

COURSE IN DUBLIN, 8th-13th august

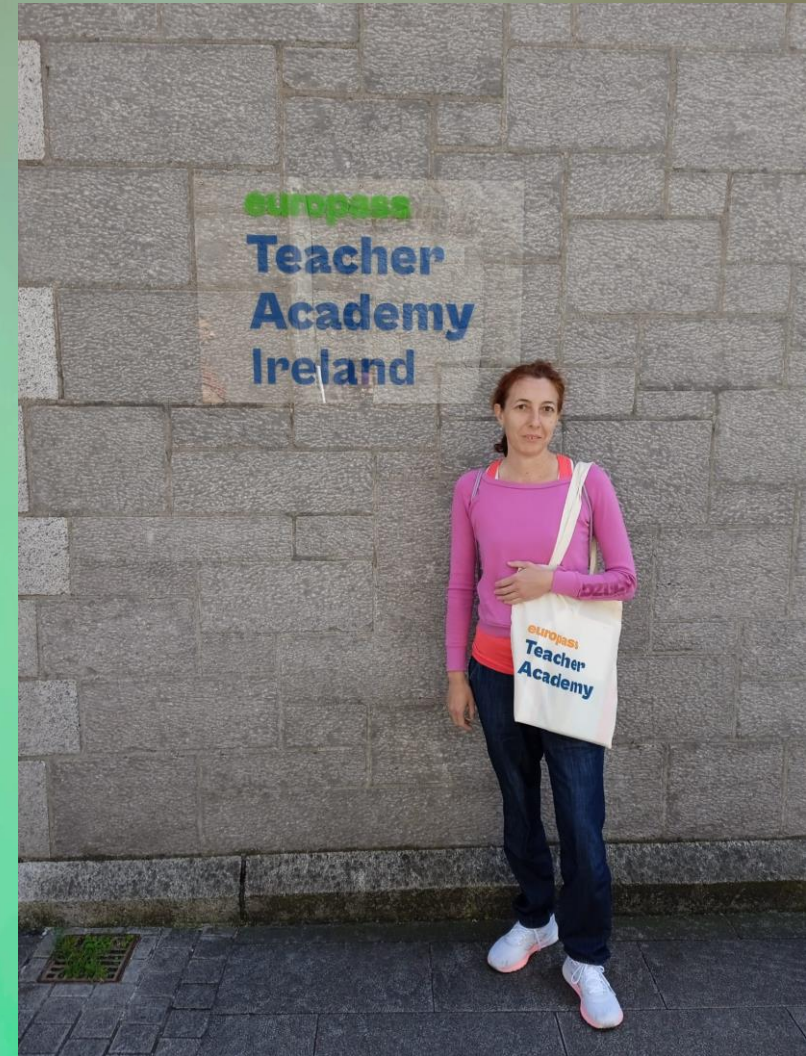
ROSA MUÑECAS MARÍN

IES GAYA NUÑO-ALMAZÁN (SORIA)



# YOGA AND MEDITATION FOR EDUCATORS: BE A GREAT TEACHER, BE YOUR BEST SELF

**europass**  
**Teacher Academy**



# Learning outcomes

- Learn the best practices to improve student's emotional balance, through practical and experiential activities which can be adapted to any classroom





## Breathing Exercises (Pranayama)



- Prevent the effects of stress in educators and develop healthy strategies.





# Intercultural exchange teachers



- Each teacher made a brief presentation about their country/region/town.



Presentation Almazan village and project by Rosa Muñecas Marín

Share experiences and learn from another teachers



- Awarding of the course Certificate of Attendance.
- Excursion and other external cultural activities.





- Explore ways to apply what I have learned in my own teaching and in the classroom
- Share my experience with all the teacher staff.





## YOGA WEEK IN IES GAYA NUÑO

STUDENTS 1° BACH PRACTICE  
AND TEACH YOGA WITH STAFF  
OF SCHOOL

OCTOBER 2022

