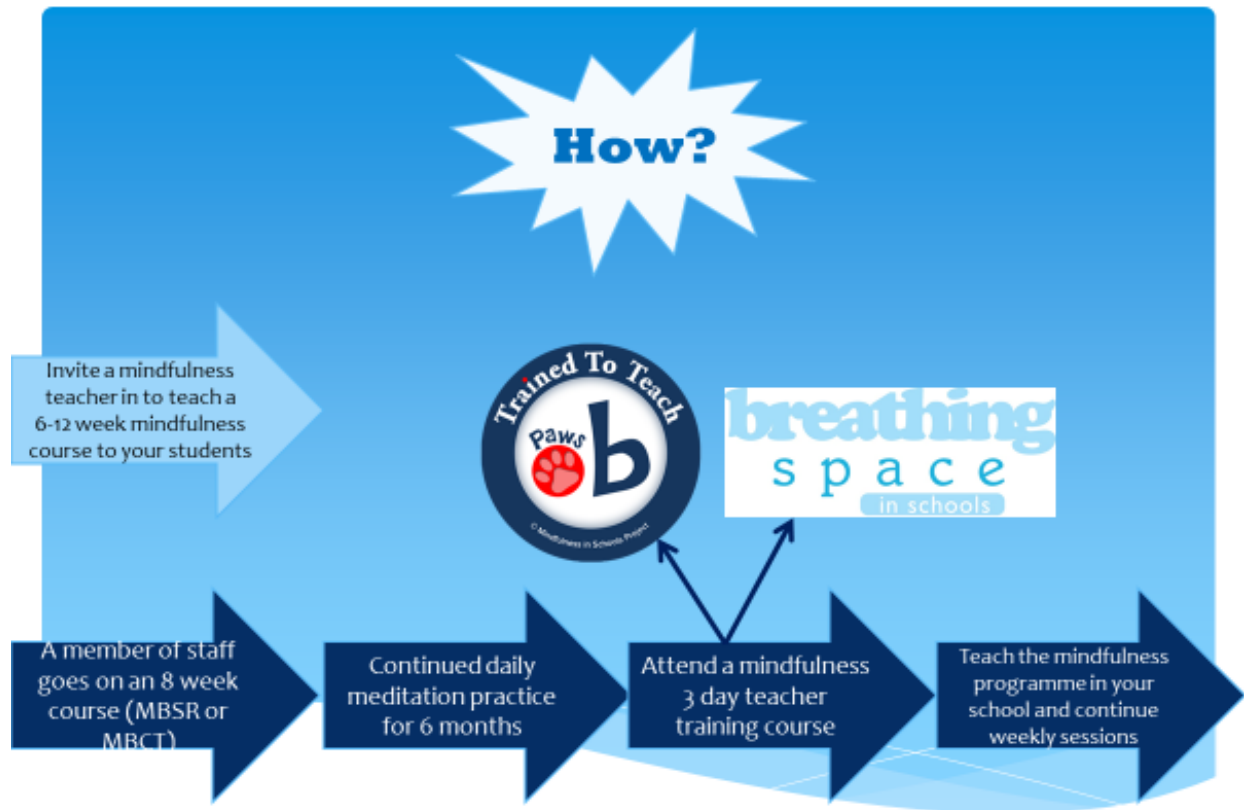


# Mindfulness in Schools



## Developing your own mindfulness practice:

The following companies offer 8 week MBSR courses (mindfulness based stress reduction):

<https://www.breathworks-mindfulness.org.uk/>

<http://breathingspacelondon.org.uk/mindfulness-for-schools/>

<http://breathingspacelondon.org.uk/>

<https://www.northlondonbuddhistcentre.com/?page=mindfulness-courses>

<https://mindfulnessinschools.org/begin/>

I am an accredited Breathworks teacher and run their 8 week course both online and in person from our school site in Westminster. Please email: [hannah@sohoparish.co.uk](mailto:hannah@sohoparish.co.uk) for more information on upcoming courses.

## Training to teach children mindfulness:

If you're interested in teaching mindfulness to children, then once you've done the 8 week course and been meditating daily for 6 months, you can do the 3 day teacher training. Both 'Mindfulness in schools project' (MiSP) and 'Breathing Space in Schools' (BSiS) offer this. Both companies also offer the 6-12 week courses for children to train them in mindfulness.

As a mindfulness practitioner and teacher I also run 1-2hr taster sessions for teachers in schools and 30 minute taster sessions for students. If you are interested in having a taster session at your school then please contact me at:

[hannahpeaty@outlook.com](mailto:hannahpeaty@outlook.com)

Lastly... an interesting read- research study on impact of mindfulness on children and young people from Professor Katherine Weare: <https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>