

# ALGARVE

Yoga and Meditation for Educators: Be a Great Teacher, Be Your Best Self



**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 by the sea in Ferragudo, this immersive training is a sanctuary for educators seeking to return to their center. This program weaves yoga, breathwork, somatic regulation, and meditation into a nurturing experience that restores vitality, builds resilience, and reconnects educators with their purpose and presence.

Whether you are new to yoga or already a practitioner, this course offers trauma-informed and accessible tools to regulate the nervous system, cultivate emotional clarity, and foster a classroom culture of compassion and care. Grounded in practical, research-based techniques and embodied mindfulness, the training supports teachers in embodying the wellbeing they wish to inspire in their students.

Step into a more empowered version of your teaching self with Yoga & Meditation for Educators. This course is a safe space for teachers, a space to reconnect with your inner calm, replenish your energy, and learn practical tools for nervous system regulation.

Through a gentle blend of yoga, breathwork, meditation, and somatic mindfulness, you'll explore how to create safety in your body, resilience in your emotions, and presence in your teaching. Learn how to care for yourself first, so you can lead by example and hold space for your students with compassion and clarity.

Whether you're new to yoga or a seasoned practitioner, this course meets you where you are: with trauma-informed practices that are simple, accessible and deeply restorative. This is mainly a practical course for busy educators, with simple practices with a powerful impact, because when you're well, your students thrive.

### 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:**

- Experience the benefits of integrating movement, breath, and meditation into their teaching lives.
- Learn and embody practical tools for nervous system regulation and emotional resilience.
- Gain clarity on how to manage stress, prevent burnout, and cultivate inner safety.
- Feel empowered to lead short, trauma-sensitive yoga and mindfulness rituals for students.
- Design a sustainable personal self-care routine to support their energy and well-being.
- Develop an embodied teaching presence based on calm, clarity, and compassion.

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## Day 1: Foundations for Inner Safety

- Welcome Circle & Sharing Intentions
- Introduction to Yoga & Mindfulness for Educators
- Somatic Grounding Practice: Gentle movement & breath to reconnect with your body
- Nature-Based Mindful Walking
- Mindfulness Foundations: The three types of mindfulness and how to apply them in life and in the classroom

### Self-paced tasks:

- Journaling: "Where do I feel safe in my body—and where do I disconnect?"
- Practice: Repeat 3 breath-movement grounding pauses
- Create: A grounding ritual you can use before entering your classroom
- Reflection: Write a paragraph on what 'inner safety' means to you

## Day 2: Emotional Resilience & Nervous System Care

- Yoga for Regulation: Grounding postures and movement to process stress
- Breathwork: Coherent breathing + physiological sigh
- Group Sharing: Mindful Listening, Realities of Teacher Burnout & Compassion Fatigue
- Guided Meditation: Emotions as Messengers: Holding Space for What Arises
- Toolkit Building: Practical self-regulation rituals for inside/outside the classroom

### Self-paced tasks:

- Journaling: "How does my nervous system respond to school stress?"
- Practice: Choose 1 breath and 1 movement from today's toolkit and apply them twice
- Audio: Record a calming cue to use before/after class
- Creative: Create a visual resource for your personal stress reset tools

## Day 3: Mindfulness in the Classroom

- Dynamic Morning Flow: Ignite focus & body presence
- Yoga Basic stretches
- Classroom Techniques: 3-minute body scans, breath anchors, mindful listening
- Role Play: Regulating during moments of student dysregulation
- Creative Practice: Design a mini classroom mindfulness ritual
- Reflections + Journal Prompt: "How do I want to show up as a teacher?"

### Self-paced tasks:

- Journaling Prompt: "How do I want to show up as a teacher?"
- Practice: Try a 3-minute body scan alone or with a peer

- Reflection: Design a classroom ritual that includes breath and silence
- Share: Write your personal classroom presence statement

## Day 4: Physical Reconnection & Energy Renewal

- Yoga for the Spine, Shoulders & Hips: Undoing teacher tension
- Postural Alignment and Ergonomic Tips
- Fascia Release for stress detox
- Heart Healing Circle: Gentle inner child work and breath-based self-compassion

### Self-paced tasks:

- Journaling: "Where am I holding tension that isn't mine?"
- Movement: Repeat fascia release or postural reset sequence
- Creative Expression: Draw/paint your energy before and after practice
- Reflection Letter: Write from your inner child to your current self

## Day 5: Sustaining Your Practice & Integrating into School Life

- Restorative Yoga to replenish vitality and calmness and Body Scan Meditation
- Designing Your Self-Care Action Plan (weekly & monthly formats)
- Peer Coaching Activity: Support each other's well-being plans
- Group Ritual: Gratitude & Intention Setting for the Year Ahead
- Final Circle: Integration, Sharing & Commitment to Well-being

### Self-paced tasks:

- Journaling: "What does true sustainability look like for me?"
- Self-Care Map: Design your ideal weekly rhythm
- Final Reflection: "What do I want to carry into my classroom?"
- Write a letter to your future self: "Remember, dear teacher..."

## Day 6: Boat Visit to the Stunning Benagil Caves

- Contemplation in nature
- Deep connection to beauty as teachers and humans

### Self-paced tasks:

- Journaling about what inspired you in this course and in life, and how you want to keep bringing this into your life when you return to your routine.

This course is a call back to your center as a teacher. A space to refill your cup, reawaken your joy, and return to school life with practices that anchor your nervous system, uplift your energy, and nourish your soul, so you can lead from the heart, every day.