



DATES/LOCATIONS:

Registration: 8:30—9:00am
Workshop: 9:00 am-3:30 pm

October 19, 2022

Treehaven Education and
Conference Center,
W2540 Pickerel Creek Road
Tomahawk, WI 54487

Contact: Lynn Verage, CESA #9
(715) 453-2141; lverage@cesa9.org

REGISTER ONLINE:

- Tomahawk — October 19, 2022

<https://login.myquickreg.com/register/event/event.cfm?eventid=32341>

Sign Up Now!



**Limit of 20 participants
per workshop**

PARTICIPANTS INCLUDE:

- PreK-12 Educators
- School Counselors
- Social Workers
- Special Education Teachers
- School Psychologists

Lately, it seems like everyone is talking about staff self-care. Mindful meditation is one way to operationalize the vague concept of self-care. By attending this workshop and learning several mindful meditation practices you can find a way of bringing peace and calm into your life, if only for a few minutes a day.

The objectives for the workshop include:

- Defining mindfulness
- Becoming familiar with a number of mindful practices
- Realizing the research supporting mindful practices
- Practicing mindful meditation
- Practicing mindful movement, and
- Reflecting on your learning.

Know that as you cultivate your own mindful practice you will feel that sense of calm grow and influence the way you react in stressful situations. Participants will receive a copy of these books: *Real Happiness* and *Mindfulness Begins with You*, and a yoga mat. So don't wait to get started, register now!

COST: \$50/per person (Coffee and Lunch included)

Payable **to:** CESA #4

Send Payment to:

CESA #4 ATTN: Kalli Rasmussen
923 East Garland Street,
West Salem, WI 54669



PLEASE include and clearly define:

Participant name, exact name of workshop, and date, with all checks or purchase orders.

Thank you!

REGISTRATION QUESTIONS:

Contact Kalli Rasmussen,
(608) 786-4832

krasmussen@cesa4.org



SCAN FOR TRAINING INFO

