

Mindfulness-Based Stress Reduction Workshop for Educators

While teachers and administrators are taking good care of their students, who is taking good care of our teachers and administrators? How can they develop best practices to keep their hearts and minds strong in a time of economic, political, and "district-wide" unrest? How can they keep a positive attitude and seek to inspire students even when the rest of the world seems like it's in chaos? The practice of mindfulness is a gentle call to STOP and pay attention in a specific way and on purpose. It teaches us how to calm the multi-tasking and sometimes frantic pace of our minds, how to welcome the future, how to let go of the emotional drain of the past, and how to cultivate a relationship with the "moments" in our lives that we often fail to notice at all. Mindfulness practice is a series of simple techniques that involves no mantras, no mystics, and nothing more than a reframing of our moment-by-moment awareness.

This experiential workshop will feature a combination of video, lecture, and lots of user-friendly mindfulness practices that you can take home with you and start to use immediately. An extensive list of resource materials will be provided to participants so that they can develop a daily mindfulness practice that suits their individual lifestyles.

Please wear comfortable clothes - sweat pants are great - and bring a blanket and pillow for some exercises that are done on the floor.

Participants attend two sessions to learn how to unleash the soothing power of your breath, your senses, and your heart while having some fun too!



Date(s): Thursdays, March 12 AND 19, 2009
Must attend both sessions for completion certificate
Time: 4:00 pm - 6:30 pm
Presenter: **Dr. Anthony Pantaleno**
NYS Licensed Psychologist,
NYS Certified School Psychologist
2008 NYS School Psychologist of the Year
2008 Suffolk Cty Psychologist of the Year
Location: Western Suffolk BOCES
Div of Instructional Support Svcs
31 Lee Avenue, Wheatley Heights, NY
Costs: \$50pp
*Please make payment to:
Western Suffolk BOCES A506*

My Learning Plan/WebReg

Please copy this link into your browser:

<http://www.wsboces.org/webreg>

For registration directions:

please see the reverse side (pg 2) of this flyer.

If mailing payment, please send to:

Western Suffolk BOCES

31 Lee Avenue, Wheatley Heights, NY 11798

Att: Debbi Maxwell

Need information?

dmaxwell@wsboces.org

631-595-6829

Large Conference Room

*Check with your district to see if you are a member of My Learning Plan
Workshop flyer maps for directions can be found on MLP*

For My Learning Plan Member Districts

If you are a member of My Learning Plan, you will be given a user name and password by your district. To see courses and to register, please do the following:

- ⇒ Log onto www.mylearningplan.com
- ⇒ Click on the Western Suffolk BOCES Catalog link

*If your district does NOT have a link to the WS BOCES catalog,
please copy this link into your web browser*

<http://www.wsboces.org/WebReg>

- ⇒ Select the course you'd like to enroll in
- ⇒ When ready, click the "Click to Enroll" button
- ⇒ Click MLP Users (Enter User Name & Password - Log in)
- ⇒ Enter personal registration information
- ⇒ Select payment method; click the "Next" button
- ⇒ Click Terms and Conditions button
- ⇒ Print the confirming enrollment form
- ⇒ Scroll down and read the rest of the information on the final screen
- ⇒ You will receive an email when you are registered

For Non-My Learning Plan Districts

Please click on this link to see the WS BOCES catalog.

<http://www.wsboces.org/WebReg>

At the top of the page will be a purple box. The workshops are divided up into programs.

- ⇒ Highlight the program you'd like to search workshops in and "search catalog"
- ⇒ Workshops will be listed in date order
- ⇒ Select the course you would like to enroll in
- ⇒ Click the "click to enroll" button
- ⇒ **Registered Users:** click "I'm a Registered User", then enter your email address and password to log in. Click "update and continue".
- ⇒ **New Users:** Click on "I'm a New User" and complete the form. When finished, click the "Create Account" button.
- ⇒ Enter personal registration information
- ⇒ Select payment method; click the "next" button
- ⇒ Click Terms and Conditions button
- ⇒ **PRINT THE CONFIRMING ENROLLMENT FORM. ONCE YOU RECEIVE ADMINISTRATIVE SIGNATURE, Please fax (631-623-4915) to WS BOCES**
- ⇒ Click return to main
- ⇒ Click "logout" button to finish the process
- ⇒ You will receive an email when you are registered.