

ALGARVE

MBR Toolkit: Mindfulness, Breathwork & Regulation for Teachers



Course Duration: one week, from Monday to Saturday, 30 hours

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



**Pedagogical
Innovation
Centre**

COURSE DESCRIPTION

Set in the idyllic surroundings of Ferragudo Beach in the Algarve, this immersive training invites educators to step outside the classroom and outdoors to reconnect with themselves, their breath, and their inner calm. Set by the sea, MBR Toolkit is a restorative, outdoor experience focused on Mindfulness, Breathwork, and Nervous System Regulation, the core elements of a well-regulated, embodied teaching presence.

Designed specifically for teachers, this program supports both personal restoration and professional integration. You'll leave not only feeling more grounded and resilient, but also equipped with ready-to-use tools that can be woven into the rhythm of your school day.

Whether you're new to mindfulness or seeking to deepen your toolkit, this course offers a gentle space to learn, reset, and return to the classroom with more clarity, vitality, and compassion.

Important Information About the Structure of Our Trainings

Our trainings are thoughtfully designed to provide both collective learning and space for personal integration. Each course is structured around a common core of 30 hours, with 3 hours of guided group sessions each morning. In the afternoons, participants are invited to complete 2 hours of self-paced, asynchronous tasks that are specifically tailored to the focus of the course they are enrolled in.

Please note that some of these trainings may be delivered in parallel with other programs under the same overarching theme, meaning that while participants share the morning sessions as a collective group, the afternoon practices and assignments are uniquely designed for each course's objectives.

These asynchronous tasks might include reflection exercises, creative assignments, or the development of a practical resource that links the morning content to the core topic of your specific training.

This blended model ensures a rich learning journey that supports both deep connection with the group and individual autonomy, empowering each participant to embody the teachings in a way that resonates with their path.

We kindly ask you to embrace the structure with presence and commitment, knowing that this combination of shared experience and personal practice is a powerful container for transformation.

LEARNING OUTCOMES

Participants to the course will learn to:

- A practical daily toolkit of breathwork, gentle yoga, and mindfulness practices to support emotional balance and reduce stress.
- Embodied strategies for self-regulation during challenging or overwhelming moments in your teaching journey.
- Tools to co-regulate with students and create a more grounded, safe, and calm classroom environment.
- A deeper understanding of your own nervous system, stress responses, and emotional patterns through a trauma-informed lens.
- Nature-based mindfulness practices to foster inner presence, clarity, and long-term resilience.
- Confidence and inspiration to lead simple, effective breathing, yoga, and mindfulness rituals with your students.
- A renewed sense of energy, connection, and purpose—supporting both your personal wellbeing and professional presence.

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Day 1: Arrive in Your Body & Breath

- Welcome Circle on the beach
- Mindful walking & grounding in nature
- Introduction to the MBR framework: Light Yoga, Mindfulness, Breathwork, Regulation
- Somatic Practice: Breath-led movement to release tension and arrive in presence
- Mindfulness Foundations: Body Awareness, Present Moment, Compassionate Attention
- Reflections and journaling: “What do I need to let go of to teach from my heart?”

Self-Paced Tasks:

- Journaling: Reflect on the prompt “What do I need to let go of to teach from my heart?”
- Body Awareness Practice: Set a timer for 5 minutes, 3 times throughout the afternoon, to pause, breathe, and scan your body. Note what changes.
- Mindfulness Audio Practice: Listen to a guided body scan or create your own based on the morning session.
- Creative Task: Draw or create a visual representation of what “presence” feels like in your body today.

Day 2: Breath as a Regulator

- Sunrise Breath Ritual: Breath of Arrival (Ocean Breath + Grounding Touch)
- Breath Science & the Nervous System: Vagal tone, coherence, and safety
- Breath Toolkit Practice: Physiological sigh, box breathing, soft belly breath, rhythmic breathing
- Co-regulation Practices: How your breath influences classroom energy
- Group Sharing & Creative Integration: Designing your “Daily Breath Reset”

Self-Paced Tasks:

- Journaling Prompt: “When I feel out of breath in life or teaching, what helps me come back to myself?”
- Practice Log: Choose 2 breath techniques from the toolkit. Practice each one twice in your day (5–10 minutes each). Note how you feel before and after.
- Mini Research/Reflection: Watch a short video (provided) or read a handout about vagal tone. Write 5 lines on how it connects to your teaching experience.
- Creative Integration: Design a small “Daily Breath Reset” card to keep at your desk or classroom space.

Day 3: Mindfulness for Focus, Compassion & Clarity

- Yoga Practice for emotional regulation
- Meditation: Sensory Awareness Practice
- Teaching Mindfulness to Students: Language, timing, and trauma-sensitivity
- Micro-Mindfulness Practices: 3 breaths, noticing pause, anchoring with objects
- Role Play: Leading a short mindfulness pause for a class
- Journal Prompt: “What presence do I want to embody for my students?”

Self-Paced Tasks:

- Journaling Prompt: “What presence do I want to embody for my students?” + “How does mindfulness support that?”
- Teaching Practice: Record yourself guiding a 2–3 minute mindfulness pause (for yourself or imaginary students). Reflect: What felt natural? What felt awkward?
- Implementation Task: Choose 1 micro-mindfulness practice and intentionally apply it 3 times today (e.g., 3 breaths before entering a room, mindful sipping of tea).
- Create a Class Resource: Draft a simple mindfulness script you could use in your teaching context.

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- **Day 4: Nervous System Reset & Emotional Holding**

- Flow Somatic Yoga for regulation
- Fascia release + Breath-based movement
- Understanding dysregulation and survival patterns in teachers & students
- MBR Practice: Mindful movement, breath, and rest for emotional processing
- Self-Compassion Practices for Teachers
- Reflection and journaling based on the theme: “What part of me is asking to slow down?”

Self-Paced Tasks:

- Journaling Prompt: “What part of me is asking to slow down?” + “Where in my body do I feel urgency or fatigue?”
- Nervous System Reset Practice: Repeat fascia release or restorative breath-led movement from the morning. Journal what shifted.
- Self-Compassion Practice: Choose one self-soothing touch, breath, or affirmation. Practice it in a quiet space. Note sensations and feelings that arise.
- Creative Reflection: Create a mandala or symbol representing “emotional safety” for you as a teacher.

Day 5: From Practice to Integration

- Restorative Yoga Practice
- Personal Practice Mapping: Creating a sustainable daily ritual
- Leading by Example: Being a regulated adult for dysregulated kids
- Pair Work: Co-create and share a classroom MBR ritual
- Teacher Ritual Practice: Gratitude, grounding, and compassionate closing
- Group Celebration & Intention Ritual

Self-Paced Tasks:

- Personal Practice Design: Create a simple weekly plan for your own breath, movement, and mindfulness routine (even if it's 5 mins/day).
- MBR Ritual Template: Draft a classroom MBR ritual based on your pair work (e.g., 2-minute start-of-day breath and movement).
- Final Journaling: “What has shifted in me during this training? What do I now trust more in myself?”
- Integration Letter: Write a letter to your future self as a teacher, reminding you of what really matters when things get hard.

Day 6: Boat Visit to the most stunning caves and beaches of the Algarve * or Light Mindfulness Walk along the coast

- Integration, contemplation in full presence

**Please note: Boat visits depend on the season and weather availability.*

Self-Paced Tasks:

- Journaling: “What inspired me in this course and in life and how will I carry this forward into my daily school routine?”