



PROFESSIONAL TRAINING MINDFULNESS & KIDS

The Center for Integrative Learning & Teaching NASHVILLE

presents

Inner Kids Training for Professionals

Susan Kaiser Greenland

Overview of Theory & Practice in Mindful Games:
Sharing Mindfulness and Meditation with Children, Teens, and Families

"A wonderful, fun, and engaging way to bring mindfulness into a child's life."
—Daniel Goleman, author of Emotional Intelligence



Includes 60 fun activities!

sharing mindfulness and meditation
with children, teens, and families

Susan Kaiser Greenland
Author of *The Mindful Child*

April 7-9, 2017

This 12-hour professional training with internationally recognized mindfulness teacher, Susan Kaiser Greenland, will provide an overview of the theory and practice of Inner Kid's approach to mindfulness with youth and its specific applications in home, classrooms, and clinical therapy settings. Participants will learn how to foster six essential life skills – Quieting, Focusing, Seeing, Reframing, Caring and Connecting, using mindful games and activities that have been empirically tested over more than a decade with thousands of children.

Details & Registration

www.cilt Nashville.com

Location: University School of Nashville
Registration: Limited, must register online at www.cilt Nashville.com
Tuition: \$350 (early bird \$300 until March 1st)

Yoga, Qigong, Networking, Small Group Practice Time included!

APRIL 6, 2017 | 7:00 P.M.
VALOR COLLEGIATE ACADEMIES
PARENT TALK WITH SKG

MINDFUL PARENT, MINDFUL CHILD – A
SIMPLE APPROACH TO MINDFULNESS AND
MEDITATION FOR A MULTI-TASKING,
HYPER-CONNECTED GENERATION

WWW.CILT Nashville.COM