



AHAM EDUCATION
Art of Happiness And Mindfulness
Academy of the Heart And Mind



Broward County Public Schools Mindfulness-based Professional Development

Embodied Presence and Self Care (Level 1) Mindfulness-Based Stress Reduction (MBSR)

An Evidence-based program created by Jon Kabat-Zinn

Mindfulness is "paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally."

Jon Kabat-Zinn

When:

8 Consecutive Tuesdays*, 4.30-7.00pm

***Except Tuesday, February 26, 2019**

Dates: 2/12, 2/19, 2/27 (Wednesday), 3/5, 3/12, 3/19, (Skip week for Spring Break) 4/2, 4/9

Retreat on Saturday, March 23

Must attend Pre-screening Orientation:

In-person Tuesday February 5 at 4.30-7pm OR

Online Thursday, February 7, 2018 at 7-9pm

Where:

Lauderdale Manors Early Learning & Family Resource Center

1400 NW 14th Court, Building 17,

Fort Lauderdale, FL. 33311

Participants of this Evidence-Based MBSR program say they experienced:

- enhanced memory and focus
- ability to live in present time
- creativity in problem solving
- better communication
- increased emotional control
- healthier stress response

CEUs available upon request

Earn 34 points on LAB

APPLY HERE TO ENROLL IN FALL MINDFULNESS TRAINING



The Instructor: Mrs Knellee Bisram is the Founder of AHAM Education, and a **Certified MBSR Instructor** with over 30 years of meditation & mindfulness experience.

AHAM Education is a not for profit initiative empowering youth and at-risk populations with evidenced-based social and emotional resiliency programs in the Americas. Learn more at <http://www.ahameducation.org>

Presence. Positivity. Peace.

Who Should Attend:

- ✓ **Educators**
- ✓ **Counselors**
- ✓ **Mental Health Professionals**
- ✓ **Nurses**
- ✓ **Non-instructional School Staff**
- ✓ **Administrative Personnel**

For details contact Knellee Bisram,
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