MINDFULNESS IN THE CLASSROOM
Course Structure & Module Outline

Module: 252031-01
Breathwork in the Classroom
CPTD: 15

Module: 252031-02
Yoga & Meditation in the Classroom
CPTD: 15

Module: 252031-03
Know the Student in the Classroom
CPTD: 15

Module: 252031-04
Mindful Coaching in the Classroom
CPTD: 15

Module: 252031-05
Mindfulness for Teenagers
CPTD: 15

Module: 252031-06
Career Coaching for Grade 8-12
CPTD: 15

MINDFULNESS IN THE CLASSROOM
Unit Standard: 252031
NQF Level 5, Credits 4
SACE CPTD Points 15

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TOTAL MITC COURSE FEE
Per Module (Modules 1-6):
R29 700 Onsite
R13 200 eLearning
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Register for the Full MITC Course and You Pay
R14850 Onsite
R6600 eLearning
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YOU SAVE 50%

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Breathwork in the Classroom

COURSE DETAILS
In this course you will learn about the principles of Breath Work and how to facilitate breathing techniques to bring calm to yourself and in the classroom. This course includes various lesson plans to use especially during stressful exam periods.

In this course you will learn to:
• Understand the concepts of Mindfulness, and Emotional Intelligence
• Understand the concepts of Meditation
• Understand Meditation and Breathing Techniques
• Understand the Multi Leveled nature of man
• Understand the principles of Breath Work
• Understand the purpose of Meditation
• Understand the science of breathing
• Apply the breathwork techniques to yourself and others
• Understand breathing techniques (Pranayamas) and their purpose

COURSE OUTLINE & MODULES
• What is Breath Work
• Different types of Breathwork programs
• The 4 Levels of Development
• The Principles of Breathwork
• Breathing Techniques
• The Benefits of Breathwork (Theory & Practical)

OUTCOME
You will be able to facilitate:
• Breathwork in the Classroom
• Breathwork processes for yourself
• Apply Breathwork techniques to School Discipline programs
• Manage children with ADD & ADHD
• Manage stress in the classroom
• Introduce relaxed focus in the classroom
• Create unity in the classroom
• Increase the awareness of students
• Create mindful learners and individuals

PRE-REQUISITES
Being computer literate is Required as resources are accessed via our online eLearning website.

WHO SHOULD ATTEND
✓ School Principles
✓ HOD’S & Deputies
✓ Teachers & Educators
✓ Post Graduates
✓ University Deans & Lecturers
✓ Faculty of Humanities
✓ Occupational Therapists
✓ Corporate Social Initiatives
✓ NPO’s & NGO’s

COURSE DURATION
eLearning Program : 200 hours

QUALIFICATION
NQF Level 5
Breathwork Coach
SACE CPTD Credits: 15 points

COURSE FEES
eLearning ZAR R2200  |  Onsite ZAR R4950
Check dates for onsite courses at UJ or contact us for custom onsite courses

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REGISTER ONLINE
COURSE DETAILS
In this course you will learn about the principles of Yoga and how to facilitate yoga and meditation in the classroom. This course includes various Yoga postures and Meditation Techniques.

In this course you will learn to:
• Understand the concepts of Yoga, Meditation & Mindfulness
• Understand the age development of children
• Understand different emotional behaviours by age
• Understand the 4 levels of a child’s being
• Understand the principles of yoga
• Understand affirmations (Mantras) and their purpose
• Understand stress reduction pressures (Mudras) and their purpose
• Understand breathing techniques (Pranayamas) and their purpose
• Facilitate various yoga postures and meditation routines
• Facilitate yoga and awareness games
• Facilitate power yoga and meditation

COURSE OUTLINE
• What is Mindfulness, Meditation and Emotional Intelligence
• Different types of Mindful programs
• The 4 Levels of a Childs Development
• Child Development
• The Principles of Yoga
• Different types of Yoga
• Hatha Yoga (Theory & Practical)
• The Benefits of Breathwork (Theory & Practical)
• The Power of Sound
• The Effects of Pressure Points
• Curriculum Planning and Classroom Integration

OUTCOME
You will be able to facilitate:
• One on One yoga and meditation sessions
• Yoga & Meditation in the Classroom
• School Holiday Yoga Programs
• Group Yoga & Meditation Programs
• Aftercare programs
• Apply Mindful techniques to School Discipline programs
• Manage children with ADD & ADHD
• Manage stress in the classroom
• Introduce relaxed focus in the classroom
• Create unity in the classroom
• Increase the awareness of students
• Create mindful learners and individuals

PRE-REQUISITES
Being computer literate is Required as resources are accessed via our online eLearning website.

WHO SHOULD ATTEND
✓ School Principles
✓ HOD’S & Deputies
✓ Teachers & Educators
✓ Post Graduates
✓ University Deans & Lecturers
✓ Faculty of Humanities
✓ Occupational Therapists
✓ Corporate Social Initiatives
✓ NPO’s & NGO’s
✓ Parents

COURSE DURATION
eLearning Program : 200 hours

QUALIFICATION
NQF Level 5
Yoga & Meditation School Facilitator
SACE CPTD Credits: 15 points

COURSE FEES
eLearning ZAR R2200  |  Onsite ZAR R4950
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REGISTER ONLINE
Know the Student

COURSE DETAILS
In this course you will learn to understand each student individually. You will be able to adapt teaching skills to meet the needs of each learner.

In this course you will:
- Be able to create a numerology chart for the learner
- Be able to analyze the numerology chart of each learner
- Be able to coach and guide the learner through their 12 Archetypes
- Be able and coach the learner through their astrology charts
- Be able to consult and coach the learner towards learning disabilities
- Be able to coach the learner in identifying what’s holding him/her back
- Be able to guide the learner in relaxed awareness and focus
- Be able to guide the learner on effective individual study techniques

COURSE OUTLINE & MODULES
- Understanding the Child (Left brain | Right brain)
- The 12 Archetypes
- Understanding the individual student
- Numerology and Life Paths and Life Destiny
- Astrology Charts
- Awakening Intuitive Abilities
- The 6 Levels of development
  - Physical Quotient (PQ)
  - Mental Quotient (IQ)
  - Emotional Quotient (EQ)
  - Awareness Quotient (AQ)
  - Mindful Quotient (MQ)
  - Spiritual Quotient (SQ)
- Affirmations

OUTCOME
- The Teacher is more empowered
- You will be able to understand each learner
- You will be able to coach and guide each learner
- You will be able to identify and address the learning disabilities of the learner
- You will be able to make the learner aware of what is holding them back
- You will be able to guide parents effectively
- You will be able to create effective teams for learning
- You will create a more positive classroom
- You will create a strong mentorship program
- Students will be able to ‘see’ who they actually are and take responsibility for their choices
- Higher school grades

PRE-REQUISITES
Being computer literate is required as manuals are accessed via our online eLearning website.

WHO SHOULD REGISTER
Pre-Primary & High Schools
Educators, Teachers, Social Workers, Occupational Therapists, Psychologists, Guidance Counselors, Mentors

COURSE DURATION
eLearning Program : 200 hours

QUALIFICATION
NQF Level 5
Know Your Student
SACE CPTD Credits: 15 points

COURSE FEES
eLearning ZAR R2200 | Onsite ZAR R4950
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REGISTER ONLINE
Mindful Coaching in the Classroom

COURSE DETAILS
The ultimate aim is for all of us is to grow through self understanding. Helping children perform at their own unique and creative self helps develop their sense of self awareness and self love. This is a comprehensive program of mindful activities which includes yoga and meditation that can be applied in the classroom.

In this course you will learn to:
• Understand and apply Mindfulness activities
• Understand different emotional behaviors by age
• Understand the 4 levels of a child’s being
• Understand the 12 different Archetypes of children
• Understand the Life Path of the child
• Understand & apply various mindful coaching techniques
• Integrate Mindfulness in your curriculum
• Add mindfulness activities to your current lesson plans
• Identify children who need mindful coaching
• Discipline children using mindful techniques

COURSE OUTLINE
• What is Mindfulness

• The 6 Levels of the development of children
  Physical Quotient (PQ)
  Mental Quotient (IQ)
  Emotional Quotient (EQ)
  Awareness Quotient (AQ)
  Mindful Quotient (MQ)
  Spiritual Quotient (SQ)

• Mindfulness Activities
  • Lets Play All About Me
  • Lets Play My Thoughts
  • Lets Play My Feelings
  • Lets Play Healing

• Being a Mindful Teacher

PRE-REQUISITES
Computer literacy is helpful as resources are accessed via our online website.

WHO SHOULD ATTEND
✓ School Principles
✓ HOD’S & Deputies
✓ Teachers & Educators
✓ Post Graduates
✓ University Deans & Lecturers
✓ Faculty of Humanities
✓ Occupational Therapists
✓ Corporate Social Initiatives
✓ NPO’s & NGO’s

COURSE DURATION
eLearning Program : 200 hours

QUALIFICATION
NQF Level 5
Mindful Coach in the Classroom
SACE CPTD Credits : 15 points

COURSE FEES
eLearning ZAR R2200 | Onsite ZAR R4950
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REGISTER ONLINE
Mindfulness Coaching For Teenagers

COURSE DETAILS
Teenage Girls go through many more transitions and are prone to more severe emotional trauma.

In this course you will work through 3 Parts:

• Part 1:
  Healing from Within
  Self Reflection processes
  Self Healing
  Yoga and Meditation

• Part 2:
  Healing from Without
  Body Care & Make Up
  Dress Code reflects who we are
  Body Language

• Part 3:
  Healing from Source
  Creative Visualisation & Vision Board Activities
  Healing Manifestation Grids
  Etiquette and Mindfulness

COURSE OUTLINE

• The 6 Levels of Teen Girls Development
  Physical Quotient (PQ)
  Mental Quotient (IQ)
  Emotional Quotient (EQ)
  Awareness Quotient (AQ)
  Mindful Quotient (MQ)
  Spiritual Quotient (SQ)

• Hatha Yoga (Theory & Practical)
• The Benefits of Breathwork (Theory & Practical)
• The Power of Sound (Practical & Theory)
• Tai Chi QI Gong Healing
• Energy Healing through Reiki
• The Effects of Pressure Points (Practical & Theory)
• Self Healing
• Vision Board & Creative Visualisation

OUTCOME
You will be able to coach and guide teen girls to:

• Manage their state of happiness
• Manage their levels of stress
• Understand what is happening to them physically, mentally and emotionally
• Heighten their Awareness
• Expand their connectedness
• Increase their intuitive abilities
• Become centered and calm
• Understand who they are

PRE-REQUISITES
Being computer literate is required as manuals are accessed via our online eLearning website.

WHO SHOULD REGISTER
Anyone working with Teenage Girls 13 to 18 years. Educators, Teachers, Social Workers, Occupational Therapists, Psychologists, Guidance Counselors, Mentors

COURSE DURATION
eLearning Program : 200 hours

QUALIFICATION
NQF Level 5
Mindfulness Coaching for Teen Girls
SACE CPTD Credits: 15 points

COURSE FEES
eLearning ZAR R2200 | Onsite ZAR R4950
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REGISTER ONLINE
COURSE DETAILS
In this course you will learn how to facilitate career coaching to learners from Grade 8 to 12. You will be able to facilitate one on one coaching programs and group workshops.

In this course you will:
- Be able to create a numerology chart for the learner
- Be able to analyze the numerology chart of each learner
- Be able to coach and guide the learner through their 12 Archetypes
- Be able to consult and coach the learner towards his career path
- Be able to coach the learner in identifying what’s holding him/her back
- Be able to guide the learner in creating a vision board of his/her goals
- Be able to guide the learner on how to use a vision board
- Be able to guide the learner on how to manifest his/her desires

PRE-REQUISITES
Being computer literate is required as manuals are accessed via our online eLearning website.

WHO SHOULD REGISTER
Anyone working with Grades 8 to 12 Educators, Teachers, Social Workers, Occupational Therapists, Psychologists, Guidance Counselors, Mentors

COURSE DURATION
eLearning Program: Maximum 200 hours.

QUALIFICATION
NQF Level 5
Mindful Career Coach for Grade 8-12
SACE CPTD Credits: 15 points

COURSE FEES
eLearning ZAR R2200 | Onsite ZAR R4950
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