

Cool Minds Teenagers Mindfulness Training*

This is a laboratory class where the adolescent is the scientist; his/her life is the lab; and the experiment is a personal and group exploration into the effects of mindfulness training including, training in present moment awareness, perception, resilience, and compassion.

This eight week class is highly experiential, as it offers training in mindfulness meditation through practices of yoga and movement, eating, sitting and standing meditation. Reflection is encouraged through journaling, learning activities, and discussion. Adolescents will learn about current advances in neuroscience relating to ways training the mind effects changes in the brain.

This program is specifically geared toward and currently limited to teens, ages 14-18.

We will be focusing on enhancing capacities for:

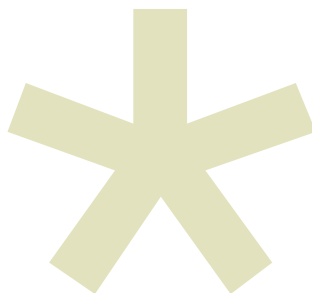
Recognition: The training of attention, concentration and mindful presence

Connection: The exploration of consciously living the present moment, and becoming sensitive to the interconnection permeating one's body, attitudes, and relationships.

Mastery: Teens are encouraged to develop some proficiency in knowing one's self more deeply, expressing authenticity; in gaining experiential understanding of body-mind connection; and in refining social skills.

Your teenager will participate in a 1.5 hour class that will include:

- Practice of a mindfulness exercise
- Small and large group discussion
- A weekly learning theme
- The use of art, music, video, games, science experiments, and more...



Overall Program Goals

- Provide instruction for developmentally appropriate mindfulness training, leading to greater wellness and clarity;
- Enhance coping skills, resilience, and self-regulation;
- Support self appreciation, esteem and confidence;
- Increase social, emotional and interpersonal strength and clarity; Have fun and discover

*This course is offered by Openground in collaboration with the Center for Mindfulness, UMass Medical School, USA.

For more information contact Openground.

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