

Wake Up
Schools
INDIA

Cultivating Mindfulness ONLINE COURSE

Start Date: 6th June 2020
Registration Date: 28th May 2020



'The most precious gift we can offer others is our presence.' - Thich Nhat Hanh



As part of the WakeUp Schools global movement, **Ahimsa Trust** would like to invite you to attend a specially curated **ONLINE COURSE on CULTIVATING MINDFULNESS** that equips participants with the skills to take care of their mind and heart, especially relevant to difficult times, such as during the COVID-19 pandemic. Experience how we can make use of our daily activities and bring our awareness to focus on the breath so as to bring our body and mind together in the present moment. Learn practices to nourish joy and transform negative feelings, and in turn create an environment of happiness all around.

The course will be conducted by the **community of practitioners** in India and led by Zen Teacher, **Shantum Seth**, in the Plum Village tradition of Nobel Peace Prize nominee, **Venerable Thich Nhat Hanh**. There will be 8 weekly sessions of 2 hours each, with 2 additional complimentary sessions.

The course will include talks, guided meditations, exercises in stress reduction and relaxation, mindful consumption, practices to restore and maintain good communication, group discussions, assignments, feedback/review, classroom activities for educators, songs as well as questions and answers.

Certificates of Participation will be sent to those who complete the course.

A significant number of persons following Mindfulness practices in an institution can transform its culture. Core groups can become a source of support to others in that community which can enhance the **Social, Emotional and Ethical Quotient** of the entire institution.

To watch a documentary on WakeUp Schools in India, click on <https://vimeo.com/98830096>

Areas of focus:

- Embodying Mindfulness in Everyday life
- Science of the Mind and Neuro-plasticity
- Self Care & Body Awareness and Learning to Relax
- Transforming Stress and Pressure at work
- Deep Listening and Compassionate Speech
- Learning to deal with Strong Emotions
- Cultivating Happiness and Joy in Us and Around Us
- Compassionate Leadership
- Reconciling Difficult Relationships
- Building Supportive Communities of Family, Friends and Colleagues
- Applied Ethics



Shantum Seth is a Dharmacharya in the Mindfulness Buddhist lineage of the Zen Master Thich Nhat Hanh. He has been leading transformative journeys (www.elevendirections.com) and is actively involved in social, environmental and educational programmes including work on cultivating mindfulness in society, with educators, the CRPF and the corporate sector amongst others.

This course is offered by the non-profit trust, Ahimsa* (www.ahimsatrust.org)



*Community of Practitioners
(Ahimsa Trust)*

Kindly scan the attached Registration Form and send it by email to ahimsa.trust@gmail.com before Thursday May 28th, 2020. Payment by donation.

[CLICK HERE TO DOWNLOAD REGISTRATION FORM](#)

Look forward to your participation in this comprehensive Mindfulness course.

**Ahimsa is a volunteer non-profit organisation representing Thich Nhat Hanh and his community in India; working towards bringing peace and mindfulness to various facets of society including education, culture, social and ecological development and responsible tourism.*

To contribute to Ahimsa Trust please click on the link
<http://www.ahimsatrust.org/contribute%20to%20ahimsa.html>

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