

How To Bring Mindfulness To Your School



invites you to find out more about mindfulness in schools:

What is mindfulness?

How MiSP can help you learn to be mindful, teach mindfully and teach mindfulness

Hear stories from teachers and pupils about their experience of mindfulness in school

Tuesday, 23rd May 2017

3.45pm-6.00pm

Norlington School,
Norlington Road, Leyton,
London, E10 6JZ

Kindly hosted and organised by Norlington School



There will be **no charge** for this event. Places are limited so please book yours by e-mailing your name, job title and school or organisation name to:

Claire.Mulrenan@walthamforest.gov.uk OR
enquiries@mindfulnessinschools.org

MiSP is a Registered Charity, No. 1168992 established in 2009. Its aim is to bring mindfulness to all young people and those who care for them. We would like to keep you in touch with the latest from MiSP and will add you to our mailing list when you apply for this event. You will be able to opt out at any time.

www.mindfulnessinschools.org