

Benefits of your **Hub** membership as a **.b Foundations** participant



Hub Practice Group

Taking place fortnightly, join other school staff and educators for an hour of mindfulness practice and discussion.



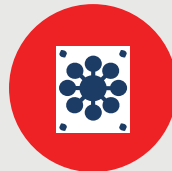
Online Events

Free or discounted places on selected online events where you can hear from experts and practitioners on mindfulness in education.



Case Studies

Schools and other educational organisations sharing their experiences of mindfulness from both a personal and professional perspective.



Posters

Editable posters to use around your school to promote your club, team or mindfulness champion.



Expert Webinars

Recordings of our free webinars given by specialist speakers sharing their expertise on topics relevant to our community, including: school avoidance, childhood bereavement, dyslexia, ADHD.



Research

Access to research papers on mindfulness, mindfulness in education and the effect of the MiSP curricula.



One Day Online Retreats

An opportunity to re-connect with your practice as part of a community of people working in educational contexts.



Top Tips & FAQs

Expert articles and advice tailored to your most common questions about how to implement mindfulness in schools.



Connection

Connect with other members of our growing community through our newsletter, events and online resources.

To apply for membership, go to:
<https://mindfulnessinschools.org/b-foundations-hub-membership-application/>