



## **Mindfulness Meditation for School Staff**

This workshop is designed for school staff who want to reduce stress and increase well-being. Taught by Georgia Larounis, former teacher (40 years) and mindfulness practitioner (12 years). As an experienced teacher, Georgia understands the stressors that staff manage daily, and provides knowledge/practice that will create more wellness in your life, both professionally and personally.

The workshop will include the following mindfulness practices and topics:

Breathing Meditation	How Our Minds Work
Body Scan Meditation	Stress Reaction/Response
Eating Meditation	Present Moment Awareness
Loving Kindness Meditation	Mindful Communication

**This is a 5-hour series, but you can join anytime it works in your schedule:**

Apr 23  
April 30  
May 7  
May 14  
**5:00pm**

The class will be held virtually though zoom. For registration contact [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org)