



## THE MINDFUL CLASSROOM INTERCULTURAL SEMINAR

**Transforming education by helping Teachers and young people to flourish: Introduction to Mindfulness Skills and Strategies for Teachers and Learners**

08.11. – 13.11.2026

with trainer Christine Weltzien

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### **Seminar details:**

-  Six seminar days, 30 seminar hours
-  Seminar fee 580 EUR (cultural excursions included)
-  Four-star [Água Hotels Riverside](#) in Parchal/Ferragudo Algarve Portugal  
128 EUR per night incl. full board, conference room, coffee breaks
-  Minimum four participants, maximum 20 participants
-  certificate of attendance & Oxford certificate for completion for M-FP included
-  Algarve/Portugal – [Parchal/Ferragudo](#)
-  Erasmus quality standard compliant

### **About europeanseminars:**

**"EMPOWERING TEACHERS - TRANSFORMING EDUCATION"** this is our mission.

We at europeanseminars train school staff as part of Erasmus-funded seminars. With the vision that participants will return to their institutions and will be able to form creative and future-oriented learners with an open mind for Europe.

Whether you want to expand your skills in the field of digital media, develop personally or get to know practical tools that will help you to make your everyday school life easier - our seminars are always based on current school-related topics, which are taught by a competent team of trainers with practical experience.

You will receive individual support in small international groups and can put what you have learned into practice on site through practical exercises, network interculturally and develop and advance your own personal projects during the seminar.

Become part of the **europeanseminars experience!**



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Mindfulness helps **train our attention** so that we become more aware of what is happening to us in **the present moment** rather than worrying about what could have happened or has happened. Jon Kabat Zinn, the founder of the secular mindfulness movement says it is about **'being alive and knowing it'**.

It offers us an opportunity to step back from our busy lives by simply stopping and noticing. This **life skill** helps us to see our habitual patterns of reactivity and the mental chatter of the mind. This in turn allows us more space to see life with greater clarity and to **make choices that will support our well-being**.

Students today face many challenges that affect their ability to focus in lessons, regulate their emotions and build secure relationships. There is a lot of pressure on teachers to perform in an educational environment leading to teacher burnout. Studies have shown that Mindfulness in daily life has **potential benefits** for both Teachers and Students:

- 1. Supports Well-Being:** It has shown to reduce stress and anxiety levels. And we learn how to manage challenges more effectively so that we can flourish in life.
- 2. Improved Focus and attention:** The practices help students develop better concentration and attention skills. This enhances their overall academic performance.
- 3. Emotional Regulation:** It helps us to become more aware of our emotions and reactions to them. Through better self-regulation and self-awareness we learn how to handle challenging moments more skillfully with better ability to engage in tasks.
- 4. Improved Social Skills:** When students learn to cultivate attitudes such as kindness, compassion, gratitude and empathy it leads to a greater understanding of the perspective of others and nurtures tolerance.
- 5. Better classroom climate:** Teachers and students may experience improved communication skills and a more positive and cooperative learning environment.

Join our seminar and discover the power of Mindfulness



The aim objective of this seminar is **experiential learning** of several **mindfulness practices and cognitive exercises** which teachers can incorporate in their daily life and in school with their students. There will be an opportunity to lead practices, **deepen skills, explore ideas** through discussions and **self-reflection** such as journaling.

The research on mindfulness-based interventions in education has shown to **promote well-being and flourishing**. Mindfulness can play an important role in strengthening the brain functions responsible for **regulating emotions, attention, and compassion**.

This seminar weaves together two skills-based core programmes, one developed by the Oxford Mindfulness Foundation ([M-FP Finding Peace in a Frantic World](#)) and the other, Dr. Christopher Willard's [Growing Up Mindful](#) book and course. Participants will receive a certificate of completion for M-FP and one for the seminar.

Please read the information from the [OMF](#) if M-FP is the right course for you.

[Dr. Christopher Willard](#) is a psychologist and educational consultant who teaches at Harvard Medical School, Boston.

### Become part of the europeanseminars experience

europeanseminars offers participants an amazing opportunity to network and build intercultural connections. We support the **diverse needs** of participants making this seminar accessible for all. We encourage not only teachers to join our seminars but even office staff as the goal is to transform education on a whole school-based approach.

The **Algarve**, our picturesque workshop location, is ideal for personal and professional development while enjoying the amenities of the region.

As part of our concept, seminar participants are accommodated together in a four-star hotel and can also exchange ideas outside the official program during meals and coffee breaks. Your physical well-being is taken care of with full catering with delicacies that are always of a local character. We also invite you to dine outside the hotel in an exclusive and typical way - a unique culinary experience.

We are deeply rooted in the Algarve and enable you to immerse yourself in the culture of Portugal by showing you our very personal treasures of the region on two cultural excursions, taking you to our favorite places and bringing you into contact with the country and its people - intercultural understanding with a personal touch and lots of fun.



# Program 07.11. – 14.11.2026

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**Saturday** Individual Arrival & Welcome Evening

- 19:00 Reception at the restaurant terrace (weather dependent)
- 19:30 Common dinner at the hotel

**Sunday**

- 09:15 Welcome in the conference room and start of the day
- 09:30 Introduction of the participants
  - Erasmus-basics
- 10:30 Networking & coffee break
- 10:45 **Setting Guidelines and Intentions**
  - Objectives of the Seminar: Finding Peace in a Frantic World (M-FP) and Growing Up Mindful (GUM)
  - Introduction to Mindfulness: What it is and what it is not?
  - S1 Waking Up from Autopilot
  - S1 Mindfulness of Breath activities
- 13:00 Lunch
- 14:00 Intercultural networking / cultural excursion
- 19:00 Dinner



## Monday

09:15 Start of the day

09:30 S2 Mindful awareness and playing attention

10:30 Networking & coffee break

10:45 S2 Keeping the Body Mind (Sensing vs. Thinking)  
Mindful Dialogue Listening and Speaking

13:00 Lunch

14:00 S3 Mindfulness in Daily Life: Taking a Breathing Space

15:15 Networking & coffee break

15:30 S3 Mindfulness of Sounds  
Practice of Gratitude and Self Compassion

17:00 Optional: Individual consultation (with appointment)

19:00 Dinner

20:00 Regional evening (presentations by participants)

## Tuesday

09:15 Start of the day

09:30 S4 Relating differently to Thoughts and Worries

10:30 Networking & coffee break

10:45 S4 Mindful Movement activities (Going with the flow)  
Teaching Tips

13:00 Lunch

14:00 S5 Working with difficulty (from reacting to responding)



15:15 Networking & coffee break  
15:30 Boat trip (depending on weather and tides)  
19:00 Dinner

## Wednesday

09:15 Start of the day  
09:30 **S6 Practicing Kindness (self-compassion, befriending and gratitude)**  
10:30 Networking & coffee break  
10:45 **Neuroscience of Mindfulness and Well-Being**  
13:00 Lunch  
14:00 **S5 Social Emotional Learning**  
15:15 Networking & coffee break  
15:30 **S6 Practice Session (working in pairs or groups) Dyad Discussion**  
17:00 Optional: Individual consultation (with appointment)  
19:00 Dinner

## Thursday

09:15 Start of the day  
09:30 **S7 Balancing Life (Resourcing Ourselves)**  
10:30 Networking & coffee break  
10:45 **S7 Mindful use of Technology and Digital Media**  
Nature/Sensory Based Activities (Safe space in Nature)  
13:00 Lunch  
14:00 Intercultural networking / cultural excursion



19:00 Dinner

## Friday

- 09:15 Start of the day
- 09:30 [S8 Intentions: Taking it further \(Value and importance of personal practice\)](#)
- 10:30 Networking & coffee break
- 10:45 [Bringing it all together: creating a mindful school community](#)
- 11:45 Evaluation of the seminar / feedback of participants
- 13:00 Lunch
- 18:30 Awarding of the certificates
- 19:15 Departure for dinner
- 19:45 Final evening (dinner out)

**Saturday** Individual departure

*The program is subject to change.*