

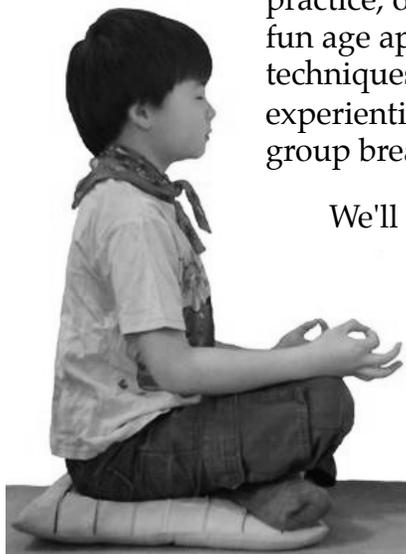
Teaching Mindfulness to Youth with Kate Janke



Saturday, November 16, 2013
10:30am to 4:30pm
at the
the Unitarian Universalist
Fellowship of Stanislaus County
in the Sarana Kuti
2172 Kiernan Ave., Modesto, CA



In this daylong workshop we will explore how to teach mindfulness to children and young teens in the classroom, private practice, or at home. Learn simple and fun age appropriate mindfulness techniques and lessons through experiential demonstrations and small group breakouts.



We'll also spend time cultivating our own mindfulness practice, strengthening our ability to stay present and teach through example.
Prerequisite: personal mindfulness practice.

This day is freely offered to all. Donations are gratefully accepted to support Kate and future offerings. Please bring a vegetarian potluck dish to share for lunch, if you would like. Chairs and some cushions will be available.



Sarana Kuti is the small stand-alone building on the UUFSC property at the rear of the east parking lot (the building with red and gold trim). For additional information, please contact Lori Wong at 209-343-2748. Please register at <http://wp.me/p2RHEB-Bi>

Kate Janke has been teaching mindfulness in education for over five years. In 2012 she founded The Heart-Mind Education Project, a mindfulness based consulting business lending support and resources to students and the adults in their lives. Before her current venture, Kate was the Director of Training at Mindful Schools, developing and implementing mindfulness education curriculum and trainings. She has taught mindfulness to approximately 1500 students in the San Francisco Bay Area and has trained over 2000 Educators, therapists, and parents nationally and internationally in mindful awareness curriculum and techniques.



Kate has been practicing meditation in the Theravada lineage since 2004. She is a teacher in training at Spirit Rock and IMS and leads a weekly meditation group in Alameda, CA. See her website at <http://www.heart-mind-education.com/>.