

More than Mindfulness: Education as a Sacred Art

A conference for educators hosted by



Join us for the inaugural More than Mindfulness Conference (MTM)- a unique and dynamic event that will explore many ways of inviting the "soul" into schools and classrooms.

- *School based mindfulness programs are becoming increasingly more widespread.*
- *Decades of research suggests that mindful practices in schools bolster mental health and have the capacity to improve academic achievement.*



- *We will highlight ways to integrate mindful practices into you school culture.*
- *We will also emphasize MORE than mindfulness through our holistic and secular approach.*
- *RCS Seven Domains holistic approach leverages the tools of mindfulness while moving beyond them into the secular realm spirituality.*



Event Details

When: October 12, 2016 8:30–5:00 full day (Centering observations and reflection, break out sessions and workshops) 1:00–5:00 half day (break out sessions and workshops)

Where: Rainbow Community School, 574 Haywood Rd. Asheville, North Carolina 28806

Cost: \$35 for the full day and \$25 for the half day. Participants receive a certificate of CEU completion, a Seven Domains and Centering manual that includes informational materials and reproducibles. Breakfast and snacks will also be included and a food truck lunch will be available for *purchase*.

Intended Audience: parents, teachers, school administrators, and other education related professionals.

For more information contact West Willmore at west.willmore@rainbowlearning.org or call 931 808 3722.

Participants will experience RCS's unique Centering curriculum and practice.

Gain holistic strategies to adapt your own curriculum and/or school culture.

Collaborate through rich discussion and interactive sessions on these important themes: inviting the soul in to the classroom, cultivating awareness and spiritual identities, exploring education as a sacred art.

