

MINDFULNESS WHEN?

*"If only I had
more time .."*

Finding the time in a busy school life is a challenge.
In this year's conference we will explore:

- *Being the still point of the turning world*
- *Self management, not time management*
- *Discovering happiness in a busy life*
- *Taking the time to respond rather than react*

Reconnect with yourself

Reconnect with the students who sit in front of you

Reconnect with the underlying stillness of your day

**MINDFULNESS PRACTICE
IN SCHOOLS CONFERENCE**

Saturday 28th April 2017

**John Scottus School,
Old Conna, Rathmichael, Co. Dublin**

9.00am - 4.00pm

Tickets: €75 including lunch

**Available from website
MindfulnessPracticeInSchools.ie**

