

ALGARVE

Wellbeing & Mental Health for School Teachers



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

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



COURSE DESCRIPTION

Set in the idyllic surroundings of Ferragudo Beach in the Algarve, this gentle yet transformative training is designed to nurture the mental health and emotional resilience of educators. Through daily yoga, breathwork, and reflective practices, teachers are invited to reconnect with their inner calm, restore vitality, and deepen their understanding of well-being in both personal and professional life.

Rooted in mindfulness, somatic movement, and nervous system education, this course supports teachers in building sustainable self-care, navigating stress with awareness, and becoming agents of calm and connection in the school community.

Whether you're seeking new tools or simply space to breathe and reset, this training meets you where you are—with evidence-informed practices and trauma-sensitive approaches that are accessible, embodied, and immediately applicable in school settings.

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:

- Feel more grounded and emotionally balanced through embodied mindfulness and daily yoga
- Learn practical tools for mental health support and emotional regulation
- Understand how stress, fatigue, and burnout affect the educator's body and mind
- Gain confidence in integrating micro-moments of well-being into the classroom
- Design a personalized self-care and mental health support plan
- Foster co-regulation, empathy, and a caring presence in educational environments

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Day 1: Arriving in the Body & Breath

- Welcome Circle & Beach Grounding
- Gentle Yoga for Presence & Regulation
- Introduction to Mental Health & Educator Wellbeing
- Mindfulness Practices: Body Awareness & Present Moment Anchoring

Self-Paced Tasks:

- Journaling Prompt: “Where does presence begin in my teaching life?”
- Practice: 3 mini body-awareness check-ins
- Create: A grounding practice to begin your school day
- Reflection: Visual representation of your current well-being state

Day 2: Nervous System Literacy & Stress Resilience

- Yoga for Regulation: Grounding postures and breath
- Educator Neuroscience: Understanding stress, anxiety & burnout
- Practical Tools: Breathwork and movement for daily classroom regulation

Self-Paced Tasks:

- Journaling Prompt: “How does my nervous system react to school stress?”
- Practice: Repeat today’s breath tool and body-based regulation twice
- Resource: Create a visual guide of stress cues + reset rituals
- Reflection: “What does nervous system safety mean for my teaching?”

Day 3: Emotional Health & Co-Regulation

- Morning Flow Yoga for Emotional Clarity
- Practices for Naming, Feeling, & Moving Emotions
- Tools for Co-Regulation: Holding space for students’ emotional experiences

Self-Paced Tasks:

- Journaling Prompt: “What emotion do I avoid in the classroom—and why?”
- Practice: Use one co-regulation tool with a colleague or friend
- Activity: Draw your emotional thermometer
- Design: A class strategy for teaching emotional naming and grounding

Day 4: Boundaries, Compassion & Recovery

- Gentle Yin Yoga for Rest & Emotional Reset
- Practices for Healthy Boundaries + Compassionate Leadership
- Meditation: Loving-Kindness & Protective Affirmations

Self-Paced Tasks:

- Journaling Prompt: “Where do I overextend—and how can I gently reclaim space?”
- Self-Care Plan: Sketch your ideal rhythm of work/rest
- Creative: Design a gentle boundary script for students or peers
- Audio Note: Record a message of encouragement to future you

Day 5: Integration, Renewal & Closure

- Restorative Yoga & Closing Meditation
- Mapping Your Mental Health Support Plan
- Group Reflection: What I’ve learned, what I’m taking home
- Final Circle: Gratitude, Sharing & Intention Setting

Self-Paced Tasks:

- Journaling Prompt: “What does sustainability mean for my wellbeing?”
- Reflection Letter: “How I choose to care for myself going forward”
- Wellness Map: Visualize your weekly self-care rhythm

Day 6: Integration in Nature – Benagil Caves Visit

- A space for contemplation and celebration in nature

Self-Paced Tasks:

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

This course is a sanctuary for educators—a place to restore the nervous system, nourish the heart, and remember the joy of teaching from a well-resourced, mentally healthy self. Grounded in care. Aligned with clarity. Embodied in presence.