



The Saskatchewan ECEC invites you to:

Mindfulness in the Classroom **Presented by Trina Markusson**

In this one day workshop, participants will learn about Mindfulness and understand the social / emotional benefits of using Mindfulness strategies with children. We will discuss the importance of having our own resilience practice to be able to model it with the children in our lives and also have an opportunity to try sample activities to use with children.

Trina Markusson is the author of the award winning children's mindfulness book "Good Morning, Sunshine!" A mindfulness speaker/teacher, Trina has been teaching Mindfulness strategies to children for over 11 years. She has received trainings in mindful teaching and mindful-based stress reduction and has shared her passion with thousands of students and teachers across Saskatchewan.



Saturday, May 25th, 2019

9:00am-4:00 pm

Lunch & Snacks included

LOCATION: STF Building-Eamer Auditorium

2317 Arlington Ave, Saskatoon

Cost:

\$140 (plus \$10 mandatory membership for current school-year)
Students: \$65 (plus \$5 mandatory membership for current school year)
Late registration: \$25/registration or \$10/student registration

Registration opens March 1st, 2019

Visit: www.saskecec.ca/events for more information