

# bring mindfulness to your school

Mindfulness in Schools Project  
invites you to find out more ...

- What is mindfulness?
- Why mindfulness can be beneficial to both teachers and students
- How MiSP can help you to learn mindfulness, teach mindfully and bring mindfulness to your school

**MiSP**  
MINDFULNESS IN SCHOOLS PROJECT

information,  
advice &  
guidance event

**THURSDAY**  
**15th MARCH**  
2pm-4.40pm  
The Buckland Suite  
Cophthorne Hotel  
Armada Way  
Plymouth, PL1 1AR

There will be **NO CHARGE** for this event, however places are limited.

If you would like to book a place please email [enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org) or go to [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search 'Bring Mindfulness To Your School' in the Plymouth area.

**Eventbrite**



Mindfulness in Schools Project (MiSP) is a leading provider of mindfulness classroom curricula in the UK.

MiSP was established in 2009 and has since offered high quality, face-to-face training to thousands of teachers. Our highly acclaimed curricula include: .b for secondary schools, Paws b for primary schools, and .b Foundations.

Our aim is to bring mindfulness to young people and those who care for them. We hope that every child and teacher in the UK has the opportunity to learn about mindfulness at school in order to help them manage difficulties and flourish.

In 2016 MiSP achieved charitable status. We are now able to help children living in areas of high deprivation to access mindfulness by offering supported places on teacher training courses. These are offered to UK schools who have above average numbers of pupils receiving Free School Meals.

MiSP advised the Mindfulness All-Party Parliamentary Group on the Mindful Nation UK Report 2015.

---

**CONTACT MINDFULNESS IN SCHOOLS PROJECT AT:**

[enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org)  
[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

---