepts of mindfulness and education can enhance both practices.



**Providing Quality Professional Learning
Opportunities to K-12 Education Staff**