

What did you learn about "Mindfulness?"

3 statements;

1. LET IT GO
2. TAKE DEEP BREATHS
3. YOU ARE IN CONTROL OF YOUR EMOTIONS

Please evaluate your "Mindfulness" workshop



THIS WAS A FUN WORKSHOP. β
VERY HELPFUL. AND I REALLY
~~ENJ~~ ENJOYED IT

Thank you for attending & becoming more mindful, please pass it on

What did you learn about "Mindfulness?"

3 statements;

1. BEING IN THE MOMENT
2. BREATHING
3. THE BRAIN'S VOICES

Please evaluate your "Mindfulness" workshop



THIS WAS A GREAT CLASS TO HELP ME BE IN THE MOMENT & NOT WORRY ABOUT THINGS I CAN'T CONTROL. I ENJOYED THE VOLUME OF INFORMATION & THE GREAT WAY IT WAS DELIVERED.

Thank you for attending & becoming more mindful, please pass it on

What did you learn about "Mindfulness?"

3 statements;

1. Stop for 10 minutes and do ~~anything~~ ^{nothing}
2. One task at a time
3. Don't multitask

Please evaluate your "Mindfulness" workshop



Great work shop
learned many techniques
to use in the classroom.
Very Great teacher, so
enthusiastic

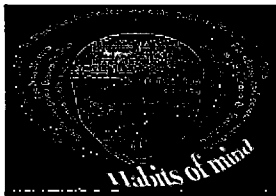
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What did you learn about “Mindfulness?”

3 statements;

1. its something we all need
2. living in the present moment
3. practical examples of how to practice for everyday life

Please evaluate your “Mindfulness” workshop



an excellent reminder!

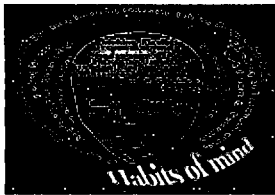
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What did you learn about "Mindfulness?"

3 statements;

1. I can let go of some of my problems
2. How to ^{enjoy my} love myself & appreciate what I ^{life now} have
3. Joy = living in moment! !

Please evaluate your "Mindfulness" workshop



Awesome, I can't wait for more.

This year I am a much better teacher because of you

Thank you for attending & becoming more mindful, please pass it on

What did you learn about "Mindfulness?"

3 statements;

1. Live in the Moment
2. ~~E~~Make changes (open minded)
3. Meditate - keep track of breathing
to relax, not stress!

Please evaluate your "Mindfulness" workshop



Was very awesome.
Love the energy and
positiveness!

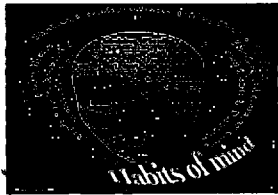
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What did you learn about "Mindfulness?"

3 statements;

1. I learned that it is crucial to improving focus of oneself.
2. That ^{controlled} breathing is a part of mindfulness.
3. I learned that it will be the a everyday practice because of the research that proves it a valid ^{in my classroom} ~~valid~~ component in the classroom

Please evaluate your "Mindfulness" workshop component in the classroom



(i) Excellent!
Will recommend to other teachers!

Thank you for attending & becoming more mindful, please pass it on

What did you learn about "Mindfulness?"

3 statements;

1. Live in the Moment


2. Practice mindfulness by ^{Attention} focus, balance, compassion

3. Teach mindfulness to our students. Mind up is a
great organization

Please evaluate your "Mindfulness" workshop



Dr. Torbati is an expert on the latest brain research and has traveled the world pursuing this concept. In this class we learned how to teach mindfulness in this stressful world to our students. Much needed.

Thank You Dr T.  Walking Heart

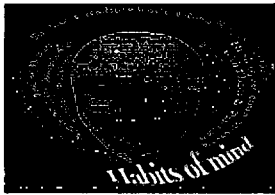
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What did you learn about "Mindfulness?"

3 statements;

1. Being Present
2. You can be mindful at anytime, in many ways
3. Even 5 mins a day helps

Please evaluate your "Mindfulness" workshop



This has been my favorite seminar. I feel like it's applicable across all parts of life. I will take everything I have learned today and not just apply it to my teaching, but to my whole life. These seminars

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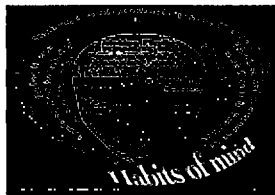
have been life changing! I love you Dr. Tortoliti!

What did you learn about “Mindfulness?”

3 statements;

1. Breathing techniques
2. Living in the now
3. Being aware/observant without judgement.

Please evaluate your “Mindfulness” workshop



Amazing!!

Thank you for attending & becoming more mindful, please pass it on

What did you learn about "Mindfulness?"

3 statements;

1. Develop a focal point to focus on when my thoughts are straying. This will bring me back in the moment
2. Stay in the moment at all times this will bring mindfulness
3. Be patient & listen

Please evaluate your "Mindfulness" workshop



Probably my favorite so far.
Cant wait to try meditation exercises

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