

ALGARVE

Mindfulness for Teachers: Cultivating Wellbeing in Schools

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

This coastal retreat-style training offers teachers a transformative experience in reconnecting with their inner calm, clarity, and strength through mindfulness and yoga-based practices. Set by the sea in Ferragudo, Algarve, this program is designed to cultivate teacher well-being, emotional balance, and professional fulfillment.

Mindfulness for Teachers: Cultivating Wellbeing in Schools blends somatic and mindful yoga, breathwork, and mindfulness with emotional intelligence and reflective practice to help educators reduce stress and prevent burnout. Each day includes guided movement, practical tools for self-regulation, and mindful integration strategies that can be brought into any school setting.

More than a set of techniques, this training is a space for renewal, embodiment, and authentic connection, equipping teachers to care for themselves while inspiring safe and compassionate classrooms.

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 somatic self-care tools to manage stress and prevent burnout in a school environment.
- Understand key neuroscience and emotional regulation strategies related to the educator's nervous system.
- Be able to lead short, accessible mindfulness and movement rituals for students.
- Experience first-hand how to build a well-being culture in the classroom through presence, empathy, and regulation.
- Build a daily wellness routine using breath, yoga, reflection, and intention-setting.

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Day 1: Landing in Presence

- Welcome Circle + Gentle Yoga
- Introduction to Mindfulness & Teacher Wellbeing
- Breath and Movement for Grounding
- Embodied Presence: The Nervous System and Teaching
- Practice: "Mindful Transitions" in the Classroom

Self-paced Tasks:

- Journaling Prompt: "What helps me arrive in presence?"
- Self-Observation: Practice 3 mindful transitions throughout your afternoon.
- Reflective Task: Draw or map what a 'regulated teacher' looks and feels like.
- Creative Exploration: Write a note to yourself from your inner calm.

Day 2: Mindful Movement & Regulation

- Flow Yoga Practice: Grounding & Energizing Breath
- Understanding Stress, Fatigue, and the Educator's Body
- Practice: Nervous System Regulation through Movement & Stillness
- Building Somatic Awareness in the Classroom

Self-paced Tasks:

- Journaling Prompt: "What does my body need more of in my teaching life?"
- Movement Practice: Repeat morning yoga sequence at your own pace.
- Audio Task: Record your own 3-minute body scan or grounding cue.
- Resource Creation: Create a "Calm Down Space" poster for your class.

Day 3: Emotional Intelligence & Co-regulation

- Morning Yoga for Emotional Flow
- Understanding Emotional Triggers & Responses in Education
- Tools for Co-Regulation with Students
- Practice: Name it, Breathe it, Let it Flow

Self-paced Tasks:

- Journaling Prompt: "How do I handle emotional waves in myself and others?"
- Practice: Emotional Naming with breath – 3 rounds during the day
- Reflective Exercise: Share a past classroom challenge and how it could be transformed with mindfulness
- Poster Design: Create a visual aid on "Recognizing and Respecting Emotions in Class"

Day 4: Compassionate Teaching & Boundaries

- Gentle Yin Yoga: Self-Compassion & Boundaries
- Practice: Loving-Kindness & Protective Breath
- Discussion: Compassion Fatigue vs. Healthy Boundaries
- Strategies: Teaching with Warmth & Strength

Self-paced Tasks:

- Journaling Prompt: "Where do I give too much or too little in my role?"
- Self-Compassion Practice: Choose one and repeat it in your environment.
- Task: Write a compassionate boundary script for your students or team.
- Integration: Record a voice note to remind yourself of your worth on tough days.

Day 5: Integration & Renewal

- Restorative Yoga & Breath Integration
- Mapping Your Daily Wellness Practice
- Group Sharing: Your Wellbeing Legacy in the Classroom
- Practice: Morning Ritual, Grounding Reset, Closing Reflection
- Closing gratitude circle

Self-paced Tasks:

- Journaling Prompt: "What does sustainable teaching mean for me?"
- Ritual Planning: Write your ideal daily wellness routine.
- Final Reflection: "How do I want to feel at the end of each school week?"
- Letter to Self: "I teach best when I..."

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?"