



Cultivating Mindfulness in Education

Invitation to Wake Up Schools Educators Retreat

Dear School Director,

The teachers of your schools are warmly invited to join our International Educators Retreat in Plum Village, France. The retreat will take place 18 - 25 August 2023.

This retreat is equivalent to a Level I Wake Up Schools Retreat, and offers an experiential learning opportunity for those involved in formal or informal education. It is suitable for all teachers (of any subject and age group), guidance counsellors, school administrators and other education professionals. Wake Up Schools is a secular initiative that supports all educators. (<https://wakeupschools.org/>)

This retreat gives teachers the opportunity to embody the practice of mindfulness and experience an immersive environment to cultivate their own peace and wellbeing. The focus of this retreat is embodiment. By deepening their own ability to be present, teachers improve the quality of their classroom relationships and enrich their learning environment.

The schedule for this week-long retreat includes a variety of trainings and creative approaches in the foundations of mindfulness and self-care. There will be sitting meditations, talks, circle sharing, deep relaxation, walking meditation, panel discussions, practical workshops and opportunities for affinity groups. The daily schedule offers space for personal reflection, connecting with other teachers, and resting. In this peaceful and joyful environment, we can be deeply supported in developing our own practice of mindfulness.

Certificates of attendance can be issued on request.

If you have any questions, please know that we are here for you. Full details and registration can be found on <https://plumvillage.org/retreats/info/educators-retreat-and-plum-picking/>.

With deep gratitude,

The Wake Up Schools Retreat Team