



SPRIT 330

Mindfulness in Education and the Workplace

This course is available for University of Alberta credit by registering through BEARTRACKS for: **SPRIT 330 Mindfulness in Education and the Workplace**

EDUCATING THE WHOLE PERSON

Fall Term 2022: Sep 1-Dec 8, T/Th 2:00-3:20pm

Instructor: Norbert Krumins

"Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing." (plumvillage.org)

This course explores contemplative/meditative practices that foster calm, concentration, and insight for teachers and other helping professionals.

Note: Not open to students with credit in CH RTP 330.



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Register on BEARTRACKS
www.beartracks.ualberta.ca



St. Stephen's College