

# ALGARVE

MY Path: Mindfulness & Yoga for Emotional Growth

**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 gentle yet transformative course is designed to support school teachers in reconnecting with their emotional landscape through the healing practices of yoga, mindfulness, and embodied presence. MY Path (Mindfulness + Yoga) is an invitation to pause, breathe, move, and listen, so that educators can nourish their own well-being while becoming grounded, emotionally resilient guides for their students.

The focus is not on perfecting a posture or becoming a yoga expert. Instead, it's about using mindfulness and movement to better understand your emotional world, respond to stress with awareness, and return to your teaching life with clarity, compassion, and intention.

### 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:

- Learn the foundations of mindfulness and how it supports emotional awareness
- Cultivate self-regulation through movement, breath, and presence
- Use yoga as a tool for reflection, emotional clarity, and nervous system balance
- Build confidence in bringing short, trauma-informed practices into their school life
- Strengthen their connection to self and others through compassion-based tools
- Design a personal well-being plan that supports emotional sustainability as an educator

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## Day 1

### Day 1: Begin Within – Awareness & Grounding

- Welcome Circle & Introduction to MY Path framework
- Gentle Yoga for Grounding + Mindfulness Anchor Practice
- Emotional Mapping: “Where am I, and where do I long to feel more balance?”
- Present Moment Practices: Noticing, allowing, anchoring
- Reflection Circle + Intention Setting

#### Self-Paced Tasks:

- Journaling: “What am I truly needing right now?”
- Practice: Mindful breathing pause x3 today
- Creative Task: Draw your emotional landscape as a map

## Day 2

### Day 2: Breath & Body – Regulation & Energy Reset

- Yoga Flow: Breath-led movement to release emotional tension
- Breathwork Toolkit: Coherent breathing, soft belly breath, sigh breath
- Understanding Stress in the Educator’s Nervous System
- Group Reflection: Emotional patterns in teaching

#### Self-Paced Tasks:

- Journaling Prompt: “What does a regulated teacher feel like?”
- Practice: Choose 2 breath techniques and apply them twice
- Design: Your own 5-minute breath & stretch reset for the classroom

## Day 3

### Day 3: Emotional Flow – Listening with Compassion

- Somatic Yoga Practice: Movement as emotional language
- Meditation: Feeling Without Fixing – Welcoming Emotions
- Co-Regulation Tools for Classroom Calm
- Emotional Resilience Circle: Shared experience, collective holding

#### Self-Paced Tasks:

- Journaling: “What emotion am I learning to hold more gently?”
- Practice: Embodied pause + soft breath 2–3 times during the day
- Resource: Write 3 calming phrases or gestures for use in school

## Day 4

### Day 4: Inner Connection – Teaching from Wholeness

- Yoga for the Heart & Hips: Movement for release and insight
- Self-Compassion Meditation: Loving awareness for the inner educator
- Visualization: Your Most Resourced Self at School
- Reflection & Partner Dialogue: What does emotional growth mean for me?

#### Self-Paced Tasks:

- Journaling: “What part of me needs more kindness?”
- Practice: Self-compassion breath ritual
- Creative Task: Create a self-kindness affirmation card

## Day 5

### Day 5: Integration – Living the Path

- Restorative Yoga + Grounding Meditation
- Designing Your Daily Emotional Well-being Practice
- Group Coaching Dialogue: Integrating mindfulness in school life
- Final Gratitude Circle & Intention Ceremony

#### 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?”
- Personal Action Plan: Weekly rhythm for breath, body, and reflection
- Final Letter to Self: “I teach best when I...”

## Day 6

### 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 Task:

- 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 your invitation to walk your own path: mindfully, emotionally, and embodied, so you can lead with presence, connect with empathy, and teach from a place of balance and authenticity.