



# mindfulness workshop

## Building Personal Resilience

### A five week mindfulness course

Learn how to focus in the moment. Focus on the **NOW** through mindfulness practices to manage unhealthy reactions and unpleasant emotions.

**Monday June 1, 15, 22, 29 & July 6**  
7:00pm for 7:15pm start to 8:45pm (1.5 hrs)

**BAPeA Art School & Studios**  
51 Wood Avenue Brompton SA 5007

#### What is mindfulness?

Mindfulness is a practical skill like reading or riding a bike. Mindfulness teaches us to focus on what is rather than what is not. It is a scientifically proven practice that improves personal wellbeing by reducing daily stress and anxiety, relaxing and calming the mind, improving the immune system, improving relationships, improving parenting skills and increasing our attention and focus.

### Registration

\*Fill in on-screen & click to submit via your email program

Name

Email

Telephone

#### Cost - \$250.00

Payment can be made through Direct Transfer to our BankSA account

Portfolio Loan; P. Altmann ■ BSB No. 105-186 ■ Account No. 020147140 (Please reference: Your surname/Mind)

or by cheque with this form to – Philip Altmann, 14 Glamorgan Drive, Redwood Park SA 5097

**Refund Policy** Our refund policy is to provide a full refund, less a materials/registration fee of \$50 if for some reason you are unable to begin the course. Course fees will not be refunded after you begin the class, however, you may have a pro rata credit to take the class at a future time.

**For more information go to: [info@mindfulclassroom.com.au](mailto:info@mindfulclassroom.com.au), or call Philip on 0408 306 100.**

Participants will need to access Apps to successfully practice mindfulness techniques between workshops. (See below)

\*Adobe Acrobat Reader required to fill in this form on-screen.



#### Your teacher - Philip Altmann

B.Ed. Grad. Dip. T., Grad. Dip. Ed. Counselling, MBSR Trained

Philip Altmann is a primary school teacher with 35 years of classroom experience. He has a Diploma of Education, Bachelor of Education and a Graduate Diploma of Educational Counselling.

After completing a Mind Based Stress Reduction Course (MBSR) and a Mindful Schools teacher training program in the USA he developed mindfulness lessons for student classes from reception to high school.

He has contributed to the publication **The Mindful School Leader** written by Harvard Graduate Dr. Kirsten Olson, author of **Wounded by School**.

He conducted a Mindfulness training program at Trinity College, demonstrating how teachers can apply mindfulness to their personal lives as well as their classroom teaching practice.

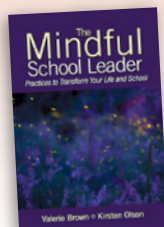
His mindfulness schools program has recently appeared on "Behind the News" an educational news broadcast on Australia's ABC TV school program.

He has conducted a Mindfulness Workshop for teachers and educational leaders at the Inaugural National Conference for Positive Education Schools Association at St. Peter's College Adelaide, South Australia.

Earlier this year he ran a 5 Week Mindfulness Workshop for parents and tertiary students at Ardtornish Children's Centre for Early Childhood Development and Parenting. He demonstrated to parents how they can use mindfulness in their own lives and how to teach their children simple mindfulness techniques.



Download  
**The Now & Michael Stone**  
Apps



**The Mindful School Leader**  
Dr. Kirsten Olson

[mindfulclassroom.com.au](http://mindfulclassroom.com.au)  
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