

Mindfulness-Based Stress Reduction Workshop for Educators



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. This half-day workshop will feature a combination of video, lecture, and lots of live 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. Mindfulness meditation has become one of the most innovative and accessible set of techniques to improve general health, and to accept and work with physical pain and emotional strain. It has moved out of the University of Massachusetts Stress Reduction Clinic, where it was first introduced in the United States in the mid 1970s, and into corporate board rooms, major health centers, and mainstream American medicine. What better way to connect with your students than to start connecting with yourself?



Date(s): Tuesday, July 14, 2009
Time: 10:00 am - 2:00 pm
Presenter: **Dr. Anthony Pantaleno**
NYS Licensed Psychologist,
NYS Certified School Psychologist
2008 NYS School 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 instructions,
please see the reverse side (pg 2) of this flyer.

Large Conference Room

If mailing payment, please send to:

Western Suffolk BOCES
31 Lee Avenue,
Wheatley Heights, NY 11798
Att: Debbi Maxwell

Need information?

dmaxwell@wsboces.org or 631-595-6829

*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. Fax (631-623-4915) to
Western Suffolk BOCES**
- ⇒ Click return to main
- ⇒ Click "logout" button to finish the process
- ⇒ You will receive an email when you are registered.